

Hydrating Water

Ingredients & Directions

Add into a quart of filtered water & stir:

1 tsp raw organic sugar

juice of ½ fresh lime

1/8 tsp. mineral or sea salt

Notes

This drink helps the body to absorb & retain more moisture from drinking water. Especially good in overheating or drying conditions, or for people with weak digestion who do not assimilate water well.