



## Laborade

Laborade is an electrolyte-balanced solution, which is the rough organic equivalent to the Lactated Ringers Solution with Dextrose. It helps to prevent and alleviate exhaustion and dehydration, particularly during long labors. It is helpful in counterbalancing the effects of fluid loss involved in cases of excessive bleeding. It can be frozen and offered as ice chips during labor. It is also helpful throughout pregnancy in relieving morning sickness and in restoring the body's normal balance after extended bouts of vomiting or diarrhea.

Recipe:

1/3 cup lemon juice  
1/4 tsp. salt  
1/3 cup honey  
1 T. liquid calcium/magnesium

Stir in enough water to make one quart of the solution.

(Courtesy of Heather Wilson, midwife extraordinaire!)