

ELECTROLYTE LEMONADE

Taken from 'Lifefood Recipe Book' by Annie Padden Jubb and David Jubb

This can be made in a standard blender or smoothie maker but a Vitamix will give a smoother result

- 3 organic lemons, yellow skin removed, white pith intact
- 3 tablespoons flax oil
- 1 organic pear, cored
- 1 tsp Celtic sea salt (or Himalayan)
- 6 cups good quality water
- 6 tablespoons of good quality honey

Blend all ingredients well in a blender. A healing and remarkably refreshing beverage. The lemon and oil detoxify while boosting the immune system. citrus pectin restores the absorption of fats. Add other fruits to enhance flavour, such as peach or apple. An excellent beverage for keeping the bowels moving¹.

Celtic sea salt is rich in magnesium. You will find magnesium mostly in the sea, with very little on land. Magnesium is used to excrete sodium. As a metal it is a major activator of enzyme systems. Magnesium helps keep potassium in the cells. It's a great alkaliser....A thinking person uses up to 50% more magnesium than a non-thinking (couch potato) person does.²

¹ Lifefood Recipe Book by Annie Padden and David Jubb p 186

² Lifefood Recipe Book by Annie Padden and David Jubb p 186 Electrolyte Lemonade