



DR. JEFFREY MARRONGELLE

Jeffrey L. Marrongelle is a Doctor of Chiropractic, and a Certified Clinical Nutritionist. He has been practicing Homotoxicology and nutrition in connection with his practice for 30 years. Dr. Marrongelle has successfully integrated the latest technologies, with nutrition, herbal drainage remedies, and complex homeopathy with structural modalities to assist his patients with a wide-range of conditions.

Dr. Marrongelle is a graduate and was a member of the Board of Trustees for Capital University of Integrative Medicine (CUIM) in Washington, D.C., and has completed a Doctorate of Integrative Medicine Degree.

Dr. Marrongelle's Rehydration Protocol

Introduction:

Chronic dehydration is a far greater cause of health problems in society, than is commonly recognized. In fact, many symptoms of clinical dehydration are treated as diseases in themselves; while the dehydration aspect at work is not recognized or addressed.

The average adult loses about ten glasses of water per day through the body's waste management systems: urination, bowel movements, perspiration, and so on. All of this water needs to be replaced in order for the human body to function properly. Failure to supply this water results in a "conservation reaction" in the body.

What do we mean by this?

In order to remain in good health, the body requires a daily intake of fluids and nutrition. When these are lacking, the body starts to "prioritize" the delivery of nutrients or fluids to its most essential systems, beginning with the most important. It slows or halts the excretion systems of the body, and attempts to "recycle" the fluids it has. The result is a slow buildup of metabolic waste (excretions by cells which act as toxins) within the body, caused by an absence of appropriate "waste management" - which is entirely fluid-driven and dependent on the constant replenishment of clean water into the body.

As an example, here are a few of the many common signs attributed to dehydration, *but often not treated as dehydration*:

Fatigue, constipation, high blood pressure, high cholesterol, acid-alkaline imbalance, digestive disorders, asthma and allergies, weight gain, skin disorders, joint pain or stiffness, bladder or kidney problems, and premature aging.

While any one of these symptoms could certainly have other causes, we would be prudent to first rule out one of the most obvious probable cause.

This may be accomplished through the rehydration protocol.

It is startling to see how many symptoms will alleviate, or even entirely disappear, within just a few days of following the rehydration protocol.

Even if they do not significantly alleviate, there are of course many other options. The simple fact remains that you will certainly be much better hydrated and in an improved metabolic state. There is nothing stopping you from taking other nutritional steps during the protocol. But with this protocol, one has, at the very least, repaired the primary delivery mechanism of the body: fluids - upon which all other nutrition rests.

A study published by Oxford Academic Nutrition Reviews, titled *Water, Hydration and Health*, established that physical and mental performance begin to degenerate at only two-percent hydration loss. As a good comparison, to illustrate the significance of this, an athlete will lose between six and ten-percent hydration during athletic performance. This is far above the two-percent threshold that begins to produce degeneration of mental and physical function - hence the focus on fluid intake during exercise.

A large portion of the population suffers from chronic low-level dehydration. Thus the first requirement is a *pre-nutrition* step: getting the person back to optimum hydration so that later nutritional fixes and therapy will take effect.

One of the primary problems with dehydration is one's habit patterns - and the fact that a dehydrated individual no longer recognizes that he is thirsty. One has to retrain the body *to ask for water instead of snacks*. This is done by drinking frequent small amounts of water, on the hour, every hour. Within three to five days, it will entirely change the way you feel. It will also retrain the body to recognize when it is thirsty - and will set the foundation for recovery of just about any condition.

It can not be stressed enough that rehydration is accomplished with small frequent doses. Drinking large quantities of water all at once will not rehydrate your system. It will simply flush the water through the body. The remedy of long-term chronic dehydration is achieved through *small frequent doses over a period of a several days*. This is what gets your internal systems going again.

It is this pre-nutrition phase that is missing from most diets.

This is how you get your body functioning well, using nutrition, clearing waste, and producing energy - with the added bonus of increased mental alertness and clearer thinking.

The exact protocol is as follows:

1. Mix one full bottle of Double Helix Water into a gallon of distilled, purified, or reverse-osmosis water.
2. Drink a four-ounce glass of this water every hour, during waking hours. The key here is that small quantities are spaced apart evenly.
3. Mix the second bottle of Double Helix Water into a gallon of distilled, purified, or reverse-osmosis water and continue drinking a four-ounce glass every hour. Continue this until the second gallon is used up.
4. Once the above steps are complete, you are ready to move on to a maintenance dose: three to five drops of Double Helix Water in a glass of water, twice a day.

The importance of the regular intake of small quantities can not be stressed enough. This needs to be done over the period of a few days in order to retrain your body to ask for water and tell you you are thirsty. Set a timer to go off once an hour if needed. Usually, the easiest way to do this is to set a timer or use a cell phone that gives reminders. Once this initial step is done, you will find yourself automatically wanting water when you are thirsty and will no longer need to do it by the clock.

Once the pre-nutrition phase of treatment has been completed your internal systems will now be set up to deal with any other nutritional regimen or protocol required for a given condition. Vitamins, minerals, proteins, and other herbal or homeopathic remedies can now be rapidly distributed throughout your internal systems and can get where they need to go. Toxin build-up and waste matter within your body will be efficiently excreted. You will have overcome the first major barrier toward good health.