

Nutrient Dense Water

A mixture of minerals and electrolytes to help your body hydrate deeply

Supplies:

A larger drinking glass or pourable container, filled with water

Another glass, filled halfway with water

Celtic or Himalayan sea salt

A lemon

Trace Mineral Drops {[something similar to this](#)}

1. Add pinches of sea salt to the water in the halfway-filled glass until it tastes pleasant to you. This could be a decent amount or none at all. If you accidentally put too much in, pour some out and dilute it with water from the larger container. It should have an appealing taste, but not necessarily a salty one.
2. Add a squeeze of lemon to the water with your desired amount of salt. Does that increase its appeal? If not, scrap it and recreate the water with just sea salt. If so, keep moving!
3. Now try adding a few of the trace mineral drops. Try just 1 or 2 drops at first. If you can taste them and they taste unpleasant, use the water that you identified in the last step as your daily drinking water. If you can't taste them at all, add a few more to see if that improves the flavor of your water. Again, find what tastes good. If it tastes sickeningly sweet, unpleasantly bitter, or medicinal- these drops {or these drops at the level that tastes unpleasant} may not be for you right now. The drops don't go bad, so just put them in a cabinet for later use.

At the end of this process, you should have arrived at something that doesn't taste like water, but does taste delicious.

It should absorb into your body from your digestive tract quickly- not leaving you with that full, sloshy belly feeling. If, at any point, you add something that tastes bad to you - pour it out and recreate the last thing that tasted good - then start over from there. Maybe you forgo the sea salt or lemon altogether. Maybe all you want are the trace mineral drops. You may want sea salt or lemon juice only. **Whatever tastes good for you is exactly right!**

