



ELECTROLYTES

Proper electrolyte balance is crucial to all living forms. A disruption in this delicate balance can lead to severe health consequences, as electrolytes:

- Balance all fluids of the body, both inside and outside of cells
- Carry nutrients into cells and waste products out
- Regulate the acid/base balance of the body and its tissues
- Properly conduct nerve impulses for movement and thought
- Regulate blood pressure
- Aid in secretion of digestive enzymes

How To Make your own Electrolyte Drinks (a homemade and healthier solution to Gatorade)

INGREDIENTS:

- ¼-½ Teaspoon of Salt: either sea salt or Himalayan salt
- 2-3 Tablespoons of Sugar: Honey is best, but Maple syrup or sugar work in a pinch.
 - o Studies on honey show that it has a lower glycemic index than sugar, which means it supports healthy blood sugar levels. Further, it is an effective substitute to glucose in oral electrolyte rehydration solutions. Amazingly, honey has also been proven to shorten the duration of bacterial diarrhea (and does not prolong the duration of non-bacterial diarrhea), due to its anti-microbial properties. So, it is a great supportive measure for tummy troubles with diarrhea! The correct dilution of honey, as well as the presence of electrolytes in the oral rehydration solution, however, must be maintained.
- **Either: (PICK ONE)**
 - o *3 cups of a base liquid: coconut water or herbal tea (for example, nettle tea is jam packed with electrolytes) + 1 cup of water*
 - o *1 cup fresh squeezed veggies or fruits + 3 cups water*
- *Optional: freshly squeezed lemon or lime (for additional flavor, electrolytes, and Vitamin C)*

DIRECTIONS:

- Combine all ingredients (salt, sweet of choice, liquid of choice) and enjoy 2. You can store this drink in the refrigerator for up to one week.

WARNING: ALLERGIC REACTIONS TO CERTAIN FOODS AND DRINKS ARE ALWAYS A POSSIBLE RISK. PLEASE BE CAUTIOUS WHEN TRYING ANY NEW SUBSTANCES, AND DO NOT INTAKE ANY KNOWN ALLERGENS.

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