

Homemade Natural Rehydration Drink

Standard Recipe (1 Liter / ~4 Cups):

Ingredients:

- 4 cups (1 liter) filtered water or coconut water (or a mix of both)
- Juice of 1 lemon or lime
- 1/4 tsp sea salt or Himalayan pink salt
- 2 tsp raw honey or maple syrup
- Optional: 1/4 cup fresh orange juice (for flavor and potassium)
- Optional: 1/4 tsp magnesium citrate powder (extra electrolyte support)

Instructions:

1. Mix all ingredients in a glass jar or bottle.
2. Stir or shake well until salt and honey are fully dissolved.
3. Chill in the fridge or serve over ice.
4. Use within 24 hours.

Concentrated Version (For Travel or Storage)

Makes 4 Servings (Dilute before drinking):

Ingredients:

- Juice of 4 lemons or limes
- 1 tsp sea salt or Himalayan pink salt
- 8 tsp raw honey or maple syrup

- Optional: 1/2 cup fresh orange juice
- Optional: 1 tsp magnesium citrate powder

Instructions:

1. Mix all ingredients in a small jar or bottle (yields about 1/2 cup).
2. Store refrigerated for up to 3 days.
3. To use: Add 2 tbsp of concentrate to 1 cup (250 ml) cold water.

Tip: Add to a water bottle and shake well before drinking.