## **ELECTROLYTE DRINKS**

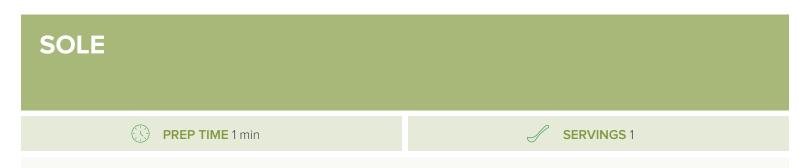
Sports drinks had the right concept when they wanted you to rebalance your electrolytes, but you can easily make healthier versions at home with way less sugar! These are great beverages to stay hydrated with, especially in the wake of gut issues.



## **SOLE**

Sole (pronounced so-lay) is water that has been fully saturated with natural salt. This ancient remedy can help support hydration, detoxification, digestion, weight loss, blood sugar, energy, muscle cramps, and more.

Use only high quality Himalayan salt. Do not use table salt, and avoid using metal lids or spoons.



## **INGREDIENTS**

- 8 ounces of filtered water
- 1 tbsp of finely ground
  Himalayan salt or Himalayan
  salt chunks

## **DIRECTIONS**

- 1. Pour water into a glass jar with a plastic lid.
- 2. Stir in salt granules until dissolved completely. If using salt chunks, simply place a few small chunks in the jar, and let sit overnight.
- 3. First thing each morning before eating or drinking, stir 1 tsp of sole into a glass of water, and drink.

Note: Consult your physician before drinking sole if you have high blood pressure.