



## Shopping List for Hydration Protocol for 1-2 months' supply

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### Natural Grocers items

- **Organic lemons** *4-5 per week*
- **Caffeine-free herbal tea, preferably spicy**  
<https://www.naturalgrocers.com/products/shelf-stable-tea/ss-tea-bags-herbal/org-ginger-tumeric-hrbl-tea-20-ct> *2-4 packages*
- **Organic liquid Stevia**
- **Eldorado Springs bottled water** *2-4 cases and/or*
- **Big Berkey water filtration system with fluoride filter**  
[http://www.bigberkeywaterfilters.com/affiliates/aff\\_tools/cunninghamoffice/tool/text\\_links/5](http://www.bigberkeywaterfilters.com/affiliates/aff_tools/cunninghamoffice/tool/text_links/5))

### Biopure items

- **Cistus Incanus tincture** <https://biopureus.com/product/cistus-incanus/> *2 bottles*
- **Cilantro tincture** <https://biopureus.com/product/organic-cilantro-tincture-4-fl-oz/> *2 bottles*

### DoTerra items

- **First go to** <https://my.doterra.com/scottcunningham21>
  - **Lemon essential oil** - Item number 30120001, 15mL
  - **Peppermint essential oil** – Item number 30190001, 15mL