



Chiropractic Applied Kinesiology Vitamins Herbs
Homeopathy Health Education Classes

BOZEMAN WELLNESS CENTER

Dr. Philip Cameron, DC

Chiropractic Physician
Professional Applied Kinesiologist

Homemade Gatorade

To increase hydration and electrolytes

$\frac{3}{4}$ Water

$\frac{1}{4}$ Fruit Juice (use mild acidic 100% fruit juice i.e. apple, grape, cherry, cranberry)

Pinch of sea salt

If you prepare a quart or liter bottle for the morning (using the 3 parts water to 1 part juice ratio), drink approximately 1 quart/liter throughout the morning and 1 quart/liter throughout afternoon. Having homemade Gatorade prepared in advance will help to increase your hydration throughout the day.