

MUGWORT & MEADOW

Replenish

Natural Electrolyte Rebalance

Ingredients:

- 1 liter of water
- 6 whole cloves
- Four large slices of fresh ginger
- One large cinnamon stick
- 10 g (about ½ cup loosely packed) dried nettle leaves
- .5 g (large pinch) yarrow leaves and flowers
- 5 g Celtic or sea salt (not iodized table salt)
- 30 g (2 tablespoons) raw apple cider vinegar with mother
- 42 g (2 tablespoons) raw local honey



Method:

1. Add the cloves, ginger, and cinnamon stick to the water in a saucepan.
2. Cover, bring to a boil, then reduce to a low simmer and cook for 20 minutes.
3. Remove from heat and let sit, covered, for 10–15 minutes.
4. Add the dried nettle and yarrow, cover again, and steep for 3–4 hours, or overnight if possible.
5. Strain the infusion. Gently rewarm it in a saucepan—do not boil, then remove from heat.
6. Add the honey and stir until fully dissolved.
7. Add the salt and apple cider vinegar.
8. Bottle and refrigerate.



To Serve:

1. Dilute $\frac{1}{4}$ to $\frac{1}{3}$ cup of the concentrate in fresh water.
2. Add lemon juice to taste if desired.



Notes:

- Nettle is one of the most mineral-dense herbs available, especially rich in magnesium, potassium, calcium, and iron.
- Salt quantity matters here because this is replenishment, not seasoning.
- This concentrate keeps well refrigerated for several weeks. Discard if smell, taste, or appearance changes.
- Best consumed earlier in the day or after physical exertion, sauna, travel, or alcohol.

