

Labor Aide Drink Recipe

Lemon

- ❖ 4 cups filtered water
- ❖ 1/2 cup freshly squeezed lemon juice
- ❖ 1/4 teaspoon Celtic sea salt or real salt
- ❖ 1/4 cup raw honey_(or more to taste)
- ❖ A few drops of Concentrace minerals drops (optional)
- ❖ A few drops of Rescue Remedy (optional)

Coconut & Lime

- ❖ 3 cups coconut water
- ❖ 1 cup water (or more, based on how strong you prefer the flavor to be)
- ❖ 1/2 cup freshly squeezed lime juice (lemon is delicious too!)
- ❖ 1/4 teaspoon Celtic sea salt or real salt
- ❖ 2 tablespoons raw honey or maple syrup (or more to taste)
- ❖ A few drops of Concentrace minerals drops (optional)
- ❖ A few drops of Rescue Remedy (optional)

Instructions:

Mix all ingredients together and store in fridge until needed.

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 another electrolyte (sodium)

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.

Rescue Remedy is a Bach flower essence that many mamas find help them feel more calm and centered during labor