

AN ENERGIZING ELECTROLYTE DRINK

# HYDRADE

*As the saying goes, water follows salt like sheep follows a shepherd. This means that our body needs electrolytes, including sea salt and other minerals, to deliver water **into** our cells. This tasty bev is easy to make the night before & you can sip all day.*

## RECIPE

1 QT BERKEY FILTERED WATER

1 TBSP LEMON OR LIME JUICE

2 TBSP POMEGRANATE JUICE

30 DROPS TRACE MINERAL RESEARCH DROPS

1 HEFTY PINCH SEA SALT

OPTIONAL ADD-INS: 1 TBSP FRESHLY GRATED GINGER,

2 TSP BEET ROOT, SPIRULINA, OR ORANGE PEEL

POWDER

ADD ALL INGREDIENTS TO A QUART JAR. CAP WITH A

LID, SHAKE WELL & ENJOY

*"If there is magic on this planet, it is contained in water."  
-Loren Eiseley*

## HERB GIRLS