

The Electrolyte Drink that Brought Me Back from the Dead



Last week, I had a bunch of busy days fulfilling orders and shopping for my commercial kitchen. By the end of the week, I was ready for rest, but had a few home chores I needed to get finished. I spent Saturday cleaning out my garage and a few kitchen cupboards, washing laundry (not folding it!) and shopping for groceries.

Since I didn't take time to eat any actual meals, I just grabbed bites here and there and ended up piecing on some questionable leftovers. By evening, my stomach started feeling a little queasy and progressively got worse. I took an evening walk, thinking that might help, and while it did give me a feeling of well-being, it didn't last long.

I'm sure you know where this is going, and without going into the gruesome details, I will mention that, by about midnight, I had a moment or two (or three) where I thought I was actually dying. I

should also mention that I'm eternally grateful to be lucky enough to have indoor plumbing and a bathroom.

The next morning I looked and felt like a Caribbean island after a hurricane. My mama, as mamas do, texted me to see how I was doing and when I told her the breaking news of my near-demise the previous night she immediately replied with a remedy: a homemade electrolyte drink that was sure to restore the lost salts, sugars and liquids my body had lost. I ended up drinking two quarts of it throughout the day, and I'll tell you something, my mom was right on the money when she said it would make me instantly feel better.

Keep this recipe on hand. You'll want to use it after workouts, during childbirth, after an especially long day in the sun, anytime you need more energy, and, uhh...anytime you face the dreaded foodborne illness.

Mom's Homemade Electrolyte Drink

2 C water
½ C juice from any orange citrus (I had tangelos on hand so used those)
¼ C fresh lemon juice
2 T honey (raw and local if you can find it) or maple syrup
⅛ - ¼ tsp. high quality salt

Mix together until honey and salt are dissolved.
Drink.

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