Designed to address issues from your head to your toes and all parts found in between . . .

Even your furry friends!

Presented by Simple Health Solutions . . .

Doctors Curt Eastin and 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 its heart is the unwavering belief that bodies are designed to heal themselves and by removing the obstacles that block the body’s natural functions any body can return to a state of optimal health.

It was our absolute commitment to this belief that has fueled us forward to study, to learn, to practice, to seek knowledge for a combined 50 years. We have spent countless hours in study and research as well as about $1,000,000.00 on our educations. We have dedicated our lives to end the needless suffering that we see daily as clinicians.

So it is our great honor to present these Simple Health Solutions Protocols to the world. We believe that it was our dedication to excellence, to knowledge and to the service of our patients that led us down this path of discovery . . . a path which has allowed us to uncover some elegantly simple ways to begin to remove those obstacles so that self healing will be activated in ways we only imagined in the past . . .

We dedicate this to all seekers of the truth . . . and we thank you for your support.

Doctors Curt Eastin and Peggy Parker
Tips For Sharing Water

As we have travelled across the country we have met so many of you who tirelessly give of yourself, providing water to so many simply to introduce them to high quality ionized water. This selfless giving is impressive and we commend you. We have also noticed that many of you have not been properly trained and do not know how to dispense or to share this water in a manner that provides optimal results to the very people you are trying to help.

So before you jump straight to these protocols we have outlined for you, we would like you to know that the results are completely dependant upon the quality of the water you are sharing.

Lets start with a discussion on THE most important tool you need to check your water—a good quality ORP meter. We prefer the Milwaukee SM500 ORP Meter. After testing dozens of meters this one provides the most consistent readings, is durable and retains calibration over the long haul. To find the best price simply Google Milwaukee SM500 ORP Meter and you will find several options. The price is generally under $100. Do NOT purchase a combo meter that tests both pH and ORP, neither function is reliably accurate.

Now to determine the ideal speed to run your water here are 2 separate tests. The first one simply uses your pH drops. Set your water unit to the pH 7 setting and turn on the water, continue testing the water from both hoses, adjusting the speed as necessary until the water from both hoses is the same pH. This is a good estimation of the proper speed to run water through your ionizer. Next set your unit to pH 9.5, keeping the same rate of flow. Test the ORP reading. If you have a reading that is less than –600 then continue to slow the rate of flow and continue checking until you find the flow rate that provides the maximum negative number without making your drinking water taste foul or fishy—this is an indication that you have made your water a bit too alkaline.

You can keep your meter properly calibrated by following a few important steps. Always store the probe in pH 4-6 Mild Alkaline Water to keep it adequately hydrated. Before testing you can calibrate your unit by placing the probe in pH 2.5 Strong Acid Water followed by pH 11.5 Strong Alkaline Water, alternating every 5 minutes until the numbers change rapidly. After using your meter, clean the probe by placing it in Strong Acid Water for about 5 minutes then very gently cleaning the tiny platinum probe with a very soft cloth or cotton swab. There is no need to rub, simply wipe across the tip of the probe. Then store in Mild Acidic Water.
The next important topic to discuss covers the containers you are using to share water with others. Once again, we find that many of you have not been properly trained to understand the best methods of sharing water in a way that retains the majority of its positive benefits. Since the most important aspect of high quality ionized water lies in its antioxidant properties, maintaining the highest –ORP reading is essential.

Approximately 80% of the –ORP readings can be retained for up to 3 days if you follow a few simple steps.

1. When you fill your containers run the water down the side of the container, in the same way bartenders dispense draft beer. This step lessens the motion so the negative readings remain much higher. Use your ORP meter to test this and you will be shocked at the difference.

2. The size of the container is also crucial. Use containers that are small enough that when opened all of the water is consumed within 20-30 minutes. Exposure to air causes the antioxidants to rapidly dissipate.

3. Remember that water is a natural solvent and high quality ionized water is an even better solvent. As a solvent it rapidly breaks down plastics and suspends those chemicals in your drinking water. The chemicals from these plastics are all known hormone disruptors. Water also breaks down the metals in stainless steel with similarly bad results. So the only logical choice is glass. Glass is the most inert substance we can use to store and transport water. Be creative and “re-purpose” glass jars and bottles with tight fitting lids.

4. Dark glass bottles and jars are always the best choice for drinking water. When that isn’t possible, keep them covered with a towel and store in a cool dark place, although refrigeration is not recommended. Here are 2 great resources for ordering a wide variety of sizes, colors as well as options for spray tops: www.SpecialtyBottle.com This company is based in Seattle and stock a wide variety of bottles with a quick delivery time. www.FreundContainer.com This company also stocks a wide variety of sizes, shapes and cap options. Both companies have detailed websites to help you make your selections.

So remember when sharing water your friends and neighbors will see the best results when you calibrate the speed and use small glass containers with tight fitting lids. Be sure you have filled the container to the top with NO airspace. Now your results will be optimal!
Dr. Parker’s Water Protocol

Background:
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 my first 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 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, while the ideal pH of the small intestine is 8.2.

The rationale behind this protocol is this, first dilute the stomach acid completely by drinking a small amount of Strong Alkaline Water, followed immediately with a large quantity of Drinking Water. 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 absorbed immediately into the blood stream and the lymphatic system. Since this water is filled with antioxidants they are readily dispersed thoroughly throughout the body. These antioxidants are responsible for stopping and reversing the damaging cycle of oxidation on a cellular level.
As the alkaline, antioxidant water enters the small intestine it creates an ideal pH which sets the stage for more complete digestion. You see it is the job of the gallbladder 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 change the pH of the food by creating an alkaline tide. 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. The pancreas will only release enzymes necessary to complete protein digestion if the pH is adequately alkaline, so when bile is inadequate digestion is severely compromised. Utilizing this Water Protocol creates an ideal pH for complete digestion.

With the first bites of food swallow about 3 tablespoons of pH 2.5 Strong Acid Water. This water is a weak solution of the hydrochloric acid necessary to digest proteins. This water works better than hydrochloric acid tablets or apple cider vinegar because it trains your body to produce more acid at the right time.

Directions:
45 minutes before your meals do the following:
1. Drink ¼ cup pH 11.5 Strong Alkaline Water
2. Immediately followed by 20 - 40 ounces* of pH 9.5 Drinking Water
3. NOW YOU MUST WAIT 45 MINUTES BEFORE YOU EAT ANYTHING – ALSO DO NOT DRINK ANYTHING ELSE.
4. With the first bites of your meal swallow 2-3 Tablespoons pH 2.5 Strong Acid Water. Take vitamins with this water at the beginning of the meal.
5. 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.

It has been my experience that following this protocol actually retrains the body to produce adequate amounts of stomach acids, bile and digestive enzymes at the proper times. Improving digestion is a very important key to health.

*Water Formula Based on Body Weight:
Using a calculator multiply 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 amount of water ideal for the 9.5 water in the Protocol.

EXAMPLE: Body Weight 140 lbs x .75 = 105 oz  105 ÷ 5 = 21 oz

In this example you would drink 21 ounces of pH 9.5 Kangen Water™ each time you repeat this Water Protocol. Drink the remaining 42 ounces in two 21 oz increments through the day. Take all supplements (outside those with meals) with the pH 9.5 water.
Protocols for Various 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 to block exposure to potentially deadly invaders. Another function is as an excretory organ. When normal channels of excretion are either blocked or overburdened the body will transport excess toxic substances out through the skin. As the membranes of skin cells become highly oxidized normal functions are compromised and the result is a breakout of acne, rashes, eczema or even infection.

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 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—pH 4-6. 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 and any petroleum products.

Always look for lotions and creams that do NOT contain parabens or petroleum products. These are known hormone disruptors and anything you put on your skin is transported into your body!
**Condition - Acne:**
1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water & pat dry
3. With a cotton swab dab pH 2.5 Strong Acidic Water on any active blemishes or broken skin and let dry
4. Tone with pH 4-6 Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

**Condition – Eczema and Psoriasis:**
1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water & pat dry
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with 5.5 Beauty Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

**Condition – Rashes and Burns:**
1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

**Condition – Diaper Rash:**
1. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry
2. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
3. Hydrate the skin with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mist setting
4. Repeat after each diaper change
Diaper rash begins with urine and feces that are too acidic. To prevent diaper rash begin 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 and Mild Acidic Water. 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.

**Caution—Step Away From The Antiperspirant:**
Sweat is one of your body’s natural methods for ridding itself of toxins, so stopping that natural function can create a serious back lash in your lymphatic system. Odors are simply bacteria thriving in the dark, damp area. So to stop the odor simply mist with pH 2.5 Strong Acid Water. If you tend to sweat a lot keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.

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Protocol for Hair & Scalp Care

Beautiful hair begins with a healthy and properly hydrated scalp. Choose a shampoo without any sodium laurel or laureth sulfates, parabens or petroleum products.

Supplies:
- Glass Spray Bottle
- Warm pH 5-6 Mild Acidic Water
- Organic Mild Shampoo

Directions:
1. The easiest way to effectively shampoo your hair is to actually wash it in the sink.
2. 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 dryers and the sun.
3. Mix desired amount of shampoo with 1 cup warm water to thin it.
4. Adjust the water temperature to lukewarm and thoroughly wet your hair.
5. Apply water/shampoo mixture evenly over scalp and massage in.
6. Rinse hair and scalp thoroughly with pH 4-6 Mild Acidic Water.
7. Do NOT condition your hair unless it is exceptionally dry or course. Conditioning average hair will make it rather limp and difficult to style.
8. Style as usual.
For style touch ups between shampoos, spritz hair lightly with pH 4-6 Mild Acidic Water before using a flat iron or hair dryer. This will revitalize and hydrate both curly and straight hair types.

If your hair has frizzy tendencies a few drops of natural conditioner, or gel mixed with the water is an instant frizz tamer!

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

Alopecia and baldness is 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 Mild Acidic Water is a must, followed by spritzing the scalp at least 2 times daily. This may take a little time to show measurable results.

The scalp is particularly prone to dryness from soapy residue, excessive styling products and hair driers. This can lead to dramatic pH changes, clogged pores and dry, itchy and scaly skin. Mild Acidic Water is the perfect solution to all those conditions since it is the perfect pH for your skin!
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 like the one pictured on the right at www.healthaccessories.com
- pH 11.5 Strong Alkaline Water

Directions:
- Upon removing the eye cup from its packaging, soak in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect.
- Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5)
- Fill the cup, following package directions, with Strong Alkaline Water (pH 11.5)
- 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
- Now that you have completed one eye, toss the water away
- Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5)
- 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

CAUTION:
Do NOT use Strong Acid 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 Strong Alkaline Water

Directions:
1. Sterilize a small dropper bottle with Strong Acid Water (pH 2.5)
2. Rinse thoroughly with Strong Alkaline Water (pH 11.5)
3. Fill bottle, tightly cap and set in a bowl of very warm water (not boiling) about 5 minutes
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 cooler or warmer can create dizziness or vertigo!
5. Tilt your head as far to the side as possible
6. Place 1-2 drops ONLY in your ear
7. Place cotton in the ear and leave for 1-5 minutes
8. Repeat steps 5-7 in the other ear

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

General Information:
- Ear wax is a fatty substance
- Chewing is the mechanism by which ear wax moves along the ear canal
- Excessive stress and anxiety can cause excessive ear wax production
- This is a good site for more info, http://en.wikipedia.org/wiki/Earwax

Do NOT use 2.5 Strong Acid Water or small objects to clean your ears!
Protocol for Nasal Lavage

Supplies:
- Netti Pot
- pH 11.5 Strong Kangen Water™ for daily use
- pH 2.5 Strong Acid Water for use during active infection

Directions for Daily Use:
1. Adjust your water temperature so that your water is approximately the same temperature as your skin.
2. Fill your Netti Pot with the warm pH 11.5 Strong Kangen Water™. It is unnecessary to use additional herbs in your nasal lavage.
3. Follow the directions for use that came with your Netti Pot.
4. Repeat with the opposite nostril.

Using a Netti Pot with Strong Alkaline Water on a daily basis will dramatically improve symptoms that accompany allergies – both seasonal and chronic. Using 11.5 Strong Alkaline Water provides both tons of antioxidants to reduce inflammation and irritation and a pH that helps 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.
Due to the reduction in inflammation of nasal passages this technique can also reduce snoring!

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:**

1. Adjust your water temperature so that your water is approximately the same temperature as your skin.
2. Fill your Netti Pot with the warm pH 2.5 Strong Acid 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.
3. Follow the directions for use that came with your Netti Pot.
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 Strong Alkaline Water. However, if the infection persists you can alternate between 2.5 and 11.5 waters every 2-4 hours throughout the day. If this does not dramatically reduce symptoms, please see your doctor.
Dr. Eastin’s Oral Health Protocols

Using these protocols on a daily basis will make your teeth and gums healthier than you’ve ever known them to be. 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 Strong Acid Water 9.5, and
- pH 11.5 Strong Alkaline Water
- pH 9.5 Drinking Water
- Toothbrush . . . preferably a Sonicare, available at most drug stores or visit their website at www.sonicare.com
- Dental Floss
- Hydro Floss Oral Irrigator . . . look 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.

Directions for Periodontal Disease Protocol:
1. Rinse mouth with 2.5 water, scrape your tongue, rinse, scrape again
2. Brush teeth with 2.5 water . . . repeatedly dipping your brush in the water
3. Rinse again with 2.5 water
4. Floss teeth then rinse one final time with 2.5
5. Fill Hydro Floss reservoir with warm pH 2.5 Strong Acid Water. Use as directed . . . making sure to flush under the gum line as much as possible.
6. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
7. Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . making sure to flush under the gum line as much as possible. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
8. Rinse with 9.5 water

Frequency:
Follow this protocol 2 times daily, once in the morning and again before bed is ideal and will provide you with optimal care for periodontal disease.

Routine Dental Care and Maintenance:
While the above protocol was specifically designed for those with periodontal disease, the following protocol was designed for daily oral hygiene.

1. Rinse mouth with 2.5 water, scrape your tongue, rinse, scrape again
2. Brush teeth with 2.5 water . . . repeatedly dipping your brush in the water
3. Rinse again with 2.5 water
4. Floss teeth then rinse one final time with 2.5
5. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
6. Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . making sure to flush under the gum line as much as possible. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
7. Rinse with 9.5 water

Frequency:
Following this protocol 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. I also recommend adding step 5 from the Periodontal Protocol 1-2 times per week.

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Protocols for Various Digestive Disorders

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 help your body in this destructive process is to drink a cup of Strong Acid 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 pro-biotics and extra pancreatic enzymes for a few days. If you follow Dr. Parker’s Water Protocol this regimen will encourage the good bowel bacteria to flourish.

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.
**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 Dr. Parker’s 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 measurable results can be noticed.

**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. So this is addressed quickly by following Dr. Parker’s Water Protocol. Following the steps in this protocol actually works to re-train the body to produce adequate amounts of hydrochloric acid at the right time. Supplementing your stomach acid with pH 2.5 Strong Acid Water at the beginning of a meal assists your body in the proper breakdown of proteins.
Protocol for Colon Hydrotherapy

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

Directions:
1. Adjust the temperature of your supply water to be slightly warmer than room temp
2. Fill your gravity fed tank with pH 9.5 Alkaline Water
3. Continue with your normal fill, release cycles
4. A final retention fill of pH 11.5 Strong 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 which are dependant on these bowel bacteria.
Protocols for Vaginal Infections & Vaginal Dryness

Supplies:
- Standard Douche Bag (available at any drug store)
- pH 4.5 Acid Water

Directions:
1. Select the 9.5 setting
2. Adjust the temperature of your water to skin temp
3. Fill your bag with approximately 2 cups of the water from the gray hose – this will be approximately pH 4.5
4. 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 Dr. Parker’s 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 and can lead to infection, excessive discharge, overgrowth of candida and e-coli, all of which can lead to cancer.
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 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 Strong Acid Water
- Basin for Soaking Feet or Hands
- pH 11.5 Strong Alkaline Water

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

**TIP:** Soak socks in pH 2.5 Strong Acid Water 10 minutes or overnight before laundering to kill microbes.
Protocols for Babies and Children

It is a myth that babies and children are already alkaline so our ionized water is either dangerous or unnecessary! If this were true then they would not be sick! Also remember the most important aspect of our 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 that adult bodies are, they simply have not had as much exposure time.

Use the same formulas for determining the amount of water to give that we use for adults since amounts are always weight dependent.

Start with this formula:

Body Weight x .5 = minimum number of ounces to consume per day
Body Weight x .75 = maximum number of ounces to consume per day
Divide that number by 5 to determine the amount of ounces per serving

32 lbs x .5 = 16 ounces per day \[16 ÷ 5 = 3.2 \text{ ounces per serving}\]
32 lbs x .75 = 24 ounces per day \[24 ÷ 5 = 4.8 \text{ ounces per serving}\]

Baby formula is an unnatural food for babies. When formula is the option available I encourage mixing it with pH 9.5 Drinking Water. This will help to make the fats in the formula more easily digested and absorbable.

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.
Protocols for Dogs and Cats

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 put down for your pets in the normal spot where they go for water. Watch to see the one they choose, 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 at least 2-3 times each day.

Many animals suffering with digestive disorders, skin disorders, parasitic infections and arthritis have been helped dramatically when their water was changed. Skin infections, rashes, chewing and itching should be treated in the same manner as human skin.

Grooming Supplies:
- Warm pH 4-6 Mild Acid Water
- Spray Bottle
- Appropriate Combs and Brushes
- Organic Mild Shampoo
- Tub
- Towels
- Hair dryer with cool air setting

When I prepare to bathe my dogs I collect pH 4-6 water from the gray hose and store it in gallon jars. Before the bath I warm it slightly to make it more comfortable. I also prepare the shampoo by mixing water and shampoo into a ¼ strength. Most skin irritations are either created or exacerbated by excess shampoo left on the skin. So diluting with water makes it easier to wash the whole animal without using excessive amounts of shampoo. As the last rinse I combine 1 teaspoon conditioner mixed with 1 gallon of Mild Acidic Water. Towel and blow dry. 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.

Never brush or comb a wet animal. Allow the hair 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 on long haired animals.

For regular brushing and grooming I fill a spray misting bottle with pH 4-5 Mild 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.

My dogs are show dogs and I have been told repeatedly that they are the best conditioned dogs in the ring! If this works with all this hair, just imagine how easy it will be to deal with your furry companion!

Remember that their 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. For dog food and treat recipes check out Dr. Parker’s cookbook!

**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 Acidic Water for the bath, pre-treat the stained areas with pH 11.5 Strong 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 Strong Alkaline Water. This will eventually fade the tear stains and prevent them from becoming a problem in the future.
Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body’s natural healing potential!

Curt Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d’Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin’s understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker’s ground-breaking clinical research.

As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health. Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.