



# Re-Hydration Protocol & Hydration Maintenance

Dr. Donna F. Smith

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### IMPORTANT NOTE:

So that you can jump right in and get started on the first step to correcting “dehydration,” and improving your health, the information in this document has been copied from the complete instructions document titled, “**STSP™ Program Instructions**,” hence referred to as the (Short Version)

Read everything on the **Double Helix Water** webpage for complete information about “re-hydration,” Double Helix Water, case histories and over 33 testimonies from clients who have experienced a myriad of health benefits from drinking **Double Helix Water** in two ounces of water, at least twice a day, after completing the Re-Hydration Protocol.

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## Step 1A – Re-Hydration

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### Re-Hydration Protocol Introduction (Short Version)

For complete information on the importance and purpose of the Re-Hydration Protocol, read the “Re-Hydration Protocol” section in the document, titled, **“STSP™ Program Instructions.”**

**Ideally**, making the Re-Hydration Protocol your first step toward improving our health will help your body metabolize the nutrients from your foods, beverages and whole, food therapeutic supplements recommended in your Nutritional Evaluation Report. .

If you could afford only one supplement protocol, it should be to complete the Re-Hydration Protocol. This is a very important step to healing and health maintenance.

If you could afford only one supplement in our Therapeutic Supplement Program, it should be Double Helix Water.

Why? Because remember water is your second most important nutrient, even above food. So assuring that you have sufficient AND COMPLETE water is the best place to put your money if it is limited to one supplement.

However, the reality or “True Recipe for Health” is:

1. To improve your health and attain optimal healing through your Therapeutic Supplement Program, it is both essential to drink sufficient, pure and complete water, using Double Helix Water, as well as take your therapeutic, whole food supplements, just as it is essential when therapy is no longer required,
2. To continue drinking sufficient, pure and complete (DHW) water, as well as take your health “maintenance” supplements.



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Please note: Even if you did not feel any initial “symptom” improvement after you have completed the **Re-Hydration Protocol**, do not be discouraged, because in time you will reap the benefits.

If I had tested your biochemistry (for example, blood, urine, etc.), before you started your Re-Hydration protocol and then retested afterwards, you would have scientific proof that your body is benefiting from correcting dehydration.

Additionally, when you read the over 30 Double Helix Water testimonials on my website, you will notice that some of these people did not start feeling the benefits of adding Double Helix Water until six months, a year or longer. In cases like this, it just tells you how deficient the person was that it took that long to correct water-related symptoms.

Therefore, to begin your Therapeutic Supplement Protocol, you will want to contact me to purchase three bottles of Double Helix Water. Two will be used for the Re-Hydration Protocol below and the third one will be used to continue Double Helix Water at a maintenance dosage to maintain hydration. At this time, you will need to order one bottle for a 30 day supply of Double Helix Water.

## Re-Hydration Protocol Instructions

1. Obtain a one gallon glass (preferred) or BPA Free Plastic container with a spigot from the health food or department store. Some of these only come in two gallon sizes, however, that does not matter because you will stop at the one gallon fill line for the purpose of the Re-Hydration Protocol.
2. Fill the container with one Gallon of Reverse Osmosis (R.O.) or Distilled water. Use Penta or Fiji R.O. bottle water if you do not have your own R. O. water purification system.
  - a. Do not use any R.O. or Distilled water that has had minerals added to it.



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- i. First, because these are not nutrient minerals, but synthetically-made, so they will cause mineral deficiencies.
  - ii. Second, because these synthetic minerals will interfere with or prevent the Double Helix Water from doing its job.
- b. R.O. water is preferred over Distilled water, even though you may notice that distilled water is mentioned more often in the company literature posted on my **Double Helix Water webpage**.

Why do I prefer Distilled water? Because distillation is a high maintenance project and if the parts of the distiller are not routinely cleaned, bacteria and other harmful microbes can grow on these parts and then get into the water. R.O. systems do not have this problem.

3. Pour the entire contents of one bottle of Double Helix Water into one gallon of purified water. After removing the lid to the bottle, you will need some plyers or some kind of tool to pop off the dropper cap, so you can pour the entire contents of the bottle at once into a gallon of R.O. or Distilled water.
4. Shake the gallon of water with the Double Helix Water in it for a few minutes.
5. Now set your timer for one hour (on the hour or half-hour, whichever you prefer) and drink 4 ounces of the Double Helix Water diluted in one gallon of purified water.
6. Reset your timer again for one hour and repeat Step 5 every waking hour until you have consumed one gallon of purified water with one bottle of Double Helix water in it.
7. If you miss an hour, you must start all over, which mean you are going to have to buy another bottle of Double Helix Water. So pay attention to do this correctly so you will only need two bottles of Double Helix to rehydrate your body. Many people find it easier to do this on the weekend when they



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are home for at least two days in a row and can stay more focused.

8. After you have consumed one gallon of purified water with one bottle of Double Helix Water, repeat Steps #3 to 7 again.
9. After you have consumed 4 ounces, every waking hour, from two gallons of purified water with one bottle of Double Helix Water in each of the one gallon, you are finished with the **Re-Hydration Protocol**. This process will take 2-3 days.

## Step 1B - Hydration Maintenance

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After completing Step 1- the Re-Hydration Protocol, follow the instructions below to maintain Hydration. Next to breathing pure and sufficient air, the Re-Hydration Protocol and Hydration Maintenance is the second most important daily health practice you can do to promote and maintain optimal health and prevent disease.

### Therefore for Hydration Maintenance:

1. Use one bottle of Double Helix Water per month in a gallon of purified water and drink 2 ounces of this water, twice daily. This is the minimum amount for daily health maintenance. If you are suffering with any symptoms, in a Clinical Nutrition Therapeutic Supplement Program, you can speed healing by drinking 3 ounces, twice daily, until you are healed, and then reduce to 2 ounces, twice daily for maintenance.
2. Now to maintain Hydration, drink one-half your body weight in ounces of either Reverse Osmosis (R.O.) purified water, either by purchasing a R.O purification system, or buying Penta or Fiji bottled water. Go to our webpage on "Equipment-Air-Water" for information about our air and water purification systems for purchase.

Nutrients (macro-nutrients and micro-nutrients) from your diet and supplements are more efficiently metabolized (digested, absorbed, assimilated, distributed and their waste detoxified) when the body is fully hydrated. So you will always get



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more out of your diet and supplements when you have a hydrated body.

**Every biological process that operates every organ, gland, and body system in the human and animal body requires sufficient, pure and complete water for healthy function.**

## Disclaimer

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.