



Labour aid recipe

- 4-5 cups of water
- 1/3 cup fresh lemon juice
- 1/3 cup honey (or to taste)
- *1/4 tsp salt
- **2 calcium/magnesium tablets, crushed (magic bullet or coffee grinder works well) or 2 servings of liquid calcium-magnesium
- 1 sprig of fresh mint, lavender, or a few chamomile flowers if available.
- Blend if using magnesium tablets, otherwise mix and chill!

*instead of using salt you could use 1 to 2 electrolyte packets

** ALWAYS ask your doctor or naturopathic doctor to ensure this dose of calcium/magnesium/vitamin D is safe for you!