

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.

HEALTHY SPORTS DRINK



PREP TIME 1 min



SERVINGS 4

INGREDIENTS

- 1 quart of coconut water or brewed herbal tea
- 1/4 cup of juice for flavor
- Honey or maple syrup for taste
- Pinch of sea or Himalayan salt

Optional

- A splash of lemon
- A splash of lime
- 1 tbsp of cal-mag powder

DIRECTIONS

1. Stir and combine all ingredients together, and enjoy fresh!

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.

SOLE



PREP TIME 1 min



SERVINGS 1

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.