



UPROOTING LYME

The 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.