

Natural Electrolyte Drink



You can become dehydrated by sweating, diarrhea, or vomiting, it is essential to not only replenish water, but also glucose and minerals/electrolytes, such as sodium, potassium, and chloride, which are essential to your body. It is also important to stay well hydrated when you are sick with a cold or the flu. This remedy works well for keeping sick kids hydrated.

Electrolyte drinks in the store often contain sugar and other ingredients that do not agree with the natural environment of the body. The simple recipe below can be made with ingredients found in your kitchen and for extra taste and to bump up the immune boosting power of this drink, you can add a berry concentrate such as Proberry

3 liquid. Elderberry has powerful anti-viral properties, so is effective against influenza and other viral infection such as the common cold.

INGREDIENTS:

- ¼ tsp sea salt
- ¼ tsp baking soda
- 1 Tbsp maple syrup, honey, or blackstrap molasses
- Juice of a ½ lemon
- 1L water
- 1-3 tsp berry concentrate (optional, to taste)

Stir first four ingredients to the water until dissolved, may add berry concentrate to taste.