



*Beatrice Cooke*®

Mealtime Adventures

Natural Health Remedies  
for:

**Beatrice**®  
**Feed & Teach**  
**Nutrition Newsletter**™

Electrolyte  
Water

## ***Nutrition Recipes: Electrolyte Water***

These statements have not been evaluated by the Food and Drug Administration. This remedy is not intended to diagnose, treat, cure or prevent any disease.

**Beatrice**®

*Facts on electrolyte water:*

This formula is how to make your own electrolyte water. Many people do not get sufficient electrolytes in their system, and this can cause health problems. Going to the store and buying high priced, artificially flavoured and coloured sports drinks are not exactly healthy, and though they do contain electrolytes, you are far better making your own, and without the added chemical food petrochemicals dyes and sweeteners.

A thank you to Anna Marie Carter, The Seed Lady for this formula.

For basic use, follow this simple recipe:

1 Gal. water (filtered alkaline water)

1 Tbsp. Celtic Sea Salt™

1 lemon, juiced

*Drink as needed.*