



Hydration Protocol

NOTE:

- ⇒ All water for internal use, unless filtered using Big Berkey water filtration systems including fluoride filter, must have **Cilantro** added, approximately *1 dropperful* per gallon (to neutralize excess fluoride found ubiquitously in water supplies).
- ⇒ All liquids should be placed in a glass or ceramic container for consumption.

At Bedtime:

- **Filtered or Eldorado Springs water** 20 oz
- **Cistus Incanus tincture (Biopure)** *1 dropperful*
- **Cilantro (Biopure)** *1 dropperful* (for detoxification)
- **Juice of one half Organic Lemon** (you may leave the rind in your drink for extra flavor and antioxidant activity since it's organic)

Most individuals should consume only a limited amount of this liquid at night. It is designed to be mostly consumed upon arising, to stimulate the bowels to start moving.

If desired, while preparing for the day, you may replenish this mixture for additional consumption by adding:



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- **Organic liquid Stevia** *1-2 dropperful*
- **Lemon essential oil (Doterra)** **5-6 drops*

During the day:

- **Filtered or Eldorado Springs water** 16-20 ounces
- **Herbal, caffeine-free “tea,” preferably “spiced” variety** *1-2 bags*

You may leave teabag in the container while you consume the liquid, as long as the drink is not directly exposed to a source of heat.

- **Organic liquid Stevia** *1-2 dropperful*
- **Peppermint essential oil (DoTerra)** **1-4 drops*
- **Cistus Incanus tincture (Biopure)** *1 dropperful*
- **Cilantro (Biopure)** *1 dropperful*

This liquid should be consumed before the evening meal.

If additional liquid is required during the day, you may add a modest amount of filtered or Eldorado Springs water (generally no more than 8-12 oz unless exercising heavily), along with *one additional dropperful* of **Organic liquid Stevia** and **Cilantro** and *4-5 drops* **Peppermint essential oil.**



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During evening meal:

- Filtered or Eldorado Springs water, plain or with added **Organic liquid Stevia** *1 dropperful* or **Organic Apple Cider vinegar** *1 teaspoon*, 4-6 ounces maximum or **Organic Apple Cider** 4-6 ounces maximum

*Please refer to [Essential Oil Protocol](#) (under construction)