DRINKS & SMOOTHIES

Recipe for Switchel: All-Natural Sports Drink Which Soothes the Gut

By bestfolkmedicine · 10/06/2022 · 3 min read



Prior to all those store-bought sports drinks that sportspeople consume to rehydrate after physical labor, there was switchel.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This is an all-natural beverage similar to lemonade. And, it's now becoming popular again.

It's a.ready a favorite among hipsters and served in upscale cocktail bars. It boasts a lovely taste and offers plenty of advantages for the health.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Centuries-old, switchel drink has the potential to become the next kombucha!

Switchel Drink Explained

Made from ginger, apple cider vinegar, maple syrup, and water, it's not entirely clear how this drink came to America.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Some claim it's from the West Indies where they used molasses instead of maple syrup.

Others claim it's from oxymel, an ancient Greek elixir praised for its medicinal properties and made from water, honey, and vinegar.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Regardless of its origin, by the 18th century, American farmers already gulped it during their long working hours as a way to stay cool and hydrated in the heat.

The Best Health Benefits from Switchel Consumption

- **Boosts the electrolytes**

Electrolytes are nutrients that help us perform several functions like informing the legs that it's moving time or regulating the heartbeat.

However, when we're ill or after vigorous exercise, an imbalance in the electrolyte levels can happen.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
Some symptoms are constant thirst, headaches, tiredness, and nausea. Switchel may replenish electrolytes since apple cider vinegar and maple syrup help increase the potassium-rich electrolytes.

Consume a glass after a strenuous workout or during a hot day and help the body restore the needed amount of electrolytes.

- **Maple is an awesome natural sweetener**

When used moderately, maple syrup is an excellent replacement for cane sugar.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

It’s considered to be one of the best natural sweeteners and it will influence your blood sugar levels less than conventional sugar.

It also contains trace antioxidants and minerals that aren’t available in white sugar.

- **Reduces inflammation**

The ginger from switchel is known for its ability to decrease inflammation naturally. Excessive inflammation is linked to skin issues and digestive struggles.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
Consume this drink to keep inflammation at bay.

Ginger isn’t just anti-inflammatory, but it also has pain-relieving powers.

In one study, consuming it in small amounts is more beneficial for the reduction of pain than painkillers.

Homemade Switchel Recipe

- ***Consume it at any time of the year***
- ***Delicious and nutritious all year round***
- ***Easy to make at home***

You’ll need:

A cup of ginger, chopped

½ cup of maple syrup

½ cup of apple cider vinegar

cup of lemon juice

6 cups of water

Prep:

Fill of a saucepan with water and add the ginger. Bring the content to a boil and leave the ginger to cook for two minutes after the water reaches boiling point.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });

Remove it from the heat and cover the content. Leave it to steep for 20 minutes.

In a pitch, add the vinegar, lemon juice, and maple syrup. Put a strainer and strain the ginger water through it into the pitch.

Mix everything together.

Serve on ice or warm.

Sources:

DR AXE

TODAY S DIETITIAN

Read online: https://bestfolkmedicine.com/2022/06/recipe-for-switchel-all-natural-sports-drink-which-soothes-the-gut/
Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.