

What to Expect when Starting The Watershed Wellness Center Health Protocol

by
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When you begin drinking Ionized Water, using the Far Infra Red Sauna, taking Chlorella, Spirulina and eating raw foods you may experience detoxification. Detoxification can appear in many forms such as headaches, rashes, fatigue, nausea, diarrhea and sometime body aches. These symptoms may make you feel like you are sick, but you are not actually sick. Rather, you are removing toxins and acidic waste from the body.

Toxins. A toxin is something that does not belong in the body. There are mild toxins and very serious toxins such as heavy metals. Toxins are what disease lives on; therefore if you are sick with any disease you know that you are toxic. And if you wish to be healthy again, you must rid your body of those toxins.

Beginning. The best way to start with any of our products is to ease into them slowly. All our products possess deceptively powerful detoxification properties, each in their own way. If you have a health challenge or a poor diet, you may want to start drinking *Ionized Water* on level 1 or 2 (pH 8.0 – 8.5) for the first week to let your body acclimate to it. Once you have accomplished that, slowly increase the level of ionization to level 3 then 4 till you are drinking Ionized Water at a pH 9.5 – 9.9.

Chlorella and Spirulina are two of the most powerful whole foods in the world and therefore are extremely detoxifying, each in their own way. Chlorella, for instance, is excellent for removing heavy metals. Start by consuming 2 – 3 grams per meal for the first week. If you do not experience detoxification symptoms, increase the dosage until you reach your desired level. Below are dosage recommendations for Spirulina and Chlorella.

<p>Chlorella: (Best before a meal to aid with digestion)</p> <p>Maintenance Dosage: 3-5 grams/day</p> <p>Significant Part of the Diet: 6-10 grams/day</p> <p>Immune System Builder: 11-14 grams/day</p> <p>Primary Source of Protein: 12-19 grams/day</p> <p>Healing Purposes & Heavy Metal Detoxification: 20-30 grams/day</p>	<p>Spirulina: (Best before a workout and/or meal.)</p> <p>Maintenance Dosage: 3-5 grams/day</p> <p>Significant Part of the Diet: 6-10 grams/day</p> <p>Immune System Builder: 11-14 grams/day</p> <p>Primary Source of Protein: 12-19 grams/day</p>
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The Far Infrared (FIR) Sauna induces deep detoxification, substantially more than that of a conventional heat sauna. FIR waves penetrate 1 – 4 inches into the body pulling out heavy metals, petrochemicals, radiation and many other toxins that are deeply imbedded into body's tissue. For this reason your first sauna session should be between 10 – 20 minutes. If at any time while using the sauna you feel dizzy or nauseous, you should immediately end the session, wait a few days and make your next session shorter. You should slowly increase the duration of the FIR sauna to a 30 – 45 minutes session each day. This is particularly true if you have health challenges or you know that you are quite toxic.

Raw Foods. Moving to a raw food diet will also encourage detoxification and you may experience the same kinds of temporary discomfort. The same procedure should be followed of temporarily decreasing the amounts of raw foods you consume for a short time before increasing them again.

If you ever have any questions or concerns regarding the use of our products, general health questions or concerns about detoxification, please do not hesitate to contact us concerning them. Our primary goal is to educate our customers and help you to become as healthy as you can possibly be. We have been on this journey ourselves for years and find it difficult at times, but rewarding. **Great Health is possible if you want it!**

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