



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Brown Rice Water

- 1 Cup – Brown Rice
- 4 Cups – Purified Drinking Water (or spring water)

Put water in saucepan.

Add rice.

Turn on heat and bring to a boil.

Reduce heat to a simmer for approximately 45 minutes, until rice seems cooked and soft to bite (al dente).

Strain into large bowl.

Save strained liquid – THIS IS A MINERAL RICH BROTH!!

Refrigerate rice to serve later.

### Uses:

Use rice water as a broth or tea for anyone with diarrhea.

This simple remedy is quite effective in most cases (without complications).

If no abatement of diarrhea occurs after 2 days of approximately 2 cups each day, look for another solution and consult your Natural Health Care Practitioner.