



Herbal Sports Drink

While comparable in price to Gatorade & Powerade, this drink blows the competition out of the water in nutrition and health benefits! Each 8 oz. serving of this **adaptogenic sports drink** contains only 4 grams of sugar vs. the exorbitant amounts of sugars such as High Fructose Corn Syrup (HFCS), fructose, sucrose, glucose plus artificial colors and flavors in traditional store-bought sports drinks.

Made with a blend of **Holy Basil, Licorice, Cinnamon and Star Anise**, this flavorful drink provides not only essential electrolytes that need to be replenished after physical activity and perspiration, but also provides valuable herbal compounds that support:

- Immune function
- Physical endurance
- Balanced blood sugar
- Lowered blood pressure
- Decreased inflammation
- Metabolic repair & balance
- Endocrine function
- Hormone balance
- Improved mental function
- Anti-histamine response
- Adaptation to stress from energy & life
- Restful sleep
- Improved focus
- Anti-pathogenesis

Holy Basil is native to India, Malaysia and Sri Lanka as well as a native sub-species that is found in Australia. The leaves, stems, and wild forms of a variety of basil are used, each with its own unique as well as duplicated properties, which enhance the action of the other varieties of basil in this blend.

Boil:		Cost Analysis	
• 1 qt. filtered water (I use Berkey)			
Add & steep 10-20 minutes:			
• Eco Teas Tulsi Holy Basil Tea	3 tea bags	\$.62	\$4.99/ 24 bags (1.7 oz. box) -OR-
	2 T. loose tea	\$.32	\$7.99/ 50 svgs. (5.3 oz. loose)
• Licorice Root (optional)	1 stick	\$.07	\$2.45/ 36 sticks
• Cinnamon Stick (optional)	1 stick	\$.10	\$1.54/ 16 sticks
• Star Anise (optional)	2-3 pods	\$.10	\$13.29/ pound
Cool, strain, then add:	15 drops	\$.12	\$6.20 2 fl. oz. drops -OR-
• Trace Minerals Research ConcenTrace Trace Minerals	1-3 tablets (to taste)	\$.17-.51	\$15.39/ 90 tablets
• Real Brand Orsa Salt	Small pinch	\$.01	\$4.65/ 16 oz.
• Honey	4 sticks (1 T.)	\$.15	\$1.19/ 8 sticks
TOTAL COST PER QUART		\$.48-1.56	



L'chaim-- To Life!

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Consultations are available by appointment only

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Interested in learning more about how to boost your athletic performance, balance your hormones and increase your resistance to stress?

Contact me for a free 30-minute phone consultation!