

## Recipes

### Alkalizing Lemon Fizz by Sally Norton in “Toxic Superfoods”

¼ cup fresh lemon juice

1/8 teaspoon potassium bicarbonate

1/8 teaspoon potassium citrate

½ cup filtered water

In a tall glass, mix the lemon juice with the potassium bicarbonate and the potassium citrate, then allow to fizz for 1-2 min. Pour in the water and drink immediately.

A note re lemon juice, from Sally Norton, MPH: “Although citrate has the power to strengthen teeth and improve mineralization, protect your teeth from the acid in lemon juice by sipping plain water afterward. Use your own saliva and tongue to wipe traces of the lemon away, then swallow. For your teeth’s sake, avoid sipping acidified water all day. (That’s one reason I recommend “shots”. [drinking lemon water a few times a day, not sipping on it all day long])

### Salty Sport Drink by Sally Norton in “Toxic Superfoods”

Place the ingredients in a clean, large glass jar or bottle. Add water, cover tightly, and shake well. Allow to sit for at least 30 minutes before consuming. Consume within 48 hours.

Drink it throughout the day (between meals) and especially in the evenings (instead of evening snacking). Drink it during the hour prior to exercise for a better workout.

Ingredient	Amount	Source
Filtered water (if Reverse Osmosis, prepped as in Potassium-enhanced RO drinking water)	24 oz or 3 cups	
Organic vinegar or lemon juice	2-3 tsp (to taste)	
Celtic or Redmond’s salt	½ - 1 teaspoon or 1.8-3.5 grams	HealthNut, Natural Health Center, online
Potassium bicarbonate powder	¼ tsp or 0.7 gram	Buy in bulk online
Potassium citrate powder	¼ tsp or 0.7 gram	“
Magnesium citrate powder	1/8 tsp or 0.5 gram	“
ReMyte Mineral Solution (optional)	½ tsp or 2.5 ml	RNAReset.com
Organic maple syrup or organic sugar or local honey (optional) (avoid stevia or other zero-cal sweeteners)	4 tsp (adds 18 grams carbs)	

### Potassium-enhanced RO drinking water (per gallon) by Sally Norton, "Toxic Superfoods"

Combine the listed ingredients in a clean glass jar and consume within one week.

Ingredient	Amount	Source
RO water	1 gallon	
Potassium bicarbonate powder	¼ tsp or 0.7 gram (provides 400 mg potassium)	Buy in bulk online
Potassium citrate powder	¾ tsp or 2 gram (provides 1,050 mg potassium)	"
Electrolyte liquid- trace minerals such as LyteShow (omit if using well water)	1 tsp (5 ml)	Buy online
ReMyte Mineral Solution or equivalent (optional)	1 tsp (5 ml)	RNAReset.com

### Mineral Bath Formula for General Use by Sally Norton, "Toxic Superfoods"

Ingredient	Amount	Source
Potassium bicarbonate powder	½ cup (120 ml)	Buy in bulk online
Sea salts	½ cup (120 ml)	Online or natural food stores
Baking soda	1/3 cup (80 ml)	
Epsom salts (no additives)	2 cups (480 ml)	
Borax (optional, supplies boron)	3 tsp (15 ml)	Grocery laundry aisle

If sulfur sensitive, swap magnesium chloride for the Epsom salts.

"For a gentle start, the right "dose" is about one 15-minute soak every other day. To make a foot bath, use about one-fourth of each of the ingredients listed....This solution will be more concentrated than a full-body tub bath....Use very hot water. Increase the soaking time to 20 or 25 min if it feels good to do so. If that does not aggravate your symptoms, progress to a full-body hot mineral bath as often as time allows and your symptoms dictate – I suggest at least twice a week. If you are sure the bath is helping, take them daily.... If you lack a tub or haven't the time, mix a solution of the minerals and use a spray bottle to apply it to your skin after a daily shower, then let it dry."