

RICE WATER

A simple safe additive to maintain solid stool consistency.

Soak 2/3 cup of white rice in water for at least 2 hours.

Rinse the rice with clean water several times

Add the rice to a large pot and cover with 12 cups of water

Bring to a boil then simmer 45 minutes

Strain immediately. You can save the rice and use it another time or discard it. The rice actually is okay (for humans) to eat and virtually no carbs.

Save the water and refrigerate OR pour into ice cube trays and freeze. A large ice cube thawed is the perfect amount as a precaution to GI upset. 2 or 3 thawed and added to food helps to bind the stool.

I use this on any stress situation (travel, parties, fireworks) or food change. Great for day of vaccines since they can stress their little bodies.