

Anderson's Magical Elixir

An Electrolyte Replacement Drink

1 cup fresh orange juice

2 tablespoons lemon or lime juice - fresh squeezed or organic

$\frac{1}{2}$ tablespoon organic amber raw blue agave

1 teaspoon healthy salt - not table salt - sea salt or similar

$\frac{1}{2}$ teaspoon baking soda

2 cups water

Combine thoroughly and enjoy. If you use a blender, let all the bubbles settle out before drinking. It's best served chilled.