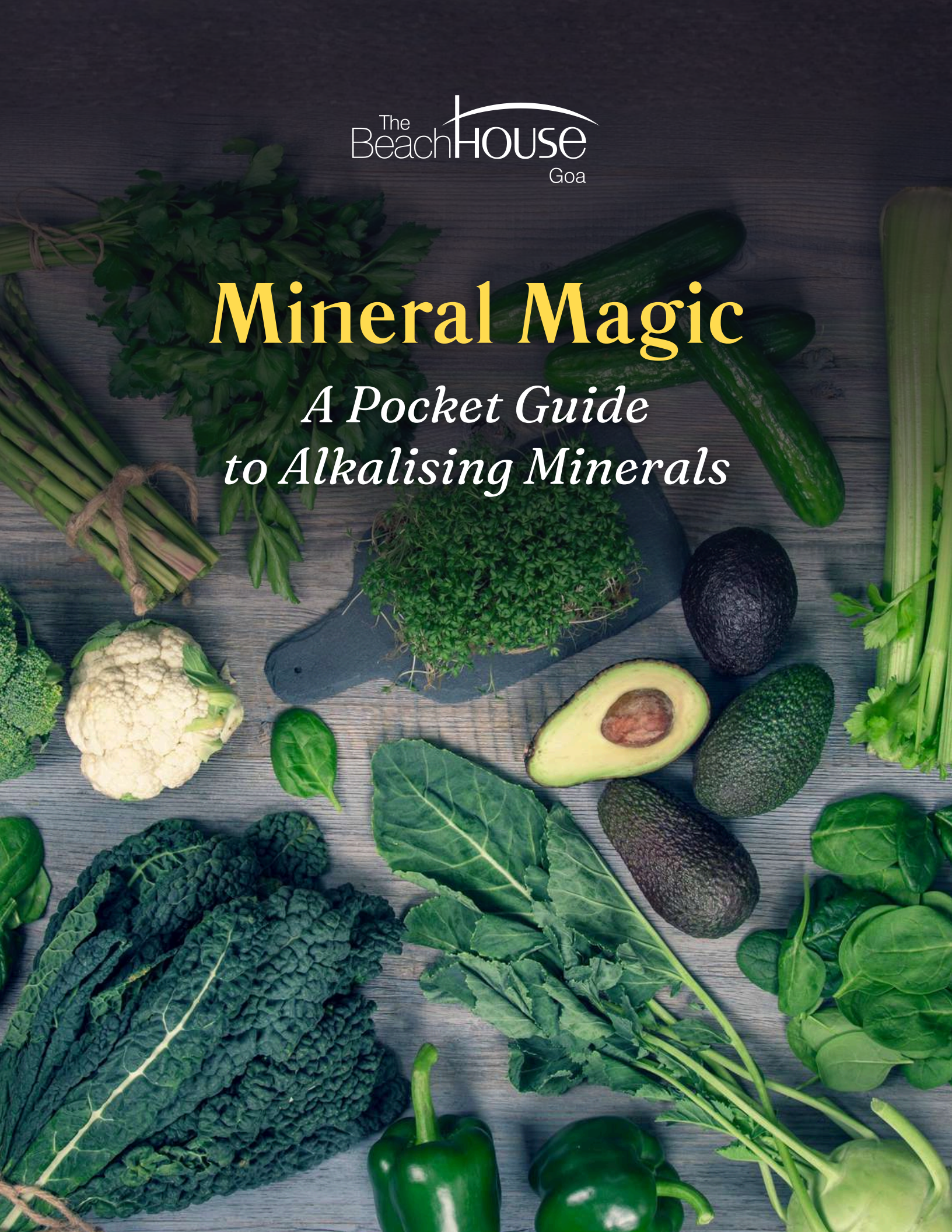
The BeachHOUSE Goa

Mineral Magic

A Pocket Guide to Alkalising Minerals



Why Minerals Matter — And How Deficiency Feeds Inflammation

Before we look at foods and drinks that help you feel lighter and more balanced, it's important to understand one quiet truth:

Your body cannot calm inflammation or regulate acidity without minerals.

Magnesium, potassium, calcium — these tiny, powerful nutrients act like silent peacemakers inside you. When they run low, your inner world feels "louder," more reactive, and quicker to fatigue.

Common signs of mineral deficiency include:

- Muscle cramps or twitching
- Persistent fatigue
- Headaches or brain fog
- Irritability or low mood
- Poor-quality sleep
- Achy joints and recurring body pain

Behind the scenes, low minerals can:

- Make it harder to buffer internal acidity
- Increase oxidative stress
- Disrupt blood sugar regulation
- Strain the nervous system
- Intensify low-grade inflammation

This is why even small imbalances in your diet can feel big inside your body.

This guide is your gentle reminder: you don't need complicated rules to feel better — just small, mineral-rich choices that soothe inflammation and rebuild balance from within. Let's begin.

Why *Magnesium* Matters

1 Magnesium — The Mineral of Deep Calm

Magnesium Supports:

- Muscle relaxation
- Sleep quality
- Nervous system regulation
- Blood sugar balance
- Over 300 enzyme reactions

When magnesium is low, inflammation feels louder — headaches, anxiety, cramps, tightness, fatigue.

Foods Rich In *Magnesium*

Amaranth

Spinach

Methi

Kale

Banana

Avocado

Blackberries

Sesame

Ragi

Jowar

Bajra

Quinoa

Almonds

Pumpkin seeds

Sunflower seeds

Unsweetened cocoa

Gentle Ways To *Add More*

Sprinkle pumpkin/sunflower seeds on salads, soups, porridge

Add a handful of greens to one meal

Swap a refined-grain meal for millet/red rice

Enjoy a small piece of dark, low-sugar chocolate

Why *Potassium* Matters

❷ Potassium — The Mineral of Fluid & Heart Harmony

Potassium supports:

- Healthy blood pressure
- Fluid balance
- Muscle recovery
- Nerve function
- A calmer internal pH

Low potassium often shows up as bloating, puffiness, heaviness, or slow digestion.

Foods Rich In *Potassium*

Sweet Potato

Beetroot

Pumpkin

Tomatoes

Coconut Water

Sprouts

Apricots

Raisins

Kiwi

Muskmelon

Lentils

Rajma

Banana

Papaya

Pomogranate

Orange

Gentle Ways To *Add More*

Swap a sugary drink for coconut water

Add beetroot or sweet potato to meals

Eat one colourful fruit before noon

Sip tomato, pumpkin, or beetroot soup at night

Why *Calcium* Matters

3 Calcium — The Mineral of Structure & Soft Strength

Calcium plays a key role in:

- Nerve signalling
- Muscle contraction
- Blood clotting
- Cellular communication
- Buffering excess acidity

When the diet is heavy in acid-forming foods, your body may strain its mineral reserves — increasing inflammation over time.

Foods Rich In *Calcium*

Curd

Buttermilk

Paneer

Sesame

Almond Milk

Chia

Moringa

Amaranth

Spinach

Kale

Chickpeas

Tofu

Soy

Ragi Dishes

Til Laddoos

Gentle Ways To *Add More*

Sprinkle sesame seeds on vegetables or khichdi

Add chia seeds to breakfast

Include curd or plant yogurt with lunch

Try ragi dosa/roti/porridge

5 Drinks For *Mineral Balance*

1 Morning Ginger–Lemon Water

Steps To Follow

- Add 1–2 slices of fresh ginger to a cup.
- Squeeze in fresh lemon juice.
- Pour warm water over and stir.

Benefits:
Awakens digestion, boosts circulation, aids mineral absorption.

2 Coconut Water + Lime Cooler

Steps To Follow

- Start with 1 full glass of tender coconut water.
- Add a few fresh drops of lime juice.
- Optional: sprinkle a small pinch of rock salt.
- Stir gently to combine the flavors.
- Serve chilled for better hydration and taste.
- Sip slowly to let the minerals absorb effectively.

Benefits:
Potassium-rich hydration with a mild alkalising effect.

❸ Cumin–Coriander–Fennel (CCF) Tea

Steps To Follow

- Add ½ tsp cumin.
- Add ½ tsp coriander.
- Add ½ tsp fennel.
- Combine the spices in water.
- Simmer gently for 5–7 minutes.
- Strain and enjoy warm.

Benefits:
Digestive support, reduces bloating, cools internal inflammation.

4 Bedtime Magnesium-Soothing Milk

Steps To Follow

- Warm a cup of milk or fortified plant milk.
- Add a small pinch of nutmeg.
- Add a pinch of turmeric or cinnamon.
- Stir gently to blend the spices.
- Heat until comfortably warm (not boiling).
- Sip slowly for a calming, mineral-supporting drink.

Benefits:
Calms the nervous system and supports deeper sleep.

5 Green Mineral Infusion

Steps To Follow

- Add a few fresh mint leaves or coriander leaves.
- Place one slice of cucumber into the water.
- Add one slice of lemon for acidity and freshness.
- Fill the jar or bottle with clean drinking water.
- Let the mixture steep for 2–3 hours for full infusion.
- Sip throughout the day for gentle mineral hydration.

Benefits:
Trace minerals + gentle hydration.

A Gentle Takeaway

Minerals are like quiet friends — they don't shout, but you feel their absence.

Every handful of seeds, every leafy bowl, every warm spiced drink is a small act of repair. You don't need to track milligrams or chase perfection.

Simply ask yourself:

1. *"Where can I add more colour?"*
2. *"Where can I add one more plant?"*
3. *"Where can I sip something that nourishes me?"*

Balance is built slowly, lovingly — through hundreds of tiny choices.

Your Next Step

If your body has been asking for a deeper reset — not just a new diet — the Total Body Rebalance Retreat at The Beach House Goa is designed to support exactly this kind of healing.

Here, we weave together:

- *Mineral-rich, anti-inflammatory meals*
- *Ayurvedic assessment & therapies*
- *Gentle yoga + breathwork*
- *Practical education on acid–alkaline balance*

So your body doesn't just feel lighter for a few days — it learns how to stay that way.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