



NATURAL GATORADE *Recipe*

Natural Gatorade is the best way to start your day! With essential minerals and electrolytes, antioxidants this drink will give your body pure hydration that your organs, brain, skin and every cell in your body will benefit from! It kickstarts detoxification, supports health elimination, rehydrates after exercise or seating and is delicious.

A perfect way to energize the body, balance the brain and kickstart the day with vitality!

Recipe

- 8oz water (filtered or spring water)
- 1/2 - 1 Squeezed Lemon or lime (fresh)
- 1 pinch Natural sea or pink Himalayan salt
- 1/2 tsp Raw local wildflower honey (can be omitted if needed)

Optional Add-Ons

- 1 tbsp [Fruit & Vegetable Blend](#) powder (*for added essential vitamins, minerals, phytochemicals antioxidants and electrolytes*)
- 1/2 tsp Vitamin C powder (*especially during Winter or when sick*)
- A few sprigs of fresh herbs like basil or mint (*for added flavor, aroma and antioxidants*)
- Pinch of ginger powder (*to kickstart digestion*)



TIP: Use **warm or room temperature water** to improve digestion, detoxification and prevent bloating. I like to drink with a straw or rinse my mouth with pure water after to protect my teeth from acidity.

