

Here is a drink that Judy and Dale came up with.

The original drink was recommended by a physician and its benefits are explained at <http://danmahony.com/rht.htm>

Please consult your Doctor before you use this rehydration drink:

PERFORMANCE ENHANCING SPORTS DRINK

Original Sports Drink: Yields 8 (8-oz.) servings.

2 quarts water

1 teaspoon baking soda

1/8 teaspoon table salt

1/8 teaspoon Lite Salt Substitute (potassium)

1 packet Crystal Light (any flavor)

Note: the original recipe calls for 1/4 teaspoon of salt but it was reduced to 1/8 teaspoon to meet the lower sodium requirements of the way I ride.

Per serving:

Calories - 1.25

Carbohydrates - .1 gram

Fat - 0

Calcium - 2 mg

Magnesium - 2 mg

Sodium ^ 196 mg

Potassium ^ 50 mg

Energy Added Sports Drink: Yields 8 (8 oz.) servings.

This version adds energy and additional performance-enhancing nutrients and lowers the sodium by a small percentage.

48 ounces water

16 ounces cherry juice

3 tablespoons honey

1/2 teaspoon baking soda

1/8 teaspoon table salt

1/8 teaspoon Lite Salt Substitute (potassium)

Per serving:

Calories ^ 60

Carbohydrates ^ 15

Fat ^ 0

Calcium ^ 17 mg

Magnesium ^ 2 mg

Sodium ^ 125 mg

Potassium ^ 52 mg

Comparison to Gatorade: (8 ounces)

Cal - 50, Carbs ^ 14, Sodium ^ 110 mg, Potassium ^ 30 mg.

WARNING: DO NOT EXCEED SALT OR LITE SALT QUANTITY OR IT COULD REALLY MESS UP THE BODY.

You replace electrolytes and stay hydrated (that's good), but the best part of this recipe is the function of the baking soda. It restores pH balance in the body, curbing the lactic acid that forms in the muscles that causes fatigue. It also acts as a performance enhancer (Wow!) and is good if you are exercising in extreme temps. See the complete article at:

http://www.timesonline.co.uk/tol/life_and_style/women/body_and_soul/article4539000.ece

Is bicarbonate of soda a performance-enhancing drug? See scientific study above for the answer.