

[Homemade Citrus Electrolyte Drink – Great for Colds, Flu, Stomach Flu and Rehydration After Sports](#)



Electrolytes are important because they are what your cells, especially nerve, heart, muscle, use to maintain voltages across their cell membranes and to carry electrical impulses, nerve impulses, and muscle contractions, across themselves and to other cells.

Your kidneys work to keep the electrolyte concentrations in your blood constant despite changes in your body. For example, when you exercise, heavily, you lose electrolytes in your sweat, particularly sodium and potassium. These electrolytes must be replaced to keep the electrolyte concentrations of your body fluids constant.

Another example where electrolyte drinks are important is when infants/children have chronic vomiting or diarrhea, perhaps due to intestinal flu viruses. When children vomit or have diarrhea, they lose electrolytes. Again, these electrolytes and the fluids must be replaced to prevent dehydration and seizures.

Some think the course to replenish your electrolytes, is by consuming sugary, chemical laden sports drinks, or Pedialyte for children. Thank heavens there is an alternative to that – a homemade electrolyte drink – that is all natural!

Here is the **ingredients** you need:

1/2 cup fresh orange juice

1/4 cup fresh lemon juice

2 cups of filtered water or raw coconut water

2 tbsp organic raw honey or organic maple syrup

1/8 tsp Himalayan Pink salt or Celtic sea salt

Directions

Mix all ingredients in a blender and blend well.

Store this electrolyte replacement in mason jars in the refrigerator.

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