Hot, Hot, Hot

My 18 year old is working in the landscaping business this summer. He's in the hot sun all day, and so I worry. I'm less concerned though, than I might be because I have homeopathy. And so does he. Every morning he makes a homeopathic electrolyte concoction that he carries with him on the job. Water just isn't enough in temperatures in the 90's.

Here's what Peter drinks all day. I recommend it to anyone who is exposed to high heat and or excessive sweating.

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
- ¼ cup fresh lemon or lime juice
- maple syrup or raw honey, to taste
- 1 teaspoon Celtic salt
- ½ cup coconut milk (optional)

Fill the remainder of the gallon with ice water and be sure to shake before each drink. Enjoy!