

Electrolytes

Common Symptoms of Dehydration:

- Frequent headaches
- Frequent urination (over 3-4x a day)
- Frequent muscle cramps or spasms
- Achy joints and muscles

It takes 10 days with electrolytes and water to rehydrate once you've become dehydrated. Cold suppresses the thirst response; remember to drink more when it's cold! Ski or Bike or hike with a Camelbak, and sip water throughout the day versus drinking a big glass 2 or 3 times a day.

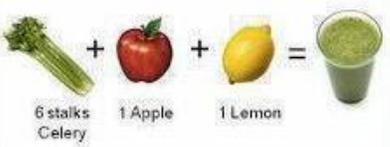
Take 1 packet or serving 3 times a day for 10 to 14 days of:

- Emergen C
- Ultima Electrolyte (non GMO, no sugar, real natural flavors Kids favorite)
- Emerson Ecologics electrolyte liquid concentrate
- Nutriotics Electrolyte capsules
- Eidon electrolyte drops
- Trace Minerals: Endure drops or Electrolyte Concentrate

Consider taking a regular multi mineral supplement daily: magnesium 200mg to 500 mg Calcium 200 mg not more than 500mg, potassium 99mg plus trace minerals. Taking a regular supplement will reduce the need to rebalance for 10 days after getting dehydrated and should reduce how much water you need to drink.

Recipes for natural electrolyte formulas:

FOOD BABE 
4 Ways To Replenish Electrolytes Naturally
Without Artificial Ingredients, Refined Sugars and other Carcinogens

<p>JUICE</p>  <p>6 stalks Celery + 1 Apple + 1 Lemon =</p>	<p>STIR w/ Water</p>  <p>1/2 tsp Sea Salt + 1/2 tsp Baking Soda + Lemon Juice + 1 tsp Maple Syrup</p>
<p>SHAKE</p>  <p>8 ounces raw Coconut Water + 1 tbsp Chia Seeds</p>	<p>BLEND</p>  <p>Frozen Banana + 1 cup Almond Milk + 1 cup Kale</p>

More info at FoodBabe.com