

THE HOLISTIC DETOX

HOMEMADE ELECTROLYTE RECIPES

9 DELICIOUS HOMEMADE DRINK RECIPES

ELECTROLYTES WHAT ARE THEY?

Electrolytes play a crucial role in keeping us hydrated, energized, and balanced. Whether you're recovering from illness, hydrating after a workout, or simply looking for a natural way to support your body, these homemade recipes are designed to replenish lost minerals while tasting delicious.

With severe POTS (Postural Orthostatic Tachycardia Syndrome) and dysautonomia like mine, electrolytes have been my lifeline. These conditions impact the autonomic nervous system, making it difficult to regulate essential functions like heart rate, blood pressure, and hydration. I relied on electrolytes heavily to stabilize my blood pressure and prevent symptoms like dizziness, fatigue, and fainting.

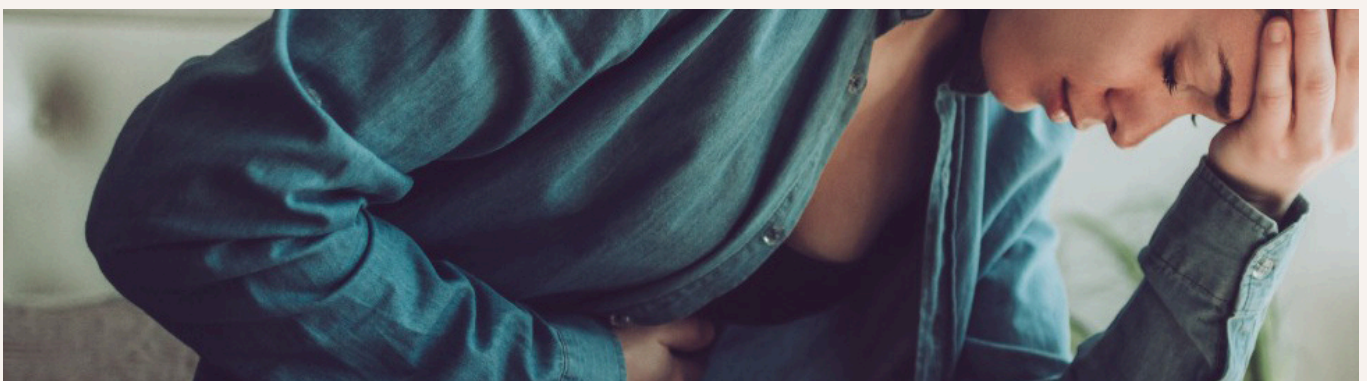


HOW ELECTROLYTES HELP DYSAUTONOMIA

Electrolytes are essential for those with dysautonomia because they help balance fluid levels, support nerve signaling, and regulate muscle function—all of which are crucial for managing this condition. For people with POTS and other forms of dysautonomia, maintaining proper hydration with electrolyte support can:

- **Improve Blood Volume:** Many individuals with dysautonomia have low blood volume. Sodium, potassium, and water work together to increase and maintain blood volume, reducing dizziness and fainting episodes.
- **Stabilize Blood Pressure:** Sodium and potassium balance fluid retention, which helps stabilize blood pressure during changes in posture.
- **Support Nerve Function:** Electrolytes like magnesium and potassium ensure proper nerve communication, essential for autonomic nervous system regulation.
- **Reduce Symptoms:** By improving hydration and blood flow, electrolytes can alleviate common symptoms like fatigue, brain fog, and muscle cramping.

For years, I struggled with store-bought options. The salt-heavy ones left me bloated, the powders triggered sneezing fits, and the effervescent tablets caused stomach discomfort. That's when I decided to create my own recipes—gentle on the stomach, free of additives, and perfectly balanced for hydration and health. These recipes are more than just drinks; they are tools to help manage symptoms and bring a sense of stability and relief. It's my hope that they do the same for you and your loved ones, and I can proudly say my kids love them !



WORLD HEALTH ORGANIZATION (WHO) ORAL REHYDRATION SALTS SOLUTION (N-ORS)

In addition to the recipes I've created, I want to share a powerful, life-saving solution from the World Health Organization (WHO). Known as Oral Rehydration Salts (ORS), this recipe is a simple, effective method for combating dehydration. It's often used in countries where products like Pedialyte are unavailable or considered too expensive.

[Click to go to external website.](#)

WHO ORS Recipe

- **Ingredients:**

- a. 1/2 teaspoon of salt
- b. 6 teaspoons of sugar
- c. 1 liter of clean drinking water (boiled and cooled if necessary)

- **Preparation Method:**

- d. Mix the salt and sugar into the water until fully dissolved.
- e. Use within 24 hours.

While the WHO recipe is highly effective, it inspired me to create electrolyte drinks that go beyond rehydration—something natural, delicious, and nourishing.



COCONUT WATER & LIME ELECTROLYTE DRINK

INGREDIENTS

- 2 cups unsweetened coconut water
- 1/3 cup fresh lime juice
- 2/3 cup plain water
- 1.5 tsp raw honey or maple syrup
- 1/8 tsp Himalayan pink salt

ABOUT THIS RECIPE

A refreshing and naturally sweet drink packed with potassium and sodium to replenish lost electrolytes.

INSTRUCTIONS

1. Combine all ingredients and stir until honey and salt dissolve. Serve chilled or over ice.

BENEFITS

Refreshing and potassium-rich for hydration and energy.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



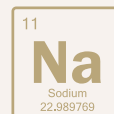
~45 kcal

Carbs



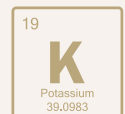
12 g

Sodium



~120 mg

Potassium



~350 mg

TASTE

Bright and citrusy with a tropical hint from the coconut water. Perfectly sweetened and lightly salted for balance.



ORANGE TWIST ELECTROLYTE DRINK

INGREDIENTS

- 2 cups water
- 3/4 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 1 tbsp raw honey or maple syrup
- 1/8 tsp Himalayan pink salt

ABOUT THIS RECIPE

This citrusy drink is delicious and packed with vitamin C and electrolytes.

INSTRUCTIONS

1. Mix all ingredients, stir until dissolved, and serve chilled.

BENEFITS

High in vitamin C and potassium, perfect for rehydration.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



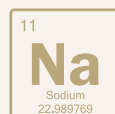
~50 kcal

Carbs



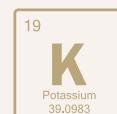
13 g

Sodium



~110 mg

Potassium



~200 mg

TASTE

A vibrant blend of sweet orange and tart lemon, balanced with a light hint of salt.



LEMON ELECTROLYTE DRINK

INGREDIENTS

- 3.5 cups water
- 1/2 cup fresh lemon juice
- 3 tbsp raw honey or maple syrup
- 1/4 tsp Himalayan pink salt

ABOUT THIS RECIPE

A lightly sweetened lemonade with added electrolytes for hydration.

INSTRUCTIONS

1. Stir all ingredients together until salt and sweetener dissolve. Serve chilled.

BENEFITS

Lightly sweetened, rich in electrolytes, and aids hydration.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



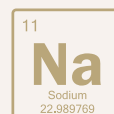
~40 kcal

Carbs



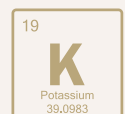
11 g

Sodium



~100 mg

Potassium



~80 mg

TASTE

Tangy and refreshing, with a lemonade-like flavor that's enhanced by a touch of salt and sweetness.



STRAWBERRY LIME ELECTROLYTE DRINK

INGREDIENTS

- 2 cups unsweetened coconut water
- 1/4 cup lime juice
- 1/2 cup water
- 4 medium strawberries
- 1-2 tsp raw honey
- 1/8 tsp Himalayan pink salt

ABOUT THIS RECIPE

A fruity blend of strawberries and lime for a refreshing hydration boost.

INSTRUCTIONS

1. Blend all ingredients until smooth. Adjust sweetness as needed. Serve immediately.

BENEFITS

Antioxidant-rich with a refreshing, fruity flavor.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



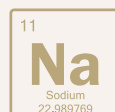
~50 kcal

Carbs



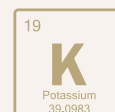
12 g

Sodium



~90 mg

Potassium



~150 mg

TASTE

Sweet and tangy, with a juicy burst of strawberry balanced by lime and a hint of salt.



WATERMELON MINT ELECTROLYTE DRINK

INGREDIENTS

- 2 cups fresh watermelon
- 1/4 cup lime juice
- 2 cups water
- 1/8 tsp Himalayan pink salt
- 5-6 fresh mint leaves

ABOUT THIS RECIPE

A hydrating summer favorite with electrolytes and a hint of mint.

INSTRUCTIONS

1. Blend watermelon, lime juice, and water. Stir in salt and mint leaves. Serve chilled.

BENEFITS

Hydrating and refreshing, ideal for hot days.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



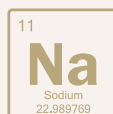
~35 kcal

Carbs



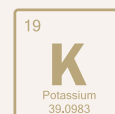
9 g

Sodium



~80 mg

Potassium



~120 mg

TASTE

Light and fruity with the sweetness of watermelon and a cooling hint of mint.



GINGER LEMON ELECTROLYTE DRINK

INGREDIENTS

- 3 cups water
- 1/2 cup fresh lemon juice
- 1 tbsp grated fresh ginger
- 2 tbsp raw honey
- 1/4 tsp Himalayan pink salt

ABOUT THIS RECIPE

A soothing option with the benefits of ginger for digestion and hydration.

INSTRUCTIONS

1. Simmer water with grated ginger for 10 minutes. Strain to remove ginger pieces, then mix with lemon juice, honey, and salt. Chill and serve.

BENEFITS

Aids digestion, reduces bloating, and hydrates naturally.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



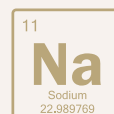
~45 kcal

Carbs



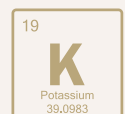
11 g

Sodium



~90 mg

Potassium



~50 mg

TASTE

Bright and zesty with a mild spiciness from the ginger, balanced by the tang of lemon.



CLOVE & GINGER ELECTROLYTE DRINK

INGREDIENTS

- 3 cups water
- 1 tsp whole cloves
- 1 tbsp fresh ginger (grated or sliced)
- 2 tbsp lemon juice
- 1 tbsp raw honey
- 1/4 tsp Himalayan pink salt

ABOUT THIS RECIPE

Combining antimicrobial clove with soothing ginger for bloating relief and gut support.

INSTRUCTIONS

1. Simmer water with cloves and ginger for 10 minutes. Strain, then mix with lemon juice, honey, and salt. Serve chilled or over ice.

BENEFITS

Antimicrobial properties, reduces bloating, and supports gut health.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



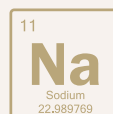
~40 kcal

Carbs



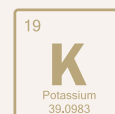
10 g

Sodium



~85 mg

Potassium



~40 mg

TASTE

Warm and slightly spiced from the cloves, with a refreshing citrus note from the lemon.



HIBISCUS ELECTROLYTE DRINK

INGREDIENTS

- 2 tbsp dried hibiscus petals
- 3 cups water
- 1/2 cup fresh orange juice
- 1 tbsp raw honey or maple syrup
- 1/8 tsp Himalayan pink salt

ABOUT THIS RECIPE

Harness the natural diuretic properties of hibiscus for water retention and hydration.

INSTRUCTIONS

1. Steep hibiscus petals in cold water overnight. Strain, then mix with orange juice, honey, and salt. Serve chilled.

BENEFITS

Diuretic properties to reduce water retention, antioxidants for wellness, and hydration support.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



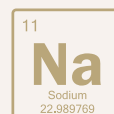
~45 kcal

Carbs



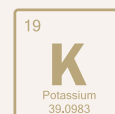
11 g

Sodium



~85 mg

Potassium



~100 mg

TASTE

Tart and fruity with a deep floral undertone from the hibiscus.



HIBISCUS LIME ELECTROLYTE DRINK

INGREDIENTS

- 2 tbsp dried hibiscus petals
- 3 cups water
- 1/4 cup fresh lime juice
- 1 tbsp raw honey or maple syrup
- 1/8 tsp Himalayan pink salt

ABOUT THIS RECIPE

A tart and refreshing variation of the hibiscus drink with a lime twist.

INSTRUCTIONS

1. Steep hibiscus petals in cold water overnight. Strain, then mix with lime juice, honey, and salt. Serve chilled or over ice.

BENEFITS

Promotes diuresis and hydration while offering a tangy, energizing flavor.

NUTRITIONAL INFORMATION (PER 8 OZ)

Calories



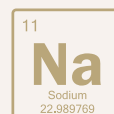
~35 kcal

Carbs



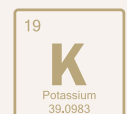
9 g

Sodium



~80 mg

Potassium



~90 mg

TASTE

Crisp and tangy with a floral note, highlighted by the tartness of lime.





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