

Labor Rehydration Drink

1 qt. distilled water
2 Tablespoons Honey or Agave Nectar
¼ teaspoon salt
¼ teaspoon baking soda
½ cup concentrated juice (orange, grape or apple)
1 banana
1 calcium tablet crushed or 2 tablespoons of liquid calcium

1. Blend ingredients in the blender.
2. Freeze.
3. When labor begins, take out of the freezer to thaw and drink during labor.