



### Saturated Sea Salt Solution Recipe

*Adding saturated sea salt to the highest quality natural spring water you can find is a great way to increase cellular rehydration (it gets the water inside your cells where it is lacking!).*

*This means improved energy, detoxification, and cellular functioning.*

#### **COMBINE:**

*1/2 cup natural, unrefined sea salt*

*1 cup of the purest, cleanest spring water you can find in a glass jar.*

*Allow several hours or overnight for the salt to dissolve; if all the salt dissolves, add more until salt remains undissolved at the bottom - this means it's saturated!*

*Add 1/4 - 1/2 teaspoon to every 16 oz. container of water that you drink. Gradually work up to 4-6 teaspoons / day.*

*Adding additional lemon or vitamin / mineral supplements is fine.*