

The 7 Laws of Wellness: Hydration

48 Day Transformation

With Dr. Michele Menzel, ND

1



Meet Dr. Michele Menzel

Doctor of Naturopathy, Diplomat of Pastoral Science,
 Certified Nutritional Counselor, German New Medicine
 Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



2

7 Laws of Wellness



1. Nutrition
- 2. Hydration**
3. Detoxification
4. Rest
5. Faith
6. Exercise/Oxygen
7. Sunshine/Outdoors



3

Hydration

Water is Essential for:

- Healing
- Vibrant Health
- Sustaining Life

No living organisms would exist without the existence of an ample water supply on Earth.

48 Day Transformation

4

Health Benefits of Water:

- More energy
- Better performance
- Weight Loss
- Fewer headaches & dizziness
- Improved digestion & elimination of waste

Drink plenty of water!!
It benefits every single cell!!

48 Day Transformation

5

What Causes Dehydration?

- Taking in too little water or losing too much water
- Dehydration contributes to many degenerative conditions
- **QUALITY MATTERS!!**

48 Day Transformation

6

The Cells in Our Body

- Muscles are 75% water;
- blood is 82% water;
- lungs are 90% water;
- the brain, the control center of your body, is 76% water;
- bones are 25% water.



48 Day Transformation

7

Tap Water



Arsenic
Radioactive
Contaminants
Pesticides
Nitrates
Hormones
Fluorine
compounds

Calcium
Hexavalent
Chromium
Lead
Pharmaceutical
Drugs
Aluminium
Trihalomethanes
(THMs)

- Tap Water is NOT clean water!!
- It IS Chemically treated!!
- It has residues of hormones, antibiotics, and drugs

48 Day Transformation

8

Fluoride



Calcium Fluoride: appears naturally in water sources. An excess weakens bone and dental matter.

Sodium Fluoride: the most toxic form of Fluoride. It is a Synthetic waste product!!

48 Day Transformation

9

COUNTERTHINK

WATER MAIN

FACT: FLUORIDE IS SO TOXIC THAT IT IS CONSIDERED HAZARDOUS WASTE BY THE EPA.
CONCEPT: MIKE ADAMS ART: DAN BERGER WWW.NATURALNEWS.COM

Sources of Fluoride

- Toothpaste enhanced with fluoride
- Fluoridated water supplies
- Mouthwash enhanced with fluoride
- Food processed with fluoridated water
- Fluoride supplements

48 Day Transformation

10

The cancer risk for people who drink chlorinated water is 93% higher than those whose water does not contain chlorine.
-A report from the U.S. Council of Environmental Quality

Chlorine

- One of the most dangerous poisons in water supply.
- Used to kill water contaminants but it is also harmful to us!!
- Can increase risks for certain types of cancer!
- Little likelihood that the use of chlorine will be discontinued.

48 Day Transformation

Do not swim in chlorinated water!

11

Better Methods of Water Treatment Exist!

- The Dangers of Fluoride & Chlorine are EXTENSIVE!
- Please do some self-study!
- A good place to search for articles is naturalnews.com.

48 Day Transformation

12

What Type of Water is Best?



We should be drinking pristine, mineral-rich water:

- Lithium
- Calcium
- Magnesium
- Sulfur
- There are many springs in OK just go to findaspring.com

48 Day Transformation

13

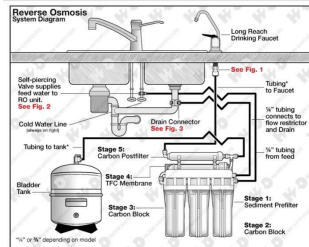
Filter Systems



Bath Ball



Shower Filter



48 Day Transformation

14

How You Can Achieve Proper Hydration



Adding Fulvic Acid to Water:

- Improves energy function
- Increases assimilation
- Stimulates metabolism
- Restores electrochemical balance
- Reduces high blood pressure
- Enhances nutrients
- Rebuilds immune system

RO water is clean but lifeless...add some minerals!

48 Day Transformation

15

How You Can Achieve Proper Hydration?



My recommendation for fulvic acid is found in **Energy Boost** by Morningstar Minerals—

- o 100% plant-derived organic minerals.
- o Add 1 Tbsp. Energy Boost to an 8-oz glass of RO water.



16

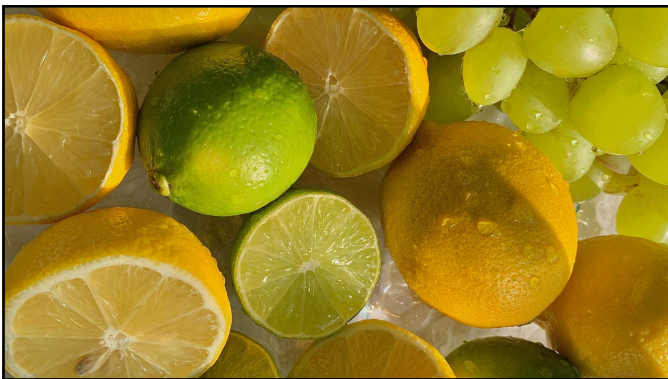


MCR

- o Chinese herbs Ayurvedic herbs
- o Helps reenergize RO water.
- o Use 1tsp in 8oz glass of water, with maximum of 4tsp/day



17



18



iH2O

- Transforms triangular structure of water molecules into single-file alignment.

48 Day Transformation

19



48 Day Transformation

20

Recap

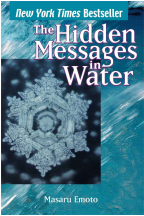
It is essential that your water be pure water:




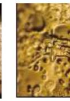






- A good rule of thumb is to drink half of your weight in ounces every day. Always drink before you become thirsty.
- Prepare water bottles with minerals at home when on the go and even when staying at home to guarantee you are drinking your required amount. Glass water bottles are best. Stainless steel is the best choice for an unbreakable container.
- Shower and bathe in filtered water.
- Do not ever swim in chlorinated water.
- Drink at least 16 ounces (about 2 cups) of water with 2 Tbsp. Energy Boost up to 2 hours before an endurance event or hard training session. Your kidneys require 60–90 minutes to process excess liquid, so you'll be able to eliminate excess before your event.
- Drink 4–8 ounces of water with 2 Tbsp. Energy Boost 5–10 minutes before starting your event.
- During the event or workout, drink fluids early to prevent dehydration. Ideally, drink 8–10 ounces, or as much as you can tolerate, every 15–20 minutes during strenuous exercise.

48 Day Transformation

21

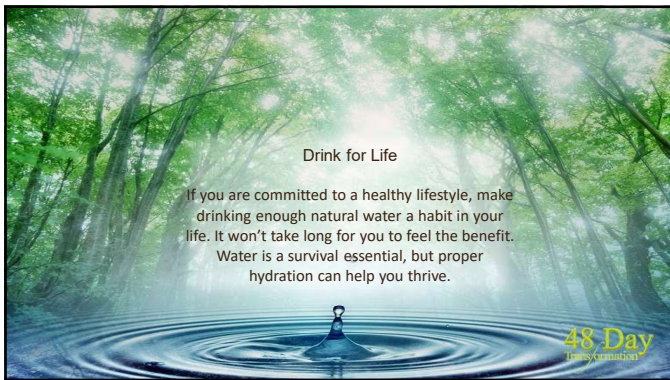
Human Consciousness has an effect on the molecular structure of water.



				
the word Angel	the word Peace	the word Spirit	the words You disgust me	the words You fool
				
Air on a G string by Bach	Imagine by John Lennon	Amazing Grace	Photo of Dolphins	Photo of Lotus

48 Day Transformation

22




Drink for Life

If you are committed to a healthy lifestyle, make drinking enough natural water a habit in your life. It won't take long for you to feel the benefit. Water is a survival essential, but proper hydration can help you thrive.

48 Day Transformation

23



48 Day Transformation

The 7 Laws of Wellness: Hydration

With Dr. Michele Menzel, ND

24
