



Nature's Energy Drink: Switchel,
The Fermented Health Tonic
Part 1

There's no shortage of health drinks to try, like kefir, kombucha, or various teas. You might have even heard of switchel, a beverage often called "nature's Gatorade." If you're looking for a natural energy drink that doesn't contain any harmful chemicals and added sugars try drinking switchel, a sweet and tart beverage made with simple ingredients: Apple cider vinegar, water, ginger, and a natural sweetener like honey, maple syrup, or molasses. It can also include other ingredients like lemon and spices like turmeric. The slightly acidic beverage is traditionally used as a natural thirst-quencher. Back in the day, colonial farmers enjoyed switchel when they needed to rehydrate while haying the fields. Because of this, switchel is also called "haymaker's punch." The beverage was a popular alternative to ice water, which was very difficult to obtain before iceboxes and freezers were invented. While switchel was originally made with apple cider vinegar, water, and honey, maple syrup, or molasses, ginger was eventually added to the drink to help prevent bloating. The new recipe for the drink allowed people to drink more of it without worrying about getting upset stomachs

Health benefits of switchel

Since switchel is made with incredible superfoods

Apple cider vinegar helps boost your digestive health

Apple cider vinegar (ACV) isn't easy to consume on its own, but drinking switchel makes it easier to reap the benefits of this very tart superfood.

Apple cider vinegar offers various benefits, such as:

- Replenishing your electrolytes.
- Balancing your body's pH levels.
- Protecting your heart health.
- Keeping your blood sugar levels balanced.
- Boosting digestive health by fostering the growth of "good" gut bacteria.
- Promoting weight loss.

Ginger boosts your brain and digestive health

Like ACV, ginger also offers various health benefits:

- Ginger helps relieve the symptoms of indigestion like bloating, heartburn and nausea.
- It helps lower cholesterol.
- It boosts blood circulation.
- It reduces blood sugar levels.

Ginger contains gingerol, a beneficial antioxidant that boosts your brain health by improving mental processing, working memory, attention span and reaction time.

Maple syrup contains essential minerals

Maple syrup is good for you because it contains trace amounts of essential minerals like calcium, manganese, potassium, riboflavin and zinc. Since maple syrup is a plant-based sweetener, it also contains at least 63 different antioxidants like catechins, gallic acid and quercetin.

To be continued...

Soil Lovers say: Traditional Remedies Are Tried And True. Worth A Go!

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