



ZBMD HYDRATION WEEK SERIES

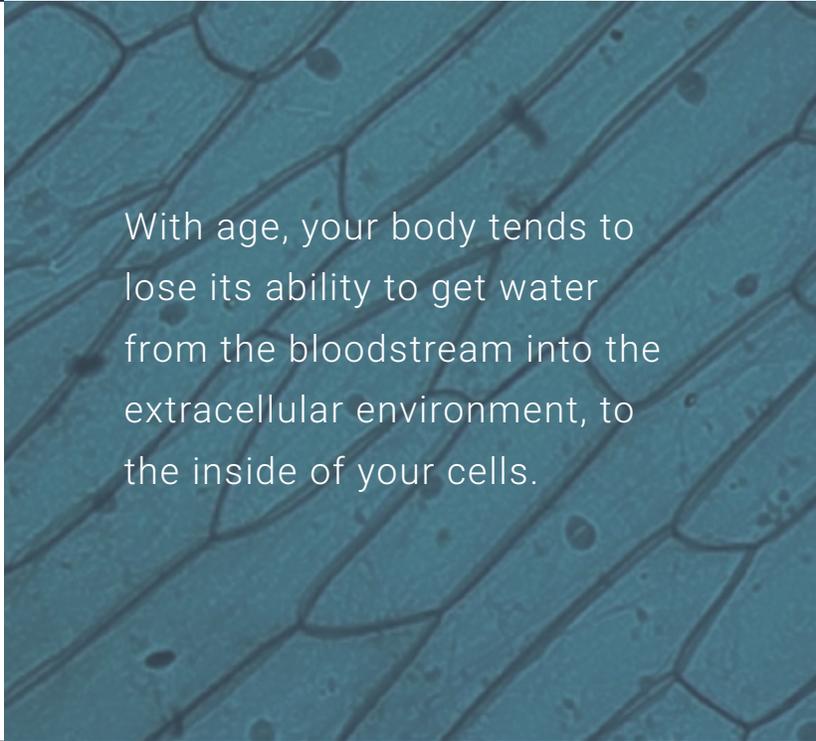
A SNEAK PEEK INTO THE INTRINSIC HEALTH SERIES
+ BIOLOGY BASECAMP



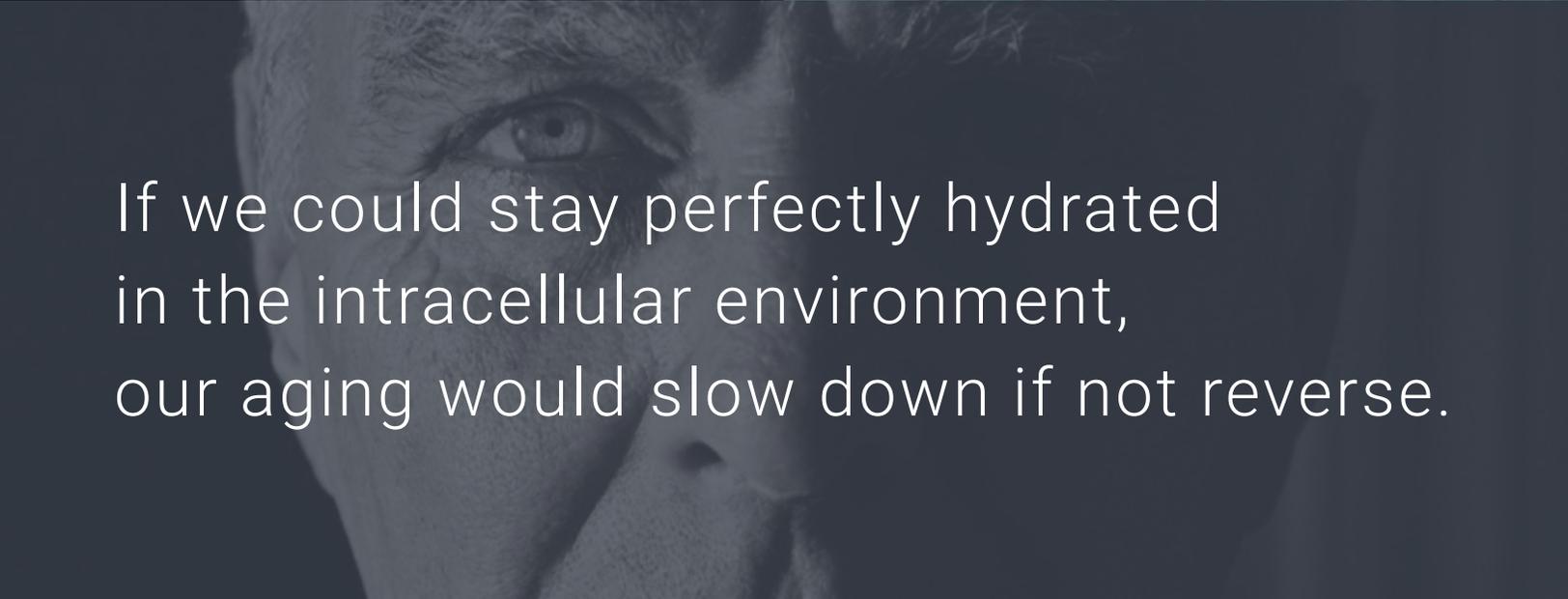
TRUE HYDRATION

Hydration is not just simply about drinking enough water it's about getting water inside your cells.

About two-thirds of your body is composed of water, and a majority of that water – about 66 to 70 percent – is within your cells and lymph system.



With age, your body tends to lose its ability to get water from the bloodstream into the extracellular environment, to the inside of your cells.



If we could stay perfectly hydrated in the intracellular environment, our aging would slow down if not reverse.



MISCONCEPTION OF HYDRATION

Peeing clear simply means that the water you drink has passed from gut to your bloodstream and out your kidneys before ever getting inside your cells, so having clear urine is not the same as hydration.

What you want to see is a yellow tint and good volume. To get cells to take water in from your bloodstream healthy boundaries have to be created at the gut, the capillaries, and each cell membrane.

If your pee is clear,
then you're hydrated.
FALSE.

Hydration is not about water in your bloodstream or the urine; it's about water inside the cells of your body.

The microbiome
(bacteria, fungi
and the like)
coordinate
the production,
support, and
repair of these
critical barriers.

**It all starts
in the gut.**



ANTIBIOTICS & DEHYDRATION

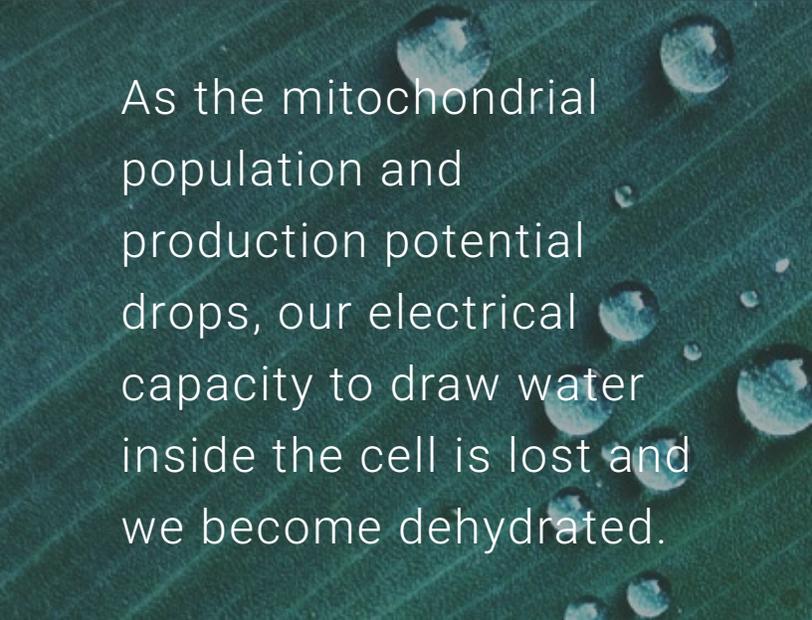
For example, 4 billion pounds a year of Roundup/glyphosate into our food and water systems, now contaminating our air and rainfall, and 833 prescriptions of antibiotics for every 1,000 persons in the US every year.

And the destruction of the microbiome is causing epigenetic consequences in our biology which compound with each subsequent generation. Furthermore, the loss of the microbiome destroys the support and repair communication system.

We have created a new epoch of biology on planet earth that we could call the 'Antibiotica'.

The amount of antibiotic that we are exposed to through our food and health care systems is staggering.

As our natural barriers begin to leak, our mitochondria (our inside the cell microbiome that metabolizes sugar and fat into the only fuel the human cell can use ATP) become vulnerable to accelerated damage from the ubiquitous toxins in our air, water, and food systems.



As the mitochondrial population and production potential drops, our electrical capacity to draw water inside the cell is lost and we become dehydrated.



EMF & DEHYDRATION

In parallel with this widespread state of biologic vulnerability, we have developed massive electromagnetic and microwave radiation exposure through our wireless technologies.

In a dehydrated state, toxins accumulate.

How?

A lack of electrical energy flow.

Why?

Lack of this flow leads to mitochondrial damage and decreased energy production for healing and vitality at the cell level.

Simultaneously, the loss of the microbiome leads to vulnerable network cables between your cells, leaving cells more isolated and nutrient depletion.

The development of the 5G global network and Bluetooth/WIFI Connectivity via drones and satellites is being justified by the need for the Internet of Everything to help our advertising megaton companies (Google, Facebook, and Amazon in particular) continue to grow faster through monetization of their ever increasing big data collection of every detail of our daily lives.

When you add in exposure to wireless technologies that output high amounts of electrical resonance, your already disconnected cells become prone to resonating to the wrong frequency.



MISCONCEPTION OF HYDRATION

The implications for human health in the coming decades within this perfect storm of dehydration, cellular isolation, and energy depletion, coupled with constant external, non-biologic EMF exposure are difficult to imagine.

The epigenetic ramifications alone are enough to foresee the end of our species, but couple that with dropping sperm counts (52%-57% drop in sperm counts in Western societies in just the last 40 years resulting in 1:3 males with infertility), chronic illness burden of 52% in our children today.

The long predicted human apocalypse that is rapidly approaching now is not the result of an asteroid, or a nuclear bomb, but our destruction and disconnect from the very fabric of biology – water.

Balance or
exceed your
interaction
with technology
with time
in nature.

Get barefoot...
or, even better,
get naked
in nature.



HYDRATION, INFLAMMATION & AGING

Water is the most under recognized antioxidant system.

Chronic inflammation is the accumulation of oxidative compounds within our immune system, bloodstream and, ultimately, within our cells.

Hydration is directly tied to inflammatory processes.

This insidious process of chronic inflammation is largely the result of a lack of hydrogen (H_2) in that is delivered both by the microbiome in our gut, and by water in its high vibration state as it transits highly charged cell and mitochondrial membranes.

Dehydration affects every signaling system in your body.

Beyond the cleansing antioxidant aspect actual fuel production at the mitochondrial level is affected, and in turn we lose the redox oxygen/hydrogen mitochondrial metabolites that serve as another reservoir of antioxidant potential inside our cells.

Without water, we literally starve at the cellular level. No fuel for growth, maintenance, or repair. We decay. We normalize that with the description and experience of aging. What if we simply never were taught to hydrate correctly, and we as a species have been on an ever increasing trend of dehydration for centuries.



HOW TO HYDRATE

Proper hydration is not simply infusing your body with water.

More specifically, it's about getting living water that is supported by electrolytes and natural fiber passaged into each of your extraordinary 50 trillion or more human cells.

To do that, you need to improve the electrical charges across your cellular membranes and consume water that has been optimized by nature's marvelous quantum systems of the planets geology, microbiome, and plant kingdoms.

Here are the top ways to stay hydrated at a cellular level...





HOW TO HYDRATE

Get your electrolytes through the skin – play and bathe in ocean and freshwater lakes and rivers when ever adventure presents itself

Add a pinch of grey or pink sea salt to your filtered water



Keep healthy fats in your diet: nuts, seeds, olives, avocado, coconut, and beyond

Breathe your biome - get barefoot out in the wilderness, breathe in diverse ecosystems, etc.

Local alternative may include magnesium float tanks, or at the very least epsom salt baths



HOW TO HYDRATE

Eat your water –
cucumber, celery,
watermelon, and
high fiber fruits

Short burst
anaerobic
exercise daily

Drink unfiltered water
from a local spring
whenever possible

Balance EMF
exposure with
direct connection
to nature through
your skin

Less direct
exposure to
technology –
use EMF
blocking
materials
between your
cell phone and
your body,
turn off wifi
at night, etc.



WELCOME TO THE
**HYDRATION
SERIES**

DAY
1

HYDRATION
WEEK IS A
SNEAK PEEK
INTO BIOLOGY
BASECAMP,
THE FIRST
STEP IN OUR

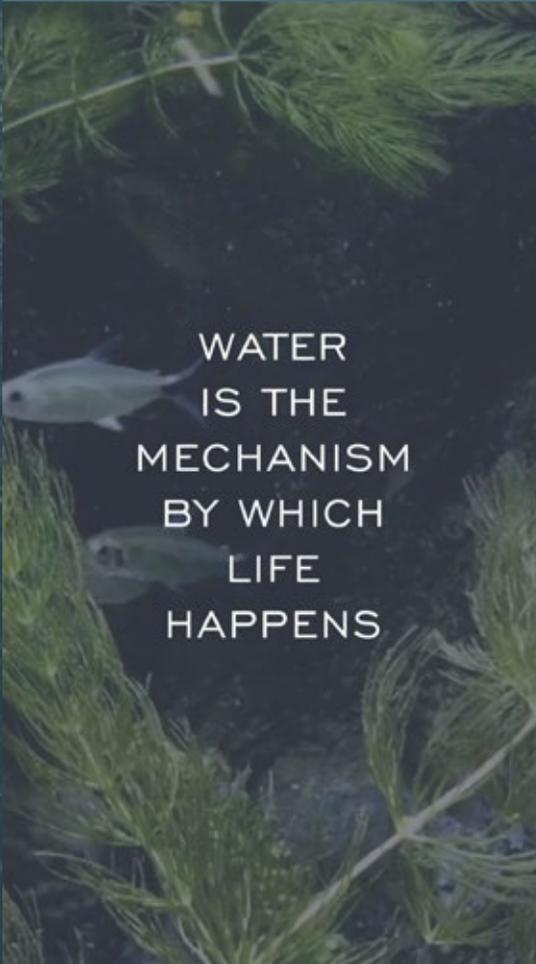
Intrinsic Health Series

LET'S GET
STARTED



WHAT IS
WATER?

H₂O



WATER
IS THE
MECHANISM
BY WHICH
LIFE
HAPPENS

WATER MOVES
NUTRIENTS,
ELECTRONS,
AND LIGHT
ENERGY
THROUGH
THE BODY

IF WE
COULD STAY
PERFECTLY
HYDRATED
IN THE
INTRACELLULAR
ENVIRONMENT,
OUR AGING
WOULD SLOW
DOWN IF NOT
REVERSE

THIS WEEK'S
HYDRATION
DISCUSSION
IS JUST A DROP
IN THE OCEAN
OF THE
CONTENT AND
EXPERIENCE
AVAILABLE TO
YOU WHEN YOU
SIGN UP FOR
BIOLOGY
BASECAMP

HERE'S WHAT
YOU WILL
EXPERIENCE
WHEN YOU
SIGN UP:

- 4 TWO-HOUR ONLINE TRAININGS WITH ME
- 4 (QUARTERLY) LIVE Q & A SESSIONS WITH ME
- 8 ONE-ON-ONE PERSONAL INTRINSIC HEALTH COACHING SESSIONS
- IN-DEPTH FAQs
- WEEKLY SUPPORT MATERIALS
- COMMUNITY SUPPORT VIA CLOSED FACEBOOK GROUP ACCESS
- ION*BIOME SUPPLEMENT BUNDLE



Including: One 32oz bottle (two-month supply) and a convenience pump, One 3oz travel bottle, and one sinus spray *bundle is offered to US participants only

NOW IS
THE TIME
TO DISCOVER
YOUR INTRINSIC
ABILITY
TO HEAL



WELCOME TO THE
HYDRATION
SERIES

DAY
2



HOW DO YOU
ACHIEVE
CELLULAR
HYDRATION?

FOR EXAMPLE:
YOUR
KIDNEYS



IT TAKES A
MIRACULOUS
COORDINATION
OF MANY
STRUCTURES
AND SYSTEMS
WITHIN THE
HUMAN BODY
TO ACHIEVE
CELLULAR
HYDRATION

DESIGNED TO
FILTER ABOUT
55 GALLONS
OF BLOOD
PLASMA EVERY
SINGLE DAY

AND TRYING
TO FIGURE OUT
WHAT TO
KICK OUT,
WHAT'S TOXIC,
AND WHAT
TO KEEP

IF YOU'RE
GIVING THE
KIDNEYS
NO WATER
TO WORK WITH,
YOUR MAIN
MECHANISM
FOR
DETOXIFICATION
IS LIMITED

PRIORITIZE
YOUR
HYDRATION



WELCOME TO THE
HYDRATION
SERIES

DAY
3

THREE
QUICK WAYS
TO IMPROVE
HYDRATION
CAPACITY

① • ② • ③

ENGAGE IN
REGULAR SHORT BURST
EXERCISE AS A ROUTINE
PART OF YOUR DAY

①

COMBINED WITH A FEW
HOURS A WEEK OF GOOD
SWEAT INDUCING AEROBIC
EXERCISE – HIKING, YOGA,
INFRARED SAUNA, ETC.
TO ACCELERATE
MITOCHONDRIAL
PROLIFERATION AND SPEED
CLEARANCE OF TOXINS
FROM YOUR BODY

②

JUMP IN THE WATERFALL
OR SHOWER OFF
AFTER YOUR WORKOUT
SO THAT YOU DON'T
REABSORB THE TOXINS
EXCRETED IN YOUR SWEAT
BACK THROUGH THE
SKIN IN THE HOURS
AFTER YOUR WORKOUT

③





WELCOME TO THE
**HYDRATION
SERIES**

DAY
4

WITHOUT
WATER,
WE LITERALLY
STARVE AT
THE CELLULAR
LEVEL

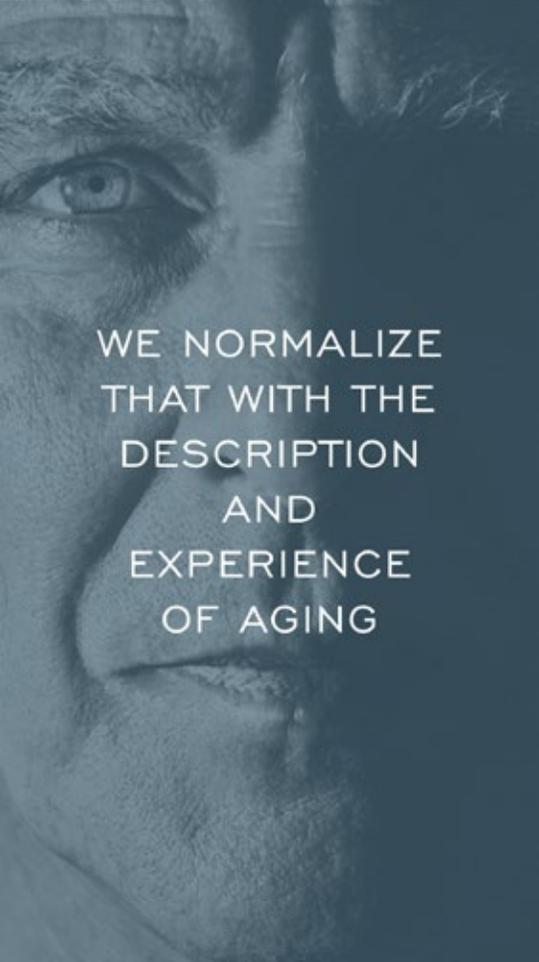
NO FUEL
FOR GROWTH,
MAINTENANCE,
OR REPAIR,
WE DECAY



WE NORMALIZE
THAT WITH THE
DESCRIPTION
AND
EXPERIENCE
OF AGING

HERE'S
SOMETHING
FOR YOU
TO PONDER
TODAY...

WHAT IF WE
SIMPLY NEVER
WERE TAUGHT
TO HYDRATE
CORRECTLY, AND
WE AS A SPECIES
HAVE BEEN ON AN
EVER INCREASING
TREND OF
DEHYDRATION
FOR CENTURIES





WELCOME TO THE
HYDRATION
SERIES

DAY
5

TOP WAYS
TO HYDRATE AT
A CELLULAR
LEVEL



SHORT BURST
ANAEROBIC
EXERCISE DAILY



EAT YOUR WATER –
CUCUMBER, CELERY,
WATERMELON, AND
HIGH FIBER FRUITS



MAGNESIUM FLOAT
TANKS OR EPSOM
SALT BATHS



DRINK UNFILTERED
WATER FROM A LOCAL
SPRING WHENEVER
POSSIBLE



KEEP HEALTHY FATS
IN YOUR DIET:
NUTS, SEEDS,
OLIVES, AVOCADO,
COCONUT, ETC



GET YOUR
ELECTROLYTES
THROUGH THE SKIN –
PLAY AND BATHE IN
THE OCEAN, LAKES
AND RIVERS



ADD A PINCH
OF GREY OR PINK
SEA SALT TO YOUR
FILTERED WATER



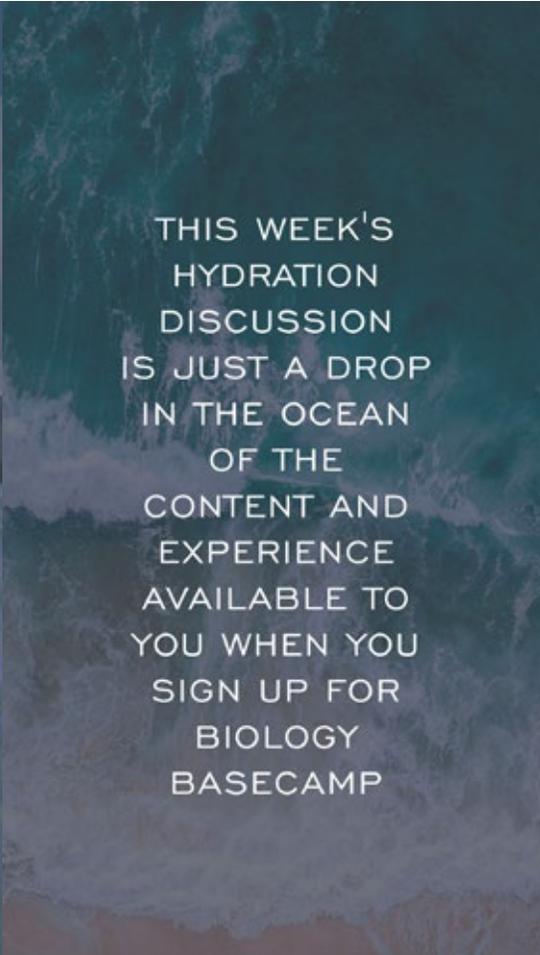
LESS DIRECT EXPOSURE
TO TECHNOLOGY –
USE EMF BLOCKING
MATERIALS BETWEEN
YOUR CELL PHONE
AND YOUR BODY,
TURN OFF WIFI AT NIGHT.



BREATHE YOUR BIOME -
GET BAREFOOT OUT
IN THE WILDERNESS,
BREATHE IN DIVERSE
ECOSYSTEMS, ETC.



BALANCE EMF
EXPOSURE WITH
DIRECT CONNECTION
TO NATURE THROUGH
YOUR SKIN

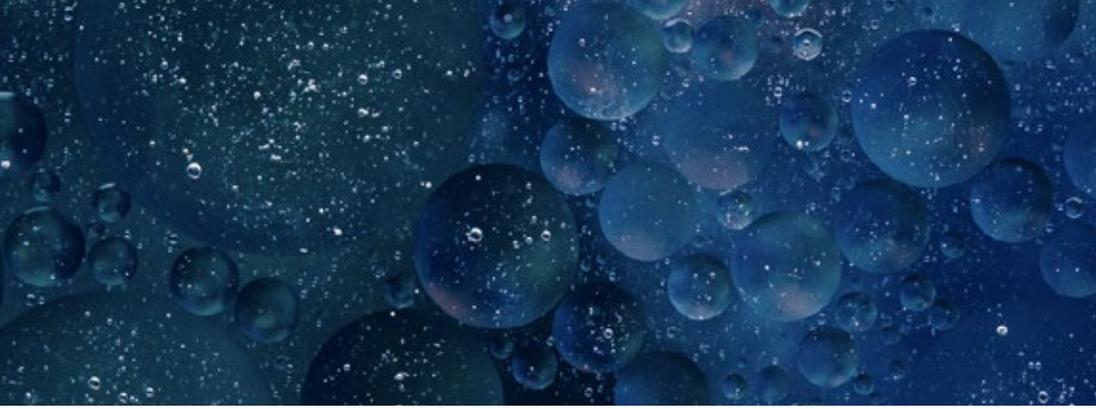


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DISCUSSION
IS JUST A DROP
IN THE OCEAN
OF THE
CONTENT AND
EXPERIENCE
AVAILABLE TO
YOU WHEN YOU
SIGN UP FOR
BIOLOGY
BASECAMP



THANK YOU
FOR JOINING US
TO DISCOVER
MORE ABOUT
HYDRATION





If you enjoyed this, you will love the immersive experience of Biology Basecamp, now open for registration.

This is a unique opportunity to learn life practices that will forever serve and benefit your wellbeing.



BIOLOGY BASECAMP INCLUDES:

- 4 two-hour online trainings with me
- 4 (quarterly) live Q & A sessions with me
- 8 one-on-one Intrinsic Health Coaching Sessions
- In-depth FAQs
- Weekly Support Materials
- Community support via closed Facebook group access
- ION*Biome supplement bundle*

RESERVE YOUR SPOT TODAY

*Including: one 32oz bottle (two-month supply) and a convenience pump, one 3oz travel bottle, and one sinus spray *bundle is offered to US participants only