Whoa Baby, It's Hot! Homeopathy and Smart Nutrition Handle Heat with a Healthy Sports Drink

Feel the mercury climbing? You don't need to stay cooped up in the A/C just to make it through summer. Thanks to homeopathy and smart-mother sports drinks that incorporate homeopathy and sound nutrition.

Symptoms of heat exposure, such as languidness, headache and flushing, respond remarkably well to the cell salt *Nat sulph* 6X. I like to add it to my water bottle and sip it frequently when outdoors in the heat. This actually may prevent these unpleasant symptoms from ever happening when dosed in this manner.

Forget sports drinks that promise to provide the salts and electrolytes your body needs (along with artificial dyes and high fructose corn syrup, of course). Cell salts are the real deal!

If muscle cramping while exercising in the heat is a problem for you, add *Mag phos* 6X to your water along with the *Nat sulph* 6X.

For cases of prolonged strenuous activity in high temps, I like to up the ante. Try making my homemade replacement for

Gatorade.

My Son Peter's Homeopathic Electrolyte Healthy Sports Drink

- 16 pills of Bioplasma *
- 16 pills of *Nat sulph 6X* *
- 1/4 cup acidophilus bifidus yogurt or whole 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
- 1/2 cup coconut milk (optional)

* Easily found at your local health food store or online at these links

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

This is the concoction I make certain my sons take with them every day when working outside as a landscaper. We all know how hot a job that can be, but this electrolyte-packed drink keeps them comfortable and safe in the heat.

Happy summer!