

LABOR-ADE

Staying hydrated during labor is so important!

Mix all ingredients for the recipe of choice together and store in fridge until needed.

Lemon

- ✓ 4 cups filtered water
- ✓ 1/4 cup raw honey or more for taste
- ✓ 1/2 cup freshly squeezed lemon juice
- ✓ A few drops of Concentrace minerals drops (optional)
- ✓ 1/4"teaspoon sea salt
- ✓ A few drops of Rescue Remedy (optional)

Coconut & Lime

- ✓ 3 cups coconut water
- ✓ 2 TBS raw honey or pure maple syrup or more for taste
- ✓ 1 cup filtered water
- ✓ A few drops of Concentrace minerals drops (optional)
- ✓ 1/2 cup freshly squeezed lime juice
- ✓ A few drops of Rescue Remedy (optional)
- ✓ 1/4"teaspoon sea salt

ABOUT THE INGREDIENTS

Coconut water is often referred to as Nature's Gatorade. It contains 13 times more potassium (an electrolyte needed for proper cell function) than Gatorade, plus twice the amount of natural sodium (another electrolyte).

Raw honey is rich in minerals and easily digestible sugars, which can be used for energy. Sugar signals the body to down regulate the production of stress hormones like cortisol. Cortisol levels spike during exercise and particularly during anaerobic (when you get breathless) exercise. Too much cortisol can disrupt the flow of labor, making this super ingredient useful on many levels.

Sea salt is full of electrolytes and minerals. Plus it plays an important role of balancing the stress hormones during exercise. Salt reduces adrenaline levels and supports overall metabolic health.

Trace mineral drops add to the electrolyte content of the drink. Due to soil depletion many of us do not get enough trace minerals in our diet, so I supplement with this regularly. (Can be found on Amazon)

Rescue Remedy is a Bach flower essence that many mamas find help them feel more calm and centered during labor. (Also found on Amazon)