



HEAVENLY HERBS and ACUPUNCTURE

Office of SHERYL SANCHEZ LAc.

8093 Skyway

Paradise, Ca. 95969

(530) 877-7003

www.heavenly-herbs.com

NATURAL ELECTROLYTE DRINK

In a one quart bottle or jug or pitcher, add:

- ¼ Tsp Salt (Sodium Chloride)
- ¼ Tsp Nu-Salt (Brand Name; others are available; look for Potassium Chloride)
- Squeeze juice of organic lemon or lime or orange (or combination for fun flavors)
- 2 Tbsp. Honey (preferably organic and local). Honey not really necessary if adding fruit juice, like mentioned below. Organic maple syrup could be substituted also.
- Spring or filtered water

- Other ideas:
- Can add ½ cup of any type of juice (preferably real juice; not high fructose syrup); unfiltered, pure organic apple juice would be ideal.

Drink up!!

Another idea:

Commercial Natural Electrolyte Drink: Knudsen Recharge (no dyes, no high fructose corn syrup like Gatorade and many other brands), available in flavors (orange, lemon, grape, fruit punch, etc.) - available at Holiday Foods in Paradise, or Raley's and S&S in Chico (usually found on sale all summer long).