



*Nature's Energy Drink: Switchel,
The Fermented Health Tonic
Part 2*

Energy drinks contain electrolytes or minerals present in bodily fluids, like blood and urine. Electrolytes carry an electrical charge and you need these positively or negatively charged ions in your body as they transmit the voltage needed for different bodily functions like muscle contractions and nerve signaling. It's normal to lose electrolytes when you sweat, like when you're exercising, or when you go to the bathroom.

Electrolyte imbalance usually occurs when you're dehydrated, like when you lose fluids through rigorous physical activity.

Common signs of an electrolyte imbalance may include:

- Anxiety
- Dizziness
- Fatigue
- Headaches
- Heart palpitations
- Joint pain
- Muscle aches
- Stomach cramps
- Trouble concentrating

Thankfully, you can replenish your electrolyte levels by consuming foods or beverages that contain electrically charged minerals like calcium, chloride, potassium, magnesium and sodium.

Switchel contains superfoods that can help boost your electrolytes, like ACV, which contains potassium and pure maple syrup, which also contains potassium, along with other nutrients like calcium, magnesium and sodium.

The next time you're done with an exhausting workout, drink some homemade switchel, a healthy and delicious alternative to sugary sports drinks that will help maintain your electrolyte levels.

Switchel can help relieve pain and inflammation

Switchel is a beneficial post-workout drink because ginger helps relieve pain and inflammation so you can recover faster.

The ginger in switchel helps suppress pro-inflammatory enzymes that cause the aches and pains that you often feel after intense exercise. These enzymes can also help with other expressions of inflammation like acne, arthritis, eczema and the physical signs of aging.

Did you know that gingerol, the active constituent of ginger, is a natural pain reliever? The compound is just as effective as over-the-counter medications used to relieve pain, but without any negative side effects.

Homemade switchel recipe

Instead of buying switchel made with added chemicals and artificial sweeteners, make a fresh batch at home to ensure that your drink only contains fresh and natural ingredients.

Ingredients:

- 4 cups of water or club soda
- 1/2 cup of apple cider vinegar
- 3 tablespoons of pure maple syrup
- 6 ounces of fresh ginger root

Preparation:

1. Start by grating the ginger or using a juicer until you have about half a cup of ginger.

2. Combine the apple cider vinegar, ginger, maple syrup and water in a pitcher. Stir until the maple syrup has completely dissolved. If you grated the ginger, it will sink to the bottom of the container, which is fine.
3. Pour over ice if serving immediately. You can also refrigerate the switchel for 24 hours and stir again before serving.

Notes:

- Add berries, mint leaves and a tablespoon of fresh lemon or lime juice if you want a minty and fruity beverage infused with more flavor.
- You can also add a pinch of powdered spices like cardamom, cinnamon, or turmeric.
- When using turmeric, add a pinch of black pepper, which can help boost the bioavailability of curcumin, the active component in turmeric.

Drink a refreshing glass of switchel made with nutritious ingredients after a tiring workout to boost your electrolyte levels and improve your digestive health.

Ref: <https://www.food.news/2021-06-04-natures-energy-drink-switchel-fermented-health-tonic.html>