

Cooling Cucumber Aloe Water

Ingredients

- 1/2 cucumber, peeled and cut into slices
- 4 oz aloe juice
- Pinch Himalayan crystal salt
- Juice of 1 lemon



Preparation

Dissolve the salt in a small amount of warm water. Combine all ingredients in a 32 oz mason jar. Add lukewarm water and let sit for 30 min. Drink throughout the day. Enjoy!

Food Wisdom

An inexpensive and quick way to make yourself a lovely drink, and get variety from drinking just plain water.

Both cucumber and aloe are cooling by nature which is rad for hot days or when plagued by hot flashes. Aloe is a demulcent which relieves inflammation, irritation, makes your skin smooth and keeps your mucous membranes lubricated in general. it is also a key herb for menopausal symptoms.

Himalayan crystal salt is high in trace and macro minerals which are important for keeping your bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones.



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