



# The Gifts of Water



**Drink water** it is precious beyond measure! Water is honoured as a medicine that nourishes and cleanses our bodies and spirits. Plain water is convenient, tastes great, and cleans your mouth and body.

Our bodies are 60-70% water and water plays many essential roles for us:

- Carries nutrients
- Removes waste
- Cools the body (sweat)
- Digests food
- Helps to repair and replace old tissue
- Cushions the organs and joints



***“Fresh water and salt water are the life's blood of the earth mother. Everything around us relies on that. Including all the wildlife, fish, forest and just everything.”***

**Butch Dick Lkwungen**

***“Water is one of our most important spiritual medicines. The morning dew from the sword fern, the rain and even the water we drink everyday can purify and cleanse us. Water is precious and you have to ask for its healing.”***

**Kimberley Miller Skokomish**

# QUENCH YOUR THIRST



## Fruit Explosion Water—Flavour Your Water

Water with lemon, lime, orange and grapefruit is acidic and can be harmful to the teeth. Try to keep acidic beverages to mealtimes, and choose plain water between meals.



### Delicious options and combinations:

- Sliced fruit (i.e. cucumber, melon, ginger, lemon, lime)
- Frozen or fresh berries
- Fresh mint, basil, lemon balm or rosemary
- Strawberry + Kiwi
- Blueberries + Orange
- Watermelon + Strawberry
- Mango + Mint
- Cucumber + Mint
- Ginger + Mint

## Sun Teas



### Nature's Gatorade:

- Fir, spruce or hemlock tip infusions are delicious sun teas
- Harvest 1 cup of tips, rinse/clean and add to 4 cups of water
- Let steep in the sun 6 hours or place tips into boiling water and steep for 20 minutes
- Strain out fir tips and serve over ice

### Loose Leaf or Dried Plants:

- Steep 4 tbsp of dried tea in 1L of hot water until cooled, strain and serve or pour over ice.

### Delicious options are:

- **Nettle and mint**—Steep 3 tbsp of nettle with 1 tbsp of mint
- **Calming iced tea**— Steep 3 1/2 tbsp of mint, chamomile, lemon balm with 1/2 tbsp of lavender
- **Vitamins and Minerals Rich**— 2 tbsp of nettle, 1 tbsp of mint

## Soulful Iced Tea



### Traditional and Flavoured:

- Steep 4 tea bags (e.g. regular, wild berry, blueberry or mint) in 1L of hot water
- Let steep until colour is dark (or tea has cooled), approx. 1 hour
- Remove bags, stir well and serve over ice

### Old Fashioned Lemonade:

- Add ¼ cup of honey or sugar to 1 cup of hot water—stir until sugar is dissolved
- Add 1 cup (6 lemons) of freshly squeezed lemon juice ( 6 tbsp of lemon concentrate)