Get Rid of the Goofy Gatorade

My son Peter spends his summers working in the landscaping business. Dehydration is a threat when the mercury spikes into the 80’s.

Gatorade is loaded with questionable ingredients like dyes and artificial flavors and plain old water just isn’t enough to prevent electrolyte loss.

But I’ve taught Peter well.

Every morning, he mixes up a gallon jug, tailor-made for a long day of sweaty outdoor work.

The electrolytes in this refreshing drink protect his body’s sodium balance while the homeopathic cell salts support potassium and his general vital force.

Try this electrolyte drink that’s easy to whip up before a long day of summer exertion.

Peter’s Homeopathic Electrolyte Concoction

•16 pills of Bioplasma (from your health food store)

•16 pills of *Nat sulph* 6x (from your health food

store)

•¼ cup acidophilus bifidus yogurt or kefir

•1/4-1/2 cup fresh lemon or lime juice

•Maple syrup or raw honey, to taste (not too sweet)

•1 teaspoon Celtic salt

•½ cup coconut milk (optional)

Combine all ingredients in a gallon container and fill to the top with ice water. Shake well.

Mildly sour, with a hint of sweetness. Remember to shake before each drink.

With homeopathy and smart nutrition, you can say "Bring on the heat!"

P.S. ~Would you would like to learn how to be prepared for epidemics and other crises, as well as all types of first aid situations and sourcing these remedies? Then you need my upcoming course *The Survivalist Guide to Homeopathy*. Learn more about how homeopathy is THE medicine for when the SHTF. For more information on how YOU can Think Outside of the Box, click here >> https://homeopathyworks.iljmp.com/3/toanu.

Interested in how you can treat your family's everyday ailments yourself? Check our FREE first aid reference chart here. It's packed with the info busy moms and dads need in a pinch. If you'd like to learn more about homeopathy and whether it's a fit for your health strategy, contact our office to schedule a free 15 minute phone consultation.