

INGREDIENTS

- 4 cups Water (I use distilled water & add trace mineral drops to the finished drink)
- 1/2 inch ginger
- 1/2 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 2 Tablespoons fresh lime juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- *Optional: 2-3 Tablespoons honey or maple syrup

INSTRUCTIONS

1. Add first 5 ingredients to medium-large sized sauce pan.
2. Heat on medium and simmer for 10-15 minutes.
3. Add baking soda and salt. *This will cause a large amount of bubbling/foaming to occur, which will calm down in a few minutes.*
4. Simmer on medium-low for 2-3 minutes.
5. Turn off stove and remove pot.
6. Strain into large bowl and add honey; stir until dissolved.
7. Taste and sweeten if needed.
8. Store in mason jars in the refrigerator. Serve hot or cold.

QUICK 1/2 RECIPE OPTION:

To a 4 cup Pyrex measuring cup, add 1 frozen Dorot ginger cube or a little Trader Joe's Ginger Juice Powder, 1 tablespoon lime juice, 2 tablespoons lemon juice and 1/4 cup orange juice. Pour in 2 cups of hot water and stir. Add 1/8 teaspoon each of baking soda and salt & stir. Add honey or maple syrup if desired.



Rehydrating Electrolyte Drink



Two 16 oz.



30 minutes

Servings

"Dilution is the solution to pollution."

This is a saying that was often repeated during my training as a physician and surgeon. Nowhere does it apply more than when one is detoxifying.

Use this recipe to create a satisfying and healthy drink to help support yourself as you detoxify from old habits, thoughts and emotions.

NOTES

I use this drink daily as a substitute for coffee.