**Lesson #7: Sodium & Water**

So there are a couple things you can do to quickly change how your physique looks it the short term, all right, with sodium and water manipulation.

Water retention is when you're holding more water and sodium ions than you want to underneath the skin. But, the thing is, most people go about getting rid of this the wrong way.

Drink a lot of water, all right. One to two gallons per day. This might seem kind of counterproductive. In fact, a lot of people try and drink as little water as possible, in the hopes that it will get rid of water underneath the skin. But, this actually does not work very well.

If your dehydrated, your body's actually going to hold on to any extra water it has. But, if you're drinking a lot, your body is actually going to excrete more water, which will help lower water retention.

Also, lay off of salt. All right? It's not a big deal, you know, under normal circumstances. But, when you want to take a photo, or show off the aesthetics, do not consume a lot of sodium that day, or the day before. All right? Extra sodium ions in your system will cause you to retain water under the skin.

Another way to get rid of excess water, is to sweat. All right? Pretty simple, right? Now, if your sweat tastes salty, you're probably holding too much water underneath the skin. If you exercise while drinking a lot of water, your sweat should actually start to become less, and less salty. This means you’re getting rid of those excess sodium ion s underneath the skin and you should hold less water.