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.

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