



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Electrolyte Replacement Drink

non-Gatorade® (no sugar-carbs!)

Mix the following until dissolved:

- 1 quart Spring or filtered water
- ½ tsp Sea salt
- ½ tsp Baking soda

To flavor, simply add ½ cup of any of the following:

Natural, Unsweetened, Fresh-Squeezed	Grapefruit	Juice
Natural, Unsweetened, Fresh-Squeezed	Grape	Juice
Natural, Unsweetened, Fresh-Squeezed	Orange	Juice
Natural, Unsweetened, Fresh-Squeezed	Lemon	Juice
Natural, Unsweetened, Fresh-Squeezed	Pineapple	Juice