

Oral Rehydrating drink (for flu fevers and diarrhea)

Rehydrating the body is so critical when your body fluids are lost during the flu, high fevers, diarrhea, heat exhaustion, or vomiting. This is a natural recipe you can make at home.

This is an essential recipe and knowledge for travelers, hikers, and should be included in all your first aid, disaster or preparedness kits. You can make up the dry ingredients ahead of time in waterproof packaging and just add water when you need it.

½ tsp salt

2 Tbsp sugar

¼ tsp Potassium chloride (table salt substitute)

½ tsp Baking soda

1 qt. filtered water

Mix and drink at room temperature.