

Cucumber, Lemon, Spearmint Water and Mineral Water

Make your own Mineral Water! Stay hydrated with this Cucumber, Lemon and Spearmint Water.

CLM Water

3 litres Filtered Water
1 med Garden Cucumber
you can slice it or I
actually juice it
and strain with
cheese cloth
1 med Juice of one lemon
10 fresh spearmint
leaves

Mineral Water

1/8 tsp Magnesium Sulfate -
food grade Epsom
Salt
1/8 tsp Sodium Bicarbonate
- baking soda
1/8 tsp Potassium
Bicarbonate - you
can get it at a
compounding
Pharmacy
1 litre Filtered Water



Mix all together for each recipe and enjoy!!!! If you juice for the CLM water you won't need to let it sit.

Tips

There are tons of benefits for both of these waters, just google to find out!

Source

Author: Jan Stephens

Source: Out of My Head - Ideas from the Web and my Brother for the Mineral Water

Web Page: www.featherstonesolutions.com www.janstephens.com