



Rehydration Formula

Ingredients:

- 3 – 4 slices fresh ginger (needs to be fresh; dried does not have the same potency)
- 3 c. water + extra for boiling ginger tea
- Juice of 1/2 lemon
- 2 tbsp. Apple Cider Vinegar
- 1/4 tsp. sea salt
- Pinch (seriously just a pinch!) of baking soda
- 1 – 2 tbsp. raw honey
- Quart-sized Mason Jar or other glass jar (clean)

Directions:

1. Slice ginger and place in sauce pan with a little water (about ½-1 cup).
2. Put on the stove and let it come to a boil for 5 minutes. Remove from heat and let sit for an additional 5 minutes.
3. Remove ginger with a straining spoon, or pour mixture through cheesecloth. Carefully pour the hot ginger tea into a Mason jar (sans ginger slices). You can consider using any other jar that you have cleaned and saved; I use a 14 fl oz coconut oil glass jar.
4. Add honey to the warm elixir and swirl jar to mix completely.
5. Add sea salt and swirl again to encourage dissolving into solution.
6. Add apple cider vinegar. Swirl or stir to combine.
7. Juice ½ a fresh lemon and add the fresh juice to the mixture.
8. Add 3 cups water, or enough to fill jar. Shake vigorously to combine all ingredients.
9. On a hot summer day, you can replace the 3 cups water with 3 cups sparkling water for a refreshing, bubbly “pick-me-up.”

You may consider doubling or tripling the recipe and storing in the refrigerator for daily consumption, or make as needed for rehydration purposes. This is a great alternative to sports drinks, will encourage natural gastric acid function and GI health, and can help improve cellular hydration, energy, skin health, and mood! Cheers!