



*From hair care
& eye care*



to skin care



*to babies
& children...*



*even to
your furry friends*

Ionized Water Protocols

...designed to address issues from your head to your toes
and all parts in-between!

BY DR. PEGGY PARKER

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INTRODUCTION

The practice of both Naturopathic and Biological Medicine is an elegant combination of science and art, of knowledge and intuition, of ancient wisdom and modern diagnostic and treatment tools.

At the heart of natural medicine is the unwavering belief that bodies are designed to heal themselves. In order to assist the body and enhance its ability to heal, natural medicine seeks to identify and then remove any obstacles that block this self-healing process. Once the obstacles have been removed the body can return to a state of optimal health.

It is my absolute commitment to this belief that has fueled me forward to study, to learn, to practice and to unlock some profound truths about health and healing.

This collection of protocols contains some elegantly simple ways to both enhance your body's own natural healing, and to begin removing those obstacles that are blocking or slowing your natural self-healing. Together these steps work to create health in ways we only imagined in the past . . .

Dr. Peggy Parker



THE IMPORTANCE OF PRE-FILTERING YOUR TAP WATER

Growing concern over the availability of good quality drinking water is on the minds of people all around the globe. It seems that every week we hear more bad news about the state of our drinking water. From plastics and pharmaceuticals to heavy metals and bacteria, tap water has been linked to a wide variety of illnesses and even death.

Chances are that if you are reading this book, water quality is important to you as well. In fact, you have probably purchased a water ionizer and I commend you for taking such an important step in safeguarding your health.

I believe that drinking ionized water is key to creating, regaining and maintaining a healthy body! I would even go so far as to say that in my medical practice I have never seen any drug, vitamin, mineral or tonic that could create the results that ionized water produces in just a few weeks.

To create the highest quality ionized water it is imperative to start with the cleanest water available. While ionizers do restructure water molecules and do a great job creating super hydrating water, they are unable to remove all pollutants from your water supply. Here are a few great reasons to consider pre-filtering your water prior to ionization.

IMPROVES THE QUALITY OF YOUR IONIZED WATER

While some unwanted and dangerous pollutants found in tap water are effectively handled by the small filter in your ionizer, most are not. Many viruses, bacteria and fungi are effectively destroyed during the process of electrolysis, but many are not.

You may be surprised to find out that many of the pollutants found in tap water today will actually slow down the flow of electricity through water, preventing many of the water molecules from proper ionization.

The list includes chemical byproducts from the breakdown of plastics, petrochemicals and many pharmaceutical drugs as well as excess calcium found in hard water. Each of these substances are known insulators, and by nature insulators slow or completely impede the flow of electricity, even in water!

Improper conduction of electricity through the water decreases the number of water molecules that are split into OH- (hydroxyl molecules responsible for the alkalinity of the water) and H (the hydrogen responsible for the antioxidant properties of the water).

INCREASES THE ANTIOXIDANT CONTENT OF YOUR WATER

Based on my considerable research, the real "magic" of ionized water depends upon thorough ionization of tap water. You see as water passes through an electrical field it separates many of the water molecules and creates what I believe to be the ideal antioxidant! The more water molecules that split apart, the greater the number of antioxidants are produced.

The greater the quantity of antioxidants contained in the water, the better the health results!

For a more detailed explanation of this process please consult my booklet entitled, *The Real Story About Oxidation and Antioxidants*.

EXTENDS THE LIFE OF YOUR FILTERS & YOUR IONIZER

One reason to pre-filter your water is that it's economical. Pre-filtering your tap water can double the life of your unit's filtration system. But the practical reasons only begin there!

Pre-filtering your tap water (both municipal and well water) removes many of the naturally occurring minerals that are actually harmful to the ionizing plates in your unit. It protects your unit from minerals that coat the plates and render them ineffective, as well as substances that eat away the platinum, creating pitting and dramatically decrease the useful life of the plates.

No matter how you look at it, pre-filtering your tap water is the logical choice to enhance the performance of your unit and increase the healthful benefits of your ionized water!



DR. P'S BASIC WATER PROTOCOL

Let me start by providing a little background into the development of this protocol. In 1999 I opened an inpatient medical spa in North Idaho. One of the common threads I found with all my patients was their poor digestion and their resulting inability to absorb nutrients properly.

In an attempt to address this problem I developed an elaborate, expensive, and horrible tasting protocol that actually worked very well. So when I bought a water ionizer that could produce strong acidic and alkaline waters I began to wonder if I could use them to get similar results.

After a few minor adjustments this basic water drinking protocol was born. It has several advantages to the old routine in that it costs virtually nothing, it has fewer steps, it tastes considerably better and most importantly IT WORKS far better than the original!

DIGESTIVE OVERVIEW

Digestion is a rather complicated process beginning in the mouth, continuing in the stomach and then progressing to the small intestine where the liver, gallbladder and the pancreas are involved and finally terminating in as it passes through the large intestine.

This discussion is focused on the stomach and small intestine, including the involvement of the liver, gallbladder and pancreas. Please keep in mind that each of these elements of digestion requires a specific pH to function properly.

The ideal pH of the stomach is a very acidic 1.8. These acids begin to break down proteins in our food for proper digestion, so when stomach acids are inadequate, we must find a way to increase them.

Food passes straight from the stomach into the small intestine. However, the small intestine requires a very different pH to continue the digestive process - an alkaline 8.5! This shift in pH is necessary to break down the fats in our food so they can be used to build healthy cells. To create this pH shift your gallbladder is designed to dump adequate amounts of bile into the small intestine to break down the fats in the food that has passed from the stomach. Bile is also intended to create an alkaline environment in the small intestine.

However, most people today do not produce enough bile so fats are often poorly digested and the pH of the small intestine remains too acidic.

This creates a serious problem in the digestive system. You see, the pancreas will only release the enzymes necessary to complete protein digestion if the pH of the small intestine is adequately alkaline. So when inadequate amounts of bile are secreted, digestion is severely compromised.

To support the gallbladder and the pancreas, we need to find a way to create an alkaline environment in the small intestine without compromising the acidic environment of the stomach. This is a pretty tall order, and few have found a way to accomplish the task with any degree of success.

That is until now . . .

This water protocol, when followed for a minimum of 120 days, can actually change the way your body works. It actually encourages your own body to produce more stomach acid and more bile, resulting in better digestion, and better digestion results in healthier cells!

For optimal results, follow this protocol as closely as practical for 500 days. Since your liver cells have a lifespan of 500 days, it can take that long on this protocol to see significant improvement with health challenges like stubborn weight issues, hormone balancing and other liver related diseases.

HOW & WHY IT WORKS

Biological medicine focuses on enhancing and replicating the normal functions of the body. When we support and encourage the natural rhythms and cycles of a healthy body we begin to retrain body systems to function properly again. So it was my goal to find a way to naturally enhance the body's entire digestive process from the stomach through the large intestine.

So I followed my old protocol but substituted various pH levels of ionized water and the results were remarkable!

I used a 2-step approach to increasing the normal production of hydrochloric acid in the stomach.

- **First**, eliminate or neutralize it so that the system is forced to start production of the acid just in time for food to arrive! I used a little pH 11.5 ionized water to accomplish that task
- **Second**, add a bit more acid to the stomach to ensure the early stages of digestion are complete. To accomplish that I used just a little pH 2.5 water because it mimics a slightly weaker hydrochloric acid.

Most people don't know that conditions like acid reflux, GERD, and old fashioned heart burn occur when there is not enough acid in the stomach. You see there is a sphincter between the stomach and the esophagus that is designed to close when there is an adequate amount of stomach acid present. So it is essential to be certain that your stomach has all the acid it needs to break down the food you are eating and signal that sphincter to close.

I also used a 2-step process to adjust the pH of the small intestine, to encourage the proper flow of bile and the release of pancreatic enzymes to complete the break down of the fats, proteins and carbohydrates during the final stages of digestion.

- **First**, by eliminating the acids in the stomach, alkaline drinking water is allowed to pass through the stomach directly into the small intestine without interference. Since water is the only substance we ingest that is not digested it will pass virtually undisturbed through the stomach and into the small intestine where it is able to create an alkaline environment.
- **Second**, by consuming a large amount of alkaline-antioxidant rich drinking water at one time, there is an adequate amount of both water and antioxidants delivered that can be absorbed immediately into the blood stream and the lymphatic system. This encourages the body to eliminate toxins, which are responsible for creating an improper thickening of the bile, preventing it from freely flowing into the small intestine.

Utilizing this Water Protocol consistently creates an ideal pH for complete digestion, encourages the normal production and timely release of stomach acids, bile as well as pancreatic enzymes, while retraining the system work properly on its own. Complete digestion is essential for overall health and natural self-healing.

BASIC WATER PROTOCOL DIRECTIONS

45 minutes before your meals do the following:

- Drink 1/4 cup pH 11.5 highly alkaline water
- Immediately followed by pH 9.5 drinking water - see formula below
- If you are taking any additional digestive enzymes, swallow them with this water

Now you MUST WAIT 45 MINUTES before you eat or drink anything else.

- With the first bites of your meal swallow 2-3 Tablespoons pH 2.5 strongly acidic water.
- If you are taking any vitamin supplements, swallow them with this water at the beginning of the meal.
- ***Do not drink anything with your meal.*** Anything you drink will be more alkaline than your stomach acids and will dilute them. Diluting your stomach acids dramatically impairs your ability to break down your food, especially proteins. Remember, if you are properly chewing your food you will not require any liquids to comfortably swallow your food. After a few weeks you will be out of the habit of drinking with your meals and will not even desire to do so.

WATER FORMULA BASED ON BODY WEIGHT

- Using a calculator, multiply your body weight by .5 and by .75.
- The first number represents the minimum number of ounces your body needs *just to reach a state of hydration*. The second number represents the maximum number of ounces ideal for your body.
- Now divide that number by 5. This number represents the ideal amount of pH 9.5 ionized water you should consume at one time - within 10 minutes.

Body Weight 140 lbs	
$140 \times .50 = 70 \text{ oz}$	$70 \div 5 = 14 \text{ oz}$
$140 \times .75 = 105 \text{ oz}$	$105 \div 5 = 21 \text{ oz}$

In this example, using the maximum amount of water as the formula, you would drink a minimum of 14 ounces and a maximum of 21 ounces of pH 9.5 drinking water 3 times per day as a part of the Basic Water Protocol. Then drink the remaining 28 to 42 ounces throughout the day.

Consuming large amounts of water at one sitting has several advantages.

- First, it assists the body in flushing out unwanted toxins.
- It resets your body's thirst index so that it will prompt you to drink more water.
- It regulates your elimination cycles.
- Most importantly, it adjusts the pH of the stomach to allow more antioxidants to pass through the stomach and into the small intestine where they are disbursed to individual cells.



PROTOCOLS FOR SKIN CONDITIONS

It is important to keep in mind that your skin is actually your largest organ and it has several vital functions.

One function is to provide a barrier between your internal cells and your environment which blocks exposure to potentially deadly invaders.

Your skin also functions as an excretory organ. When normal channels of excretion are either blocked or over burdened the body will transport excess toxic substances out through the skin. As the membranes of skin cells become highly oxidized and normal functions become compromised, the result is a breakout of acne, rashes, eczema or even infection.

Yet another function of your skin is to act much like a sponge. In other words, your pores have a dual function - they excrete toxins AND they absorb water and oxygen from the air to assist in hydration. This function does have a down side because anything you put on your skin is absorbed by the skin and deposited into your blood stream.

One of the most common assaults to the skin comes in the form of soap. In the same way that soap creates a film on your tub or shower, it creates a film on your skin. This film increases the rate of oxidation on your skin cells in 2 separate ways.

- **First** it creates a dramatic imbalance in the pH of the skin. The skin, because it functions as a barrier, needs to be slightly acidic between pH 4 and pH 6. Soap is very alkaline. So washing with soap begins to create an imbalance in the skin's proper pH.
- **Secondly**, bar soap always contains a chemical to saponify the fats and cause them to become both emulsified and then hard. Typically lye is the chemical of choice. Lye increases oxidation of the skin and at the same time upsets the normal pH.

A better choice for washing the skin is an organic liquid body wash free of sodium laurel or laureth sulfates, parabens, synthetic fragrances and any petroleum products.

NOTE - Always look for soaps, lotions and creams that do NOT contain parabens or petroleum products. These are known hormone disruptors and create many health challenges including infertility, birth defects, hormone imbalances and they have been linked to several types of cancer.

HOW AND WHY THESE TREATMENTS WORK

Your body has amazing healing powers. In the case of your skin, your body uses a powerful system to destroy invaders like bacteria, viruses and fungi much like the ground forces of an army. Then it sends in an equally powerful team to clean up the mess before introducing balance and order.

This is how it works . . .

At the first sign of a cut, scrape, burn or wound - anything that could penetrate the skin, leaving it exposed to the external environment - your immune system sends out powerful agents called oxidizers. These oxidizing agents surround the microbes and destroy them.

Once the oxidizers have done their job, your body immediately sends in powerful antioxidants to reverse the collateral damage to any surrounding tissues. While this collateral damage is unavoidable, it must be reversed in order for the tissue to begin its healing process. To bring balance and order to the affected areas, your body introduces interstitial fluids with a mildly acidic pH to ward off any further bacterial growth.

The following treatment protocols mimic that very sequence . . . The sequence begins with pH 2.5 strongly acidic water which contains large amounts of the oxidizing agents necessary

to destroy the invading microbes. This highly acidic water has been proven to kill all known microbes within a few seconds following application.

Next in the sequence is pH 11.5 strongly alkaline water which contains large numbers of antioxidant free electrons to reverse the the oxidative damage of the healthy tissues around the affected skin.

The final step in the sequence is the introduction of pH 5.5 water to restore the balance to the tissues and increase the hydration necessary to speed up the body's healing process.

While each skin issue has a few unique properties, the sequence remains fairly consistent as you will see in the following skin care protocols.

BASIC SKIN CARE

- **Step 1** - Heavily mist skin with pH 11.5 highly alkaline water to remove excess oils and any makeup.
- **Step 2** - Cleanse with non-soap cleanser and rinse thoroughly with pH 4-6 mildly acidic water, then pat dry.
- **Step 3** - To tone lightly mist with pH 4-6 mildly acidic water stored in a glass bottle equipped with a fine spray mister and air dry.
- **Step 4** - Apply moisturizer.
- **Step 5** - Repeat morning and before bed.

ACNE

- **Step 1** - Rinse with pH 11.5 highly alkaline water to remove excess oils.
- **Step 2** - Cleanse with non-soap cleanser and rinse with pH 4-6 mildly acidic water, then pat dry.
- **Step 3** - With a cotton swab dab pH 2.5 strongly acidic water on any active blemishes or broken skin, leave on for at least 30 seconds to 1 minute, gently pat dry.
- **Step 4** - Mist heavily with pH 11.5 water, wait 1 minute then pat dry.
- **Step 5** - Tone with pH 4-6 mildly acidic water stored in a glass bottle equipped with a fine spray mister.
- **Step 6** - Repeat morning and before bed.
- **Step 7** - If you live in a dry area, tone multiple times per day to keep skin hydrated.

BLISTERS AND BURNS

- **Step 1** - Because blistered skin is very susceptible to secondary staph infections, it is important to avoid any skin-to-skin contact. Wearing gloves is a great precaution, as is sterilizing anything that can come in contact with the skin with pH 2.5 acidic water.

- **Step 2** - If necessary, soak affected areas with a sterile cotton pad saturated with pH 11.5 highly alkaline water to remove excess oils or dried fluids from the skin.
- **Step 3** - Cleanse by spraying on a mixture of a very mild non-soap cleanser diluted 10 to 1 with pH 4-6 mildly acidic water.
- **Step 4** - Rinse thoroughly with pH 4-6 mildly acidic water.
- **Step 5** - Heavily mist the areas with enough pH 2.5 strongly acidic water to completely cover blisters and any broken skin. Let stand 1 minute then gently pat dry with a sterile cotton pad.
- **Step 6** - Heavily mist the area with pH 11.5 alkaline/antioxidant water. Air dry or gently pat with sterile cotton pads.
- **Step 7** - Thoroughly mist with pH 4-6 mildly acidic water stored in a glass bottle and equipped with a fine spray mister.
- **Step 8** - Repeat morning and before bedtime while blisters are in tact. Once the skin is exposed it may be necessary to repeat Steps 2, 4 and 5 up to 6 times per day.
- **Step 9** - Mist lightly with pH 4-6 mildly acidic water 2-4 times per day to keep the areas hydrated but not moist.
- **NOTE:** Should debridement become necessary on severely burned or abraded tissue, use pH 11.5 water to loosen the top layer of tissue, once removed, flood with pH 2.5 acidic water to clean and disinfect, follow with another rinse of pH 11.5 water to flood the affected areas with antioxidants, end with a final rinse of pH 4-6 water to balance the pH of the tissue. Follow up with regular care as outlined above.

CUTS, SCRAPES AND WOUND CARE

Once the skin has been opened, it allows microbes into the tissues below. Since the skin is normally covered with staph, a variety of bacteria and fungi, any puncture or scrape actually forces these microbes into the tissue below. This sets the stage for infection. Fortunately, pH 2.5 water has been proven to kill all known microbes within seconds after application.

To stop excessive bleeding from a cut to a hand, foot, finger or toe, submerge in pH 11.5 highly alkaline water. Traditional medical treatment uses an isotonic solution (salty water) to equalize stop bleeding. Highly alkaline water has a higher salt content as well as a very high antioxidant content, which work together to stop the bleeding. Do not rely on this alone if the cut, puncture or wound is too deep or severe. In these cases seek immediate medical attention. Then follow up with the steps as outlined below.

- **Step 1** - Because open skin is very susceptible to secondary infections, it is important to avoid contact with bare hands. Wearing non-latex gloves is a great precaution. Sterilize anything that can come in contact with the skin with pH 2.5 acidic water.
- **Step 2** - If necessary, soak affected areas with a sterile cotton pad saturated with pH 11.5 highly alkaline water to remove excess oils or dried fluids from the skin - it also removes residue from tape or adhesive bandages.
- **Step 3** - Cleanse by soaking or flooding the area with a mixture of 1 part very mild non-soap cleanser diluted with 10 parts pH 4-6 mildly acidic water.

- **Step 4** - Rinse thoroughly with pH 4-6 mildly acidic water.
- **Step 5** - Heavily mist or flood the wound, cut or scrape and surrounding area with enough pH 2.5 strongly acidic water. Let stand 1 minute then gently pat dry with a cotton pad.
- **Step 6** - Heavily mist or flood the area with pH 11.5 alkaline/antioxidant water. Air dry or gently pat with sterile cotton pads.
- **Step 7** - Thoroughly mist with pH 4-6 mildly acidic water stored in a glass bottle and equipped with a fine spray mister.
- **Step 8** - Dress with gauze pad or bandage.
- **Step 8** - Repeat morning and before bedtime for scrapes and minor cuts. For deeper or in case of infection it may be necessary to repeat Steps 2, 4 and 5 up to 6 times per day.
- **Step 9** - Mist lightly with pH 4-6 mildly acidic water 2-4 times per day to keep the areas hydrated but not moist.

DIAPER RASH

Preventing diaper rash begins by making certain that your baby is properly hydrated with pH 8.5-9.5 alkaline drinking water. Next replace baby wipes with a container filled with soft cloths or unbleached paper towels lightly saturated with mildly acidic water. To create antimicrobial wipes blend 15 drops of lavender essential oil to 1/2 cup of mildly acidic water to dampen the wipes. Use to cleanse diaper area each time you change your baby, pat dry and then apply a very fine mist to the skin. This assists in keeping the pH of the skin balanced. To treat diaper rash follow the steps outlined below.

- **Step 1** - Cleanse with non-soap cleanser and pH 4-6 mildly acidic water & pat dry
- **Step 2** - Saturate a cotton pad with pH 2.5 strongly acidic water and apply to the rash, paying special attention to any broken skin. Let stand for at least 1 minute or until dry.
- **Step 3** - Saturate a cotton pad with pH 11.5 strongly alkaline water and apply liberally to the rash and any areas of open skin.
- **Step 4** - Hydrate the skin with pH 4-6 mildly acidic water stored in a glass bottle fitted with a fine spray mister.
- **Step 5** - Repeat after each diaper change Diaper rash begins with urine and feces that are too acidic.

ECZEMA AND PSORIASIS

- **Step 1** - Rinse with pH 11.5 highly alkaline water to remove excess oils from the skin. Take time to soak areas that have formed a clear "crust" as a result of weeping. Dab, without rubbing, until the areas are completely clear.
- **Step 2** - Cleanse with a very mild non-soap cleanser and pH 4-6 mildly acidic water.
- **Step 3** - Rinse thoroughly with pH 4-6 mildly acidic water & gently pat dry with a lint free towel.
- **Step 4** - Saturate a cotton ball with pH 2.5 strongly acidic water and generously apply to any areas of broken skin. This step is essential to reduce the chance of contracting a secondary staph infection. After 1 minute, very gently pat dry with a lint free towel.

- **Step 5** - Heavily mist or rinse affected areas with pH 11.5 alkaline/antioxidant water and allow to air dry or pat dry with a clean, lint free towel after 2 minutes.
- **Step 6** - Tone with pH 4-6 mildly acidic water stored in a glass bottle that is fitted with a fine spray mister. Allow to naturally air dry.
- **Step 7** - In mild cases, repeat morning and bedtime, for more severe or broken skin repeat 3-4 times per day.
- **Step 8** - Mist with the pH 4-6 mildly acidic water to keep skin well hydrated every 1-2 hours or as needed to control any discomfort. Air dry completely between hydration treatments.

HERPES TYPE 1 & 2

The best treatment for oral or genital herpes is immediate treatment at the very first sign of an outbreak. Speedy treatment can actually stop an outbreak before it erupts. To prevent an outbreak following the Basic Water Protocol is your best insurance.

- **Step 1** - Early treatment starts with pH 2.5 strongly acidic water. Soak a cotton swab or cotton pad and apply to the skin anywhere you have that "tingling" sensation. Leave on skin for at least 1 minute.
- **Step 2** - Follow with pH 11.5 strongly alkaline water to remove oxidative damage to the affected areas. Leave on skin for at least 1 minute or until dry
- **Step 3** - Finish by misting the areas with pH 5.5 mildly acidic water and let air dry.
- **Step 4** - Repeat hourly during the first day of symptoms.
- **Step 5** - If symptoms persist or an eruption occurs, repeat 6-8 times per day.

RASHES & CONTACT DERMATITIS

Rashes and contact dermatitis are both very uncomfortable and even unintentional scratching can open the door to unwanted infections. So treating rashes at the earliest onset is a great way to block the rash from spreading and prevent infection. However, rashes can appear rapidly leaving treatment to reduce red, itchy skin as your only option.

- **Step 1** - The first step is generally to remove any potential allergens that could be causing the rash or contact dermatitis; changing the pH and temperature of the skin in the case of heat rash. Thoroughly cleanse area with a solution of 1 part mild non-soap and 10 parts pH 11.5 highly alkaline water.
- **Step 2** - Rinse thoroughly with pH 4-6 mildly acidic water.
- **Step 3** - if any lesions or open skin appears, follow up with pH 2.5 water applied with a spray bottle or a saturated cotton pad.
- **Step 4** - Follow by flooding area with pH 11.5 highly alkaline water then pat dry.
- **Step 5** - Finish by misting the affected areas with pH 5.5 mildly acidic water.
- **Step 6** - Repeat 2-6 times per day and mist with pH 5.5 mildly acidic water as often as necessary to relieve the discomfort.

ROSACEA

Rosacea is characterized by excessive reddening of the skin, especially on the cheeks, chin and nose.

Although it's not commonly diagnosed as such, rosacea is actually an inflammation of the capillaries and the skin tissue itself. This makes it an excellent candidate for treatment with antioxidant rich, ionized water!

Capillaries are often the first to suffer in this skin condition. As I mentioned earlier, the skin acts a lot like a sponge, transporting anything on the skin into the deeper layers of the skin. So the best place to begin the healing is with a big dose of antioxidants and hydration. To accomplish this task we must begin with the Basic Water Protocol to begin the reversal of oxidation and hydration. But treating from the outside in is also an important step.

- **Step 1** - Apply pH 11.5 highly alkaline water with a cotton pad to remove excess oils.
- **Step 2** - Cleanse with non-soap cleanser and rinse with pH 4-6 mildly acidic water, then pat dry.
- **Step 3** - Mist the skin lightly with pH 2.5 strongly acidic water, air dry or gently pat dry. This step destroys the bacteria that accompany the inflammation.
- **Step 4** - Mist heavily with pH 11.5 water, wait 1 minute then pat dry. Fresh 11.5 water contains many antioxidants that work to reverse the inflammation and its devastating results. In just a few days some of the puffiness will disappear.
- **Step 5** - Tone with pH 4-6 mildly acidic water stored in a glass bottle equipped with a fine spray mister.
- **Step 6** - Repeat morning and before bed.
- **Step 7** - Moisturize as usual, making certain your face creams contain no parabens, propylene glycol, alcohol, synthetic fragrances or petroleum products.
- **Step 8** - Lightly mist with a fine spray of pH 4-6 mildly acidic water multiple times per day to keep skin hydrated.

SHINGLES

Shingles is a form of herpes - herpes zoster and is the expression of viral remnants from chickenpox. In other words, the immune system was not able to completely clear the chickenpox virus, so some remnants lay dormant in the nervous system for years, slowly gaining strength.

One day an event occurs - especially a trauma that affects the nervous system - and much like the "straw that broke the camel's back" the immune system can no longer keep the virus at bay. When that happens, it's as though the fiery inferno was unleashed! Searing, mind-numbing pain begins, followed by an angry red rash and eventually small pustules appear. These symptoms are often severe for 4-6 weeks!

Because Shingles is a type of Herpes, the same advice I gave for combating Herpes Type

1 and Type 2 is applicable to Shingles as well. In other words, one of your best insurance policies against an outbreak of Shingles is a healthy immune system. That starts with the Basic Water Protocol.

Additionally, early treatment can either halt or shorten an outbreak of Herpes Zoster if started in the earliest stages.

- **Step 1** - At the first signs of tingling or pain mist thoroughly with pH 2.5 strongly acidic water and allow it to air dry. Because the skin is porous it will absorb some of the oxidizing agents which can help to destroy the virus.
- **Step 2** - Follow with pH 11.5 strongly alkaline water. Heavily mist affected area and allow to air dry.
- **Step 3** - Finish treatment with a heavy mist of pH 4-6 mildly acidic water.
- **Step 4** - Mist affected area with pH 4-6 mildly acidic water as needed to reduce pain.

Once a rash or lesions appear the treatment will be slightly different.

- **Step 1** - Heavily mist the affected area with pH 11.5 strongly alkaline water to remove any dried fluids or oils.
- **Step 2** - Cleanse the area with a solution made from 1 part very mild, non-soap cleanser and 20 parts pH 11.5 strongly alkaline water. One very effective cleanser is a mixture of 20 drops lavender essential oil and 1/2 cup pH 11.5 strongly alkaline water. The lavender is soothing as well as an antimicrobial, while the alkaline water acts as a surfactant to lift dirt and oils away from the skin.
- **Step 3** - Rinse thoroughly with pH 4-6 mildly acidic water and pat or air dry.
- **Step 4** - Mist thoroughly with pH 2.5 strongly acidic water and allow it to air dry.
- **Step 5** - Heavily mist affected area with pH 11.5 strongly alkaline water and air dry.
- **Step 6** - Next heavily mist area with pH 4-6 mildly acidic water and air dry or gently pat dry with a soft, lint free cloth.
- **Step 7** - Mist area with pH 4-6 mildly acidic water as needed to reduce pain.

CAUTION – Step Away From The Antiperspirant!

Sweat is one of your body's natural methods for ridding itself of toxins. When you prevent that natural function it has some serious side effects in your lymphatic system. Odors generated from sweat generally occur as bacteria begin to thrive in areas on our bodies that are dark, damp and lack adequate air circulation. To prevent the odor simply mist these areas with pH 2.5 strongly acidic water. This destroys the bacteria responsible for the odor. If you tend to sweat more than average, keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.



PROTOCOL FOR HAIR & SCALP CARE

Beautiful hair begins with a healthy and properly hydrated scalp. However, it is equally important to select a shampoo free from sodium laurel or laureth sulfates, parabens, synthetic fragrances and petroleum products. These toxic ingredients are known hormone disruptors and can lead to hair loss over time. They also contribute to a dry, scaly and itchy scalp.

SUPPLIES

- Glass Spray Bottle
- Warm pH 4-6 mildly acidic water
- Mild Organic Shampoo

DIRECTIONS

- **Step 1** - The easiest way to effectively shampoo your hair is to actually wash it in the sink. When washing your hair in the shower the majority of the shampoo is applied to the top of your head, effectively drying out the scalp in an area that receives the most harsh treatment from product, hair driers and the sun.
- **Step 2** - Mix desired amount of shampoo with 1 cup warm water to thin it.

- **Step 3** - Adjust the water temperature to lukewarm and thoroughly wet your hair. The water is a perfect temperature when warm but not so warm that the heat sensor in your ionizer starts to sound alerts.
- **Step 4** - Apply water/shampoo mixture evenly over entire scalp and saturate hair. Massage scalp and work the shampoo mixture through hair.
- **Step 5** - Rinse hair and scalp thoroughly with pH 4-6 mildly acidic water
- **Step 6** - Do NOT condition your hair unless it is exceptionally dry or course. Conditioning average hair will make it rather limp and difficult to style.
- **Step 7** - Style as usual.

STYLE TOUCH UPS

For style touch ups between shampoos, spritz hair lightly with pH 4-6 mildly acidic water before using a flat iron or hair drier. This will revitalize and hydrate both curly and straight hair types.

TAME THE FRIZZ

If your hair tends to be frizzy add a few drops of natural conditioner, or gel mixed with the water is an instant frizz tamer!

HEAT STYLING

For those who frequently use a flat iron, curling iron or hot rollers, mix a few drops of conditioning serum or styling gel with pH 4-6 mildly acidic water and very lightly spritz before using styling tools. This helps to protect the hair from the drying effects of the heat.

ALOPECIA & BALDNESS

These conditions are often the result of an imbalance in hormones, an upset in the pH of the scalp and/or fungal infections. So for all of you who have this challenge, washing and rinsing the scalp with pH 4-6 mildly acidic water is a must, followed by spritzing the scalp at least 2 times daily. The treatment may take a few months to show measureable results.

DANDRUFF & DRY ITCHY SCALP

The scalp is particularly prone to dryness from soapy residue, excessive styling products and hair driers. They can lead to pH changes, clogged pores and dry, itchy and scaly skin. Mildly acidic water is the perfect solution to all those conditions.



PROTOCOL FOR EYE HEALTH

SUPPLIES

- Standard Eye Cup (available at any drug store)
Most are made from plastic and can be a bit uncomfortable. However, you can purchase one made from a glass at www.healthaccessories.com.
- pH 11.5 highly alkaline water

DIRECTIONS

- **Step 1** - Upon removing the eye cup from its packaging, soak in pH 2.5 strongly acidic water for 1-2 minutes to clean and disinfect.
- **Step 2** - Rinse the eye cup thoroughly with pH 11.5 highly alkaline water
- **Step 3** - Fill the cup, following package directions, with pH 11.5 highly alkaline water

- **Step 4** - Place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side. Continue this for approximately 1 minute.
- **Step 5** - Now that you have completed one eye, toss the water away
- **Step 6** - Rinse the eye cup thoroughly with pH 2.5 strongly acidic water (Repeat steps 2-7 for your other eye

FREQUENCY

- To maintain healthy eyes follow this protocol 1-3 times per week.
- When working to improve any eye condition, follow this protocol at least 2 times daily and up to 10 times per day
- In the case of an infection, saturate a sterile cotton pad with pH 2.5 strongly acidic water and rest on your eye - with your lids closed - for 1 minute. Then follow the entire protocol as outlined above.

CAUTION: Never use strongly acidic water in your eyes! The natural pH of your tears is quite alkaline, so simply give your body a bit more of what it is designed to use.



PROTOCOL FOR EARS

SUPPLIES

- Small Glass Dropper Bottle
- 11.5 highly alkaline water

DIRECTIONS

- **Step 1** - Sterilize a small dropper bottle with strongly acidic water (pH 2.5)
- **Step 2** - Rinse thoroughly with highly alkaline water (pH 11.5)
- **Step 3** - Fill bottle, tightly cap and set in a bowl of very warm water (not boiling) about 5 minutes

- **Step 4** - Test the temperature of the water by placing a drop on the inside of your wrist (like checking the temperature of baby formula) – this is very important since temperatures a few degrees cooler or warmer can create dizziness or vertigo!
- **Step 5** - Tilt your head as far to the side as possible
- **Step 6** - Place only 1-2 drops in your ear
- **Step 7** - Place cotton in the ear and leave for 1-5 minutes
- **Step 8** - Repeat steps 5-7 in the other ear

FREQUENCY

To maintain healthy ears follow this protocol no more than 1 time per month. Earwax provides a natural protective barrier for your ears, excessive cleaning can upset the normal balance in the ear canal. Only clean using an irrigating syringe if you have a waxy build up that impairs your hearing

GENERAL INFORMATION

Earwax is a fatty substance. Chewing is the mechanism by which it naturally moves along the ear canal. Excessive stress and anxiety can cause excessive earwax production.

NOTE: Do not use 2.5 strongly acidic water or small objects to clean your ears!



PROTOCOL FOR NASAL LAVAGE

SUPPLIES

- Netti Pot
- pH 11.5 highly alkaline water for daily use
- pH 2.5 strongly acidic water for use during active infection

DIRECTIONS FOR DAILY USE

- **Step 1** - Adjust your water temperature so that your water is approximately the same temperature as your skin.
- **Step 2** - Fill your Netti Pot with the warm pH 11.5 highly alkaline water. It is unnecessary to use additional herbs in your nasal lavage.
- **Step 3** - Follow the directions for use that came with your Netti Pot.
- **Step 4** - Repeat with the opposite nostril.

Using a Netti Pot with highly alkaline water on a daily basis dramatically improves symptoms that accompany allergies – both seasonal and chronic. Using pH 11.5 highly alkaline water provides both tons of antioxidants to reduce inflammation and irritation, as well as assisting to rebalance the mucosal lining of your sinus passages. In both occasional seasonal allergies and chronic allergies keeping the sinus passages properly moist and free of debris offers a great deal of relief. This technique has been used for hundreds of years in the Ayurvedic tradition of medicine.

TIP - The reduction in inflammation of the nasal passages may also reduce snoring and improve sleep apnea!

Since your nasal passages are one of the first lines of defense your body uses to stop potential invaders, keeping the mucosal lining healthy and vital will go a long way toward keeping you healthy.

DIRECTIONS FOR USE DURING AN INFECTION

- **Step 1** - Adjust your water temperature so that your water is approximately the same temperature as your skin.
- **Step 2** - Fill your Netti Pot with the warm pH 2.5 strongly acidic water. It is unnecessary to use additional herbs in your nasal lavage, however an additional pinch of sea salt can increase the comfort level for beginners.
- **Step 3** - Follow the directions for use that came with your Netti Pot.
- **Step 4** - Repeat with the opposite nostril.

CAUTION - Use the Infection Protocol for only 2 days. While it is very effective at killing microbes in the nasal passages, it is important to keep in mind that there can be “too much of a good thing.”

USE IT FOR 2 DAYS ONLY!

Longer than that will dry out your sinus passages too much and can create nose bleeds. After 2 days switch back to highly alkaline water. However, if the infection persists you can alternate between pH 2.5 and pH 11.5 waters every 2-4 hours throughout the day. If this does not dramatically reduce symptoms, please see your doctor.



PROTOCOL FOR ORAL HEALTH

Using these protocols on a daily basis will make your teeth and gums healthier than you've ever experienced. Inflamed and puffy gums will resolve, periodontal disease will begin to heal and your risk for cavities will be dramatically reduced. You'll instantly know it's working because your teeth will feel squeaky clean all day long!

SUPPLIES

- pH 2.5 strongly acidic water
- pH 11.5 highly alkaline water
- pH 9.5 drinking water
- Toothbrush - preferably a Sonicare, available at most drug stores or visit their website at [www.sonicare.com](http://www sonicare.com)
- Dental Floss
- Hydro Floss Oral Irrigator - I did a test using a Waterpik and a Hydro Floss Irrigator and found the technology for the Hydro Floss to be superior. If you already own a Waterpik you will get good results as well. You can purchase one online at www.hydrofloss.com
- Tongue Scraper . . . available at most drug stores or online. There are more traditional Ayurvedic styles or more contemporary styles. Find the one that works best for you.

BEFORE YOU BEGIN

Optimal results will always be achieved when you start with the cleanest possible teeth. This is a great time to make an appointment with your dentist or dental hygienist for a thorough cleaning. Your oral health team can tell you if you have any periodontal issues. Simply match the protocol to your picture of oral health.

ROUTINE DENTAL CARE AND MAINTENANCE

- **Step 1** - Rinse with pH 2.5 strongly acidic water, scrape your tongue, rinse, scrape again.
- **Step 2** - Brush teeth with pH 2.5 strongly acidic water, repeatedly dipping your brush in the water.
- **Step 3** - Rinse again with pH 2.5 strongly acidic water.
- **Step 4** - Floss teeth then rinse one final time with pH 2.5 strongly acidic water.
- **Step 5** - Fill Hydro Floss reservoir with warm pH 11.5 strongly alkaline water. Use according to manufacturer's directions, making certain to flush under the gum line.
- **Step 6** - Retain the last mouthful that sprays out of the Hydro Floss and use as a rinse.
- **Step 7** - Rinse with pH 9.5 drinking water.

FREQUENCY

Follow this protocol 1-2 times daily, once in the morning and again before bed is ideal and will provide you with optimal care for healthy teeth and gums, but it's most important at bedtime. I also recommend adding step 5 from the Periodontal Protocol 1-2 times per week.

PERIODONTAL DISEASE PROTOCOL

- **Step 1** - Rinse mouth with pH 2.5 strongly acidic water, scrape your tongue, rinse, scrape again
- **Step 2** - Brush teeth with pH 2.5 strongly acidic water, repeatedly dipping your brush in the water.
- **Step 3** - Rinse again with pH 2.5 strongly acidic water.
- **Step 4** - Floss teeth then rinse one final time with pH 2.5 strongly acidic water.
- **Step 5** - Fill Hydro Floss reservoir with warm pH 2.5 strongly acidic water. Use as directed making certain to thoroughly flushing under the gum line.
- **Step 6** - Retain the last mouthful that sprays out of the Hydro Floss and use as a rinse.
- **Step 7** - Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . again make certain to thoroughly flush under the gum line. Retain the last mouthful of water from the Hydro Floss and use as a rinse.
- **Step 8** - Be certain to end with a final rinse using pH 9.5 drinking water

FREQUENCY

Follow this protocol 2 times daily, in the morning and again before bed is ideal and will provide you with optimal care for periodontal disease. NOTE - If you have veneers, be cautious with Step 5 because it can result in pitting if the pressure is set too high.



PROTOCOLS FOR DIGESTIVE DISORDERS

ACID REFLUX

Taking acid blockers actually creates a vicious downward spiral when it comes to proper digestion. However, this issue is one of the fastest to respond to drinking high quality ionized water. In natural medicine we know that acid reflux is actually caused by inadequate production of hydrochloric acid at the proper time.

This is addressed quickly by following the Basic Water Protocol. Following the steps in this protocol actually retrains the body to produce adequate amounts of hydrochloric acid at the right time. Supplementing your stomach acid with pH 2.5 strongly acidic water at the beginning of a meal assists your body in the proper breakdown of proteins.

CONSTIPATION

This problem is generally due to 2 major factors, food allergies and dehydration. However, in the case of ionized water there can be another important consideration . . . excess calcium in the water. When water goes through the ionization process it divides minerals according to charge and calcium is diverted into the alkaline water. In areas with hard water it is necessary to pre-treat the water to remove the excess calcium. If this step is not taken it is possible to have too much ionic calcium in your drinking water and this can lead to constipation.

FOOD POISONING

Keep in mind that the stomach is designed to completely irradiate foreign invaders like E.coli, salmonella and other food borne pathogens. It does this by breaking their protein structures down with hydrochloric acid.

So the most effective way to assist your body in this destructive process is to drink 1 cup of strongly acidic water every 2-3 hours until all symptoms have passed. It generally only takes 2 doses and your are back to normal!

It is best to follow any bout of food poisoning with some probiotics and extra pancreatic enzymes for a few days. If you follow the Basic Water Protocol this regimen will encourage the good bowel bacteria to flourish.

IRRITABLE BOWEL SYNDROME

This problem is also associated with food allergies or sensitivities. However, in most cases this problem is actually exacerbated by a depletion of good bowel bacteria. This is generally the result of an upset in both the pH and the level of hydration in the large and small intestines and these are the result of excess tissue oxidation.

So the best place to start is by following the Basic Water Protocol. This is the fastest way to reverse oxidation and return proper pH and hydration levels to cells. It may take a few days to a few weeks before measureable results can be noticed.



PROTOCOL FOR COLON HYDROTHERAPY

EQUIPMENT & SUPPLIES

- Gravity fed colonic irrigation equipment
- 9.5 Alkaline Water slightly warmer than room temperature

DIRECTIONS

- **Step 1** - Adjust the temperature of your supply water to be slightly warmer than room temp
- **Step 2** - Fill your gravity fed tank with pH 9.5 Alkaline Water
- **Step 3** - Continue with your normal fill, release cycles
- **Step 4** - A final retention fill of pH 11.5 highly alkaline water can be used in cases of chronic constipation or following a round of antibiotics

FREQUENCY

Colon hydrotherapy must be considered as an occasional cleansing routine. Best results are generally obtained when done 3 days in a row.

CAUTION - Over use of colon hydrotherapy creates an imbalance in the intestinal flora. Imbalance in intestinal flora leads to chronic, systemic depletion of vitamin B as well as inadequate breakdown of insoluble fibers necessary for beneficial bowel bacteria to grow and flourish.



PROTOCOLS FOR YEAST INFECTIONS & VAGINAL DRYNESS

SUPPLIES

Standard Douche/Enema Bag available at any drug store
pH 4.5 Acid Water

DIRECTIONS

- Step 1 - Adjust water temperature to match skin temperature, then select the 9.5 setting
- Step 2 - Fill your bag with approximately 2 cups of the water from the gray hose – this will be approximately pH 4.5
- Step 3 - Irrigate according to package insert directions

FREQUENCY

Vaginal Yeast Infections – 1 to 2 times per day for 2 days

Vaginal Dryness – 1 time per week for 1 month should resolve your problem if you are consuming enough water according to the Basic Water Protocol

CAUTION - Do not douche regularly! Douching upsets the normal pH balance of the vagina as well as the normal colonization of good bacteria. Upsetting this balance can lead to infection, excessive discharge, overgrowth of candida and E. coli, all of which can lead to cancer.



PROTOCOL FOR RENAL DISORDERS

From urinary tract infections to kidney disease and dialysis, water is a major topic when it comes to the hard working kidneys! Here are a few suggestions when it comes to drinking ionized water and renal disorders.

URINARY TRACT INFECTION PROTOCOL

Most UTI's begin in the bladder before making the journey to the kidneys. Beginning the Basic Water Protocol at the first signs of discomfort is the best way to treat a UTI. Generally a UTI starts due to a change in the pH of the bladder. This allows bacteria to adhere to the sides of the bladder wall and begin to multiply. Ideally the pH of the first morning's urine should fall between 5.8 and 7. A pH reading below 5.5 is the ideal breeding ground for bacteria in the bladder. A urine pH above 7.5 is a clear signal of infection and is responsible for the stinging or burning that often accompanies a UTI.

NOTE - At the first sign of an infection follow begin this routine. However, if your symptoms persist for more than 2-3 days, or worsen with treatment, consult your physician.

UTI WATER PROTOCOL BASED ON BODY WEIGHT

- Drink 120% of your body weight in ounces of water
- Based on the calculations for the Basic Water Protocol, consume the amount based on .75 oz before each meal.
- The remainder of the water should be consumed at a rate of one 8-12 ounce glass every 1 to 1.5 waking hours.
- Add 1 tablespoon *unsweetened* organic cranberry juice concentrate to 6 of these glasses of water. Cranberries lower the pH of the urine and contain compounds that keep bacteria from sticking to the walls of the bladder.

Body Weight 140 lbs

$$140 \times 1.20 = 168 \text{ oz} \quad 168 - 63 = 105 \text{ oz}$$

$$105 \div 8 = 13 \text{ total } 8 \text{ oz glasses of pH } 9.5 \text{ water}$$

OR

$$105 \div 12 = 8.75 \text{ or a total of almost } 9 \text{ } 12 \text{ oz glasses of pH } 9.5 \text{ water}$$

DIALYSIS PROTOCOL

I find that kidney dialysis patients are frustrated when it comes to drinking ionized water. Because their kidneys have very limited function, these patients are on a very regimented water/fluid restriction plan. Often they want to disregard the advice of their physicians and jump right in to my Basic Water Protocol - but they must not attempt it!

There is a valid reason for water restriction - the compromised kidneys cannot keep up. So it is imperative to follow the program.

However, I do encourage a slight deviation on the day of dialysis only. If possible, schedule your dialysis appointment later in the day. Beginning early that morning, begin to "water load" following the Basic Water Protocol. Once your dialysis session begins, go back to your regular restricted water schedule.

The water loading on your dialysis days floods your body with antioxidants it needs to slow down or stop the oxidative stress responsible for many kidney disorders. In many cases in my private practice my patients began to see increased kidney function and some were able to stop dialysis completely.



PROTOCOL FOR NAIL FUNGUS

Nail fungus is a systemic problem and must be treated internally as well as externally. Fungal conditions can be the result of damage to the nail or can be transferred from improperly sanitized manicure or pedicure tools.

To guard against infection, take a small spray misting bottle of pH 2.5 strongly acidic water with you to your favorite nail salon. Ask them to spray their tools before use and spray your nails before polishing.

SUPPLIES

- Glass Spray Bottle
- pH 2.5 strongly acidic
- water Basin for Soaking Feet or Hands
- pH 11.5 highly alkaline water

DIRECTIONS

- **Step 1** - Every morning and every night before bed repeat spray the nails, the cuticles and the surrounding tissue with pH 2.5 strongly acidic water and allow to air dry.
- **Step 2** - Depending on the severity of the fungal infection you will need to soak the nails in a basin of warm pH 11.5 highly alkaline water for 20 minutes 2-4 times per week
- **Step 3** - After soaking pat dry, completely air dry and then spray nails with pH 2.5 strongly acidic water, then air dry
- **Step 4** - Apply a natural antifungal like Tea Tree, Peppermint or Lavender Essential Oil as a moisturizer.

TIP - Soak socks and cotton glove liners in pH 2.5 strongly acidic water 10 minutes or as long as overnight before laundering to kill microbes. Until fungal nails are completely resolved do not wear socks or glove liners more than one time between laundering.



PROTOCOLS FOR BABIES AND CHILDREN

It is a myth that babies and children are already alkaline so ionized water is either dangerous or unnecessary! If this were true then they would not be sick! Also remember the most important aspect of ionized water is its antioxidant property. We are all exposed to oxidation from the moment of conception.

Their smaller bodies are exposed to the same environmental and internal oxidative stressors as adult bodies, they simply have not had as much exposure time.

Use a similar formula for determining the amount of water to give that we use for adults since amounts are always weight dependent. Because children are generally very active and their bodies are growing rapidly, they can actually consume a slightly higher percentage of water per pound of body weight.

- Using a calculator, multiply your child's body weight by .65 and by .85.
- The first number represents the minimum number of ounces a child's body needs *just to reach a state of hydration*. The second number represents the maximum number of ounces ideal for more therapeutic results.
- Now divide that number by 5. This number represents the ideal amount of pH 9.5 ionized drinking water to consume in one sitting - within 10 minutes to deliver greater numbers

of antioxidants. When working with kids I often turn this into a drinking contest and it's amazing just how fast that water goes down!

$$\begin{array}{rcl} & \text{Body Weight 32 lbs} & \\ 32 \times .65 & = & 20 \text{ oz} & \quad \quad & 20.8 \div 5 & = & 4 \text{ oz} \\ 32 \times .85 & = & 27 \text{ oz} & \quad \quad & 27 \div 5 & = & 5.25 \text{ oz} \end{array}$$

In this example, your child would drink a minimum of 4 ounces and a maximum of 5.25 ounces of pH 9.5 drinking water 3 times per day as a part of the Basic Water Protocol. Then drink the remaining 8 to 11.25 ounces throughout the day in 4 to 5.25 ounce servings.

Just like adults, children should not drink water with their meals. Between meals be creative with special cups, straws and games to get your little ones to learn to love water! It will set the stage for a very healthy lifestyle.

BABY FORMULA

Baby formula is an unnatural food for babies. When formula is the only option available I encourage mixing it with pH 9.5 Drinking Water. This helps break down some of the essential fatty acids, making them easier to assimilate. Fats are crucial to the proper development of the brain, the nervous system and cell membranes.

SKIN CARE

Skin irritations, rashes, cuts, scrapes and even diaper rash are all great candidates for treatment with various pH levels of ionized water. Depending upon the issue, follow one of the protocols in the Protocols for Skin section.

Remember it's never too early to start caring for your skin! Just like adults, your child's skin should be clean and hydrated. Follow the Basic Skin Care Protocol and make a game out of misting - kids love it!

PROTOCOL FOR ORAL HEALTH

Beginning with your baby's first teeth, oral health is essential to avoid cavities. Here's the best way to begin a life long routine for a whole mouthful of healthy, white teeth. After age 4 use the adult regimen.

- **Step 1** - Saturate an infant toothbrush or a nubby wash cloth with pH 2.5 strongly acidic water and thoroughly clean teeth and gums.
- **Step 2** - Once your child has several teeth, begin gentle flossing. Soak floss in pH 2.5 strongly acidic water before using.
- **Step 3** - Saturate the toothbrush or cloth with pH 11.5 strongly alkaline water and clean teeth and gums.
- **Step 4** - Gently irrigate teeth and gums with a bulb syringe filled with pH 9.5 drinking water to rebalance the pH of the mouth.



PROTOCOLS FOR PETS

DRINKING WATER SUPPLIES

- 3 glass bowls
- pH 8.5 Drinking Water
- pH 9.0 Drinking Water
- pH 9.5 Drinking Water

DIRECTIONS

Fill each of the 3 bowls with the various waters and place in the spot your pet would normally find water. Now just watch to see the one they choose, because that is the correct pH for your pet.

My dogs consistently choose pH 9.5 drinking water, but cats generally choose pH 8.5 drinking water. This is consistent with the natural pH of their food and bodies.

Remember the antioxidant properties of the water dissipate rather quickly when exposed to air, so use smaller bowls and replace the water several times each day.

DIGESTIVE & SKIN DISORDERS

Many animals suffering with digestive disorders, skin disorders, parasitic infections and arthritis have been helped dramatically when their water was switched to high quality ionized water.

Skin infections, rashes and itchy skin should be treated in the same manner as human skin.

If you find your pet excessively licking, chewing on their paws or picking out feathers, it may be a sign of allergies. Since their hair, fur or feathers are fantastic places for pollen to collect, your pet is then exposed to more allergens during the course of their natural self-grooming. In these instances either mist and dry or simply wipe your pet down with a cloth that has been dampened with pH 5.5 mildly acidic water 2-3 times per day until their excessive behavior subsides. As a part of your regular routine, wiping the coat down 1-2 times per week is a great way to prevent allergens from becoming a problem.

GROOMING TIPS FOR CATS AND DOGS

One of my dogs is a champion show dog. During her outings into the show ring I was often told that my furry baby was the best conditioned dog in the ring! My other dog is a rescued "blend" and his coat is a real challenge. So when I get these great compliments, I know it's because these grooming tips work so effectively!

Remember that your dog or cat's coats are only healthy and shiny when your pets are healthy. So start with fresh drinking water daily and feed them a diet rich in organic fruits, veggies and meats.

GROOMING SUPPLIES

- Warm pH 4-6 Mildly Acidic Water
- Spray Bottle
- Appropriate Combs and Brushes
- Organic Mild Shampoo
- 1 Cup to Quart pH 11.5 Strongly Alkaline Water
- Organic Conditioner
- Tub Towels
- Hair Dryer with cool air setting

BATHING DIRECTIONS

- **Step 1** - Prepare to bathe your pet by collecting pH 4-6 water from the gray hose and store it in gallon jars until you have enough water, or make fresh mildly acidic water. Before the bath warm the stored water slightly to make it more comfortable.
- **Step 2** - Most skin irritations are either created or exacerbated by excess shampoo left on the skin. Diluting the shampoo with water makes it easier to wash the whole animal

while avoiding the use of excessive amounts of shampoo. Premix the shampoo by adding 1 teaspoon shampoo to 1 cup pH 11.5 water. This is enough for a very small dog, so the larger your dog the more solution you will need to create. For my very furry medium sized dog I use 1 tablespoon of shampoo thoroughly mixed into 3 cups pH 11.5 water.

- **Step 3** - Saturate the entire coat with diluted shampoo mix and lather well.
- **Step 4** - Rinse thoroughly with pH 4-6 mildly acidic water.
- **Step 5** - For long hair cats and dogs, conditioning may be necessary. Combine 1 teaspoon conditioner with 1 cup pH 4-6 mildly acidic water (enough for a small dog) and saturate hair, massaging into coat.
- **Step 6** - Rinse thoroughly with pH 4-6 mildly acidic water.
- **Step 7** - Towel dry then blow dry on a cool setting. Never use hot air to dry your animals. It is much too drying to their skin. Always avoid their ears, eyes and nose. Animals are much more sensitive to drying air and the noise of the hair dryers.
- **Step 8** - Never brush or comb a wet animal. Allow the coat to naturally air dry or dry with a blow dryer until just damp. This is the ideal state for brushing. Brushing or combing while wet will stretch and break the hair. This is more important to keep in mind on long haired animals.
- **Step 9** - For regular brushing and grooming I fill a spray misting bottle with pH 4-6 mildly acidic water and use it to dampen their coats and brush as usual. It is always most effective to brush against the normal growth pattern to gently remove loose hair.

TEAR STAINS

- These darkened stains on light colored coats are both unsightly and difficult to manage. It is often a sign of a pH imbalance. So the logical place to begin is with your dog's drinking water!
- Beyond changing the water the next step is to thoroughly bathe your dog.
- Before preparing the pH 4-6 Mild Acid Water for the bath, pre-treat the stained areas with pH 11.5 highly alkaline water.
- After bathing and brushing your dog, continue to clean the affected areas at least 1 time per day with a soft cloth dipped in highly alkaline water. This will eventually fade the tear stains and prevent them from becoming a problem in the future.

TIPS FOR ORAL HEALTHCARE

While cats tend to have less problems with tooth decay and gum disease, dogs require regular dental care.

SUPPLIES

- Toothbrush - you can either use a regular adult toothbrush for medium to large dogs, a child's toothbrush for small dogs or a special brush that fits on your finger. These are especially helpful for dogs that are hesitant to let you brush their teeth.
- pH 2.5 strongly acidic water
- pH 11.5 highly alkaline water
- pH 9.5 drinking water
- Bulb syringe for small to medium dogs and a turkey baster for large and extra large dogs

DIRECTIONS

- **Step 1** - Fill bulb syringe with pH 2.5 strongly acidic water and irrigate along the entire gum line.
- **Step 2** - Saturate toothbrush in pH 2.5 strongly acidic water. Begin brushing on the outside of the teeth. Dip brush into the water frequently. Move to the inside of the mouth, taking time to brush thoroughly. If your pet isn't used to regular brushing, you may have to start with only 1 quadrant a day and work your way to a full mouth brushing.
- **Step 3** - Fill bulb syringe with pH 11.5 highly alkaline water and irrigate along the entire gum line as well as between teeth.
- **Step 4** - Fill bulb syringe with pH 9.5 drinking water and irrigate mouth to rebalance natural pH.

FREQUENCY

If your pet has gum disease or tooth decay, it is imperative that you brush their teeth every day until the problem resolves. This could take several weeks or even months depending upon the overall health of your pet and the level of dental disease.

For regular maintenance of healthy teeth and gums, brushing 1-2 times per week is adequate. It's a great idea to begin brushing and overall oral care as soon as you get your puppy or kitten. It's far easier to train them from a young age rather than waiting until they are more advanced in age and set in their ways . . . cat owners, you know what I mean!

NOTE - if teeth have significant tarter build up, it's a great idea to make an appointment for a thorough teeth cleaning. Small breeds tend to be at a greater risk for gum disease and tooth loss, so they should have their teeth brushed more often than medium or large dogs. Cats generally only need to have their teeth brushed as they age.

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