## WayBack Water™ RAMP UP SCHEDULE

## <u>ATTENTION Do not use the EWW or mixed water to ingest pharmaceuticals,</u> <u>nutraceuticals, or supplements; this is a cell delivery system; please be mindful.</u>

- □ Pour 1 Tablespoon of EWW concentrate into 1 gallon of spring water;
- □ Gently give the 1 gallon a slight shake once; and
- □ Wait 5 minutes for the EWW to activate, producing mixed water.

*Dropper information provided by Raymond & Ruth Hamilton @* <u>www.OrmusMinerals.com</u> Each Dropper that is full contains 20 drops.

	Mixed Water Ounces	Or Drops per ounce
Weeks	taken in A <b>M &amp; PM</b>	Of spring water
1 and 2	2 oz.*	5 Drops
3 and 4	4 oz.	10 Drops
5 and 6	6 oz.	15 Drops
7 and 8	8 oz.	20 Drops
9 and 10	10 oz.	25 Drops
11 and 12	12 oz.	30 Drops

\*If you have more challenged wellness you may want to start your ramp up schedule at a smaller amount than 2 ounces and for longer than 2 weeks

## If you begin to experience pollutant removal effects:

- Revert back to the amount of water you were taking prior for another two weeks;
- □ After two weeks, attempt the increase again;
  - o If no removal effects, continue until you are ready to increase;
  - If removal effects, revert back for another two weeks.

## Taking the mixed water first thing in the morning:

- □ Upon awakening take the mixed water;
- Do not eat or drink anything for 30 minutes afterward; and
- Go on and enjoy your day!!!!
- □ Upon retiring for the day take the mixed water on an empty stomach.