

Homemade Electrolyte Solution

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Dehydration can occur with diarrhea, vomiting, hot temperatures, exercise and just forgetting to drink regularly throughout the day. Common signs of mild dehydration include: decreased urination, dizziness, constipation, dry mouth/bad breath, low blood pressure, foggy thinking and muscle cramps/soreness. Electrolytes in our water and food are needed to conduct nerve signals in the body. Electrolytes are quickly lost during illness and excessive sweating. Drinking water with electrolytes (minerals that make-up our blood/fluids) helps the body to maintain proper electrolyte balance.

Combine the following ingredients into a glass jar and store in the fridge for up to 3 days.

- 1 (4") piece ginger, peeled
- 1/4 cup fresh lemon juice
- 2 tablespoons of fresh lime juice
- 2 teaspoons honey or maple syrup
- 1/8 teaspoon fine sea salt
- 2 3/4 cups mineral water or coconut water
- ¼ tsp baking soda