



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

Your body requires electrolytes 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. 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. These **can help relieve pain and inflammation**

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.

Here's your own **Homemade switchel recipe**

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. I
3. Pour over ice if serving immediately. You can also refrigerate the switchel for 24 hours

Suggested Additives

- Add berries, mint leaves and a tablespoon of fresh lemon or lime juice
- 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.

Soil Lovers say: 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>