



How to deal with hunger after working out?

Most people feel hungry after working out, not because their bodies need energy or protein, but because they need electrolytes. Your body burns through a lot of sodium and magnesium while you're working out and your body wants to replenish it. This is why we start to crave food after hitting the gym. Now we recommend you drink some bone broth, pickle juice, or salty water about 45 to 60 minutes before your workout, and repeat this again immediately after. This will help keep the hunger pains away by replenishing your electrolytes after you hit the gym.