



## 4-DAY WATER DETOX

### SIMPLE STEPS FOR A SUCCESSFUL WATER DETOX EXPERIENCE

#### 1. DETERMINE THE VOLUME OF WATER YOUR BODY NEEDS

##### BODY WEIGHT

Up to 200 lbs (71 kilos)  
201-240 lbs

##### VOLUME OF WATER\*

1 gallon (4 liters)  
1 1/4 gallon (4.5 liters)

8 oz = 250ml  
4 cups = 1 liter

Increase by  
2 c/ .5 liter for every  
40 lbs/18 kilos

#### 2. THE PLAN

##### Keep your Electrolytes!

If you are preparing a jug ahead of time, add a generous pinch of Celtic Sea or Himalayan Salt to your jug.

If you will be doing it by the glassful, add a small pinch, enough to only slightly alter the taste, almost to a sweet taste. Don't worry you will begin to enjoy the taste!

##### Factoring

1 gallon/4 liters taken every 30 minutes ends up being 8 hours (16 glasses)— if followed straight through with no missed 1/2 hr periods.

So, as an example, if you begin at 7am, without interruption, your last drink would be 2:30.

Don't stress about this or make yourself crazy to follow it just right. However you will find this protocol makes it much easier to get it all in (especially if you use step 4 below)

#### 3. GET INTO ACTION

Upon waking, begin drinking your first 8 oz (250 ml)

Drink 8 oz/250 ml within every 30 minutes.

Try to Sip, sip, sip. Do not chug (that can flush electrolytes...though you don't really have to worry too much about that because you are charging the water with electrolytes)

Do not exceed 8 oz/250 ml within each 30 minute timeframe\*\*

Get outside in nature, absorbing the sunlight as much as possible.



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### 4. THE PLAN MADE PRACTICAL

Get the app called "Tally" (for iPhone)  
Use the timer app on your phone (it has a repeat option which streamlines this)  
Set "tally" to count 16. (You can have it restart each day)

1. Drink first glass, set timer for 30 min.
2. Open Tally and subtract a tally
3. When the timer goes off, hit 'repeat'
4. Take the drink
5. Take the tally

If you miss a drink or two because you are out and about, don't lose count, either just keep hitting 'repeat' or 'pause' on the timer and nothing is lost.  
When you return to the "Tally" counter, you can pick up where you left off.



\*Reverse Osmosis, distilled, or filtered water (in that order of preference/effectiveness). Any beverage other than pure plain water does NOT count. Not even herbal tea, because the body needs to use the water in the tea to process the components of the tea.

\*\*exceeding 8 oz within 30 min can cause loss of electrolytes! And it will instigate digestion. The intention here is to get it to saturate all tissues, not increase digestion process. However, the addition of salt pretty much ensures you will not lose electrolytes.