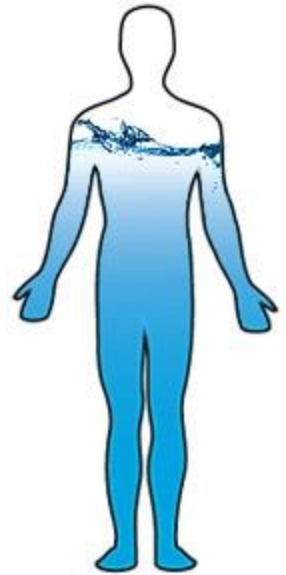


Daily Water Flush

Water, water everywhere ... including in our bodies.

- Water makes up about 70% of your body's composition
- It acts to lubricate organs and transport nutrients throughout the body.
- It helps cleanse the body by taking waste products out of the system.
- It also helps our body to maintain a natural biochemical balance

Becoming even slightly dehydrated can slow our thought processing and interfere with the natural flow of energy in the body. Hot, humid weather, dry buildings, and physical activity can greatly deplete our body's fluid levels. Dehydration leads to lower blood plasma, which means there is less fluid to carry critical nutrients and oxygen to the muscles. The results ... your stamina decreases, you tire more easily, and you risk experiencing blood clot.



Simply daily regime (referred to as "Daily Water Flush Therapy")

How and when we drink water is critical to our overall health. We can all benefit from this simple daily regimen. Always use purified water (use a Get Clean Water Pitcher)

- **Step 1:** Upon rising in the morning, before even brushing your teeth begin drinking water. You will need 2 full 8 oz. (237 ml) glasses to rehydrate the body from your hours of sleep. Begin the therapy by working your way to up to 2 glasses daily upon rising. After you have mastered this, you are ready to begin the thru "therapy" phase.
- **Step 2:** Therapy Phase: In order to eliminate low grade symptoms and some and some diseases, you need to work your way up to drinking between 4-6 glasses of water daily upon rising. Depending on your build and body-type, you may find it difficult to go beyond 4-5 glasses. Be sure to listen to your body and find your own personal amount.
 - It is best to limit the time between glasses to 1-2 minutes
 - Try to **organize your morning so that after you drink your 4-6 glasses of water, you have 45 minutes to 1 hour before eating breakfast.** This is when the true cleansing effect occurs. Persisting with this treatment will prove invaluable over time.
- **Step 3:** After you have gotten up to your maximum level and have done so far two weeks, **add two tablespoons of lemon juice or one tablespoon of unpasteurized apple cider vinegar** to the last glass of water, and take 12 Alfalfa tablets

What to expect

- Immediate results can often be experienced days after beginning this therapy. You may start noticing small changes like less hair loss, fewer headaches, better elimination, reduce night blindness, increased bladder control, improved memory
- Long-term benefits
 - Reduced blood pressure levels
 - Reduced cholesterol levels
 - Less inflammation and joint pain
 - No more constipation
 - Reduced incontinence
 - Healthier fingernails
 - Less fluid retention

Throughout the day

Continue drinking your usual amount of water during the remainder of the day.

- An ideal amount will be another 1-1 ½ quarts of liters throughout the day
- The best time to consume this water is
 - 30-60 minutes before lunch and dinner OR
 - 2 hours after eating