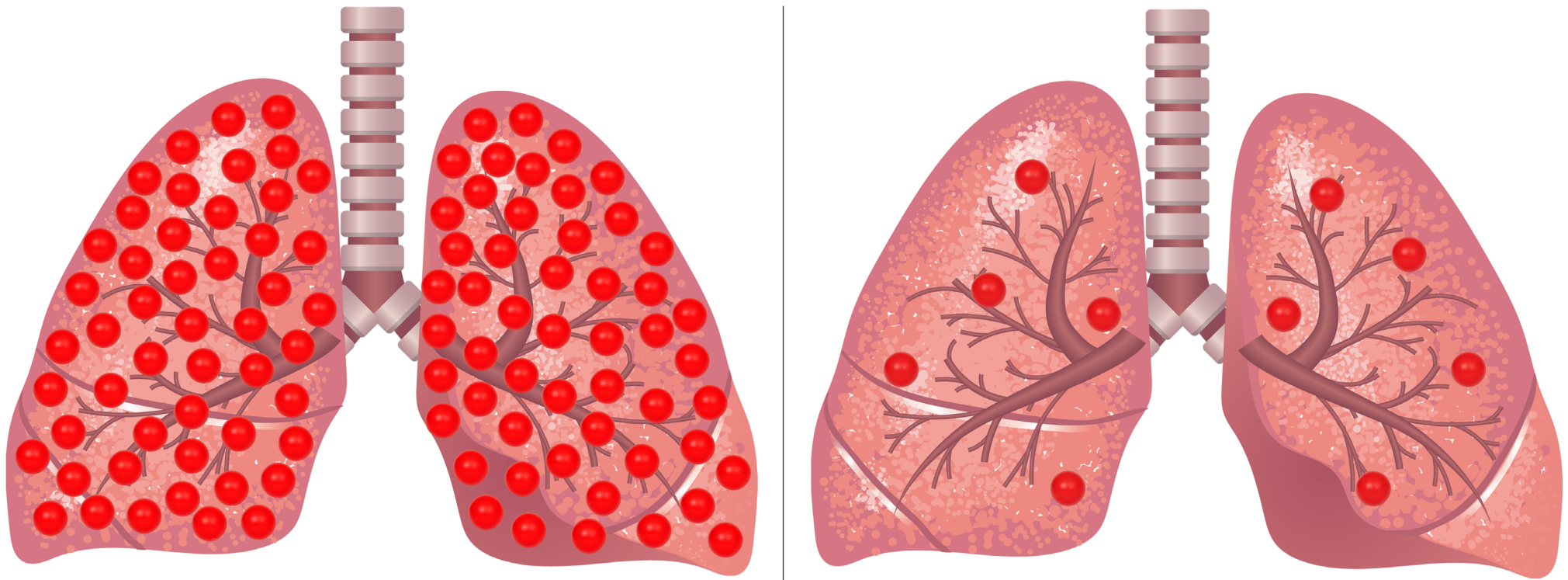


MUCOCILIARY ESCALATOR

Removes Virus Particles
for **Lower** Viral Load



for **Less** Severe Case
and **Less** Virus to Spread

WASH HANDS & LUNGS



USE WATER
to Wash
Your Hands



USE WATER
to Wash
Your Lungs

WINDOW OF TIME



REMOVE
Virus
Particles

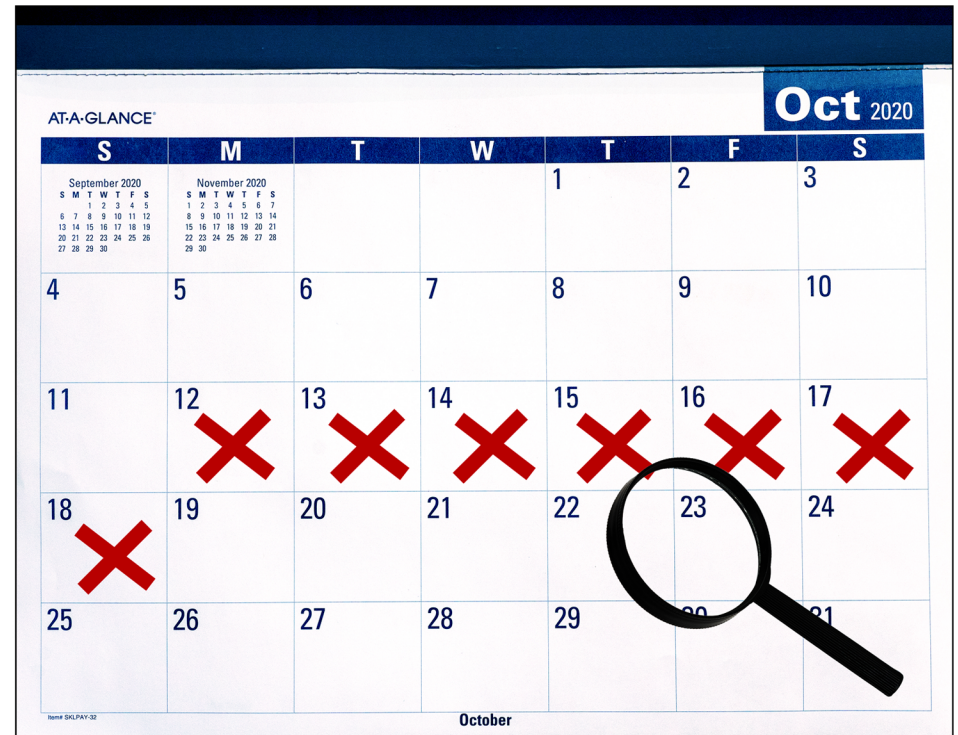


DESTROY
Infected
Cells

Immediate Response vs. Days to Respond



vs.



REMOVE VIRUS

Immune System

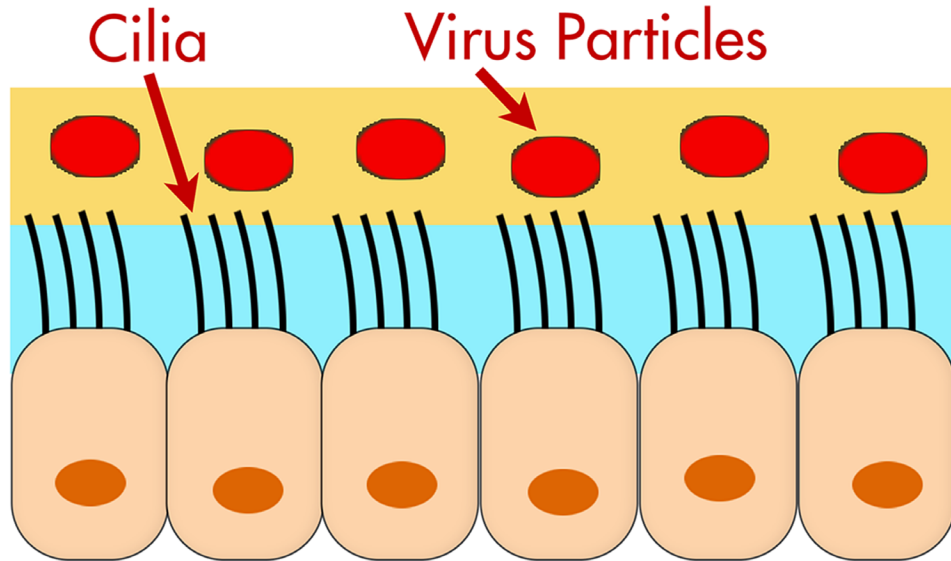
ATTACK VIRUS

Immune System

MUCOCILIARY ESCALATOR

HYDRATED

High Water Level

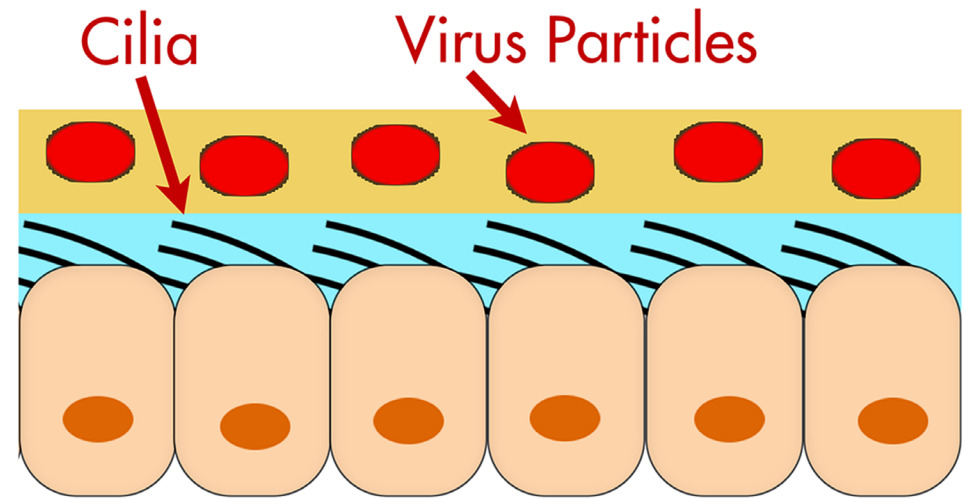


MOVING CILIA

Remove Virus
Particles

DEHYDRATED

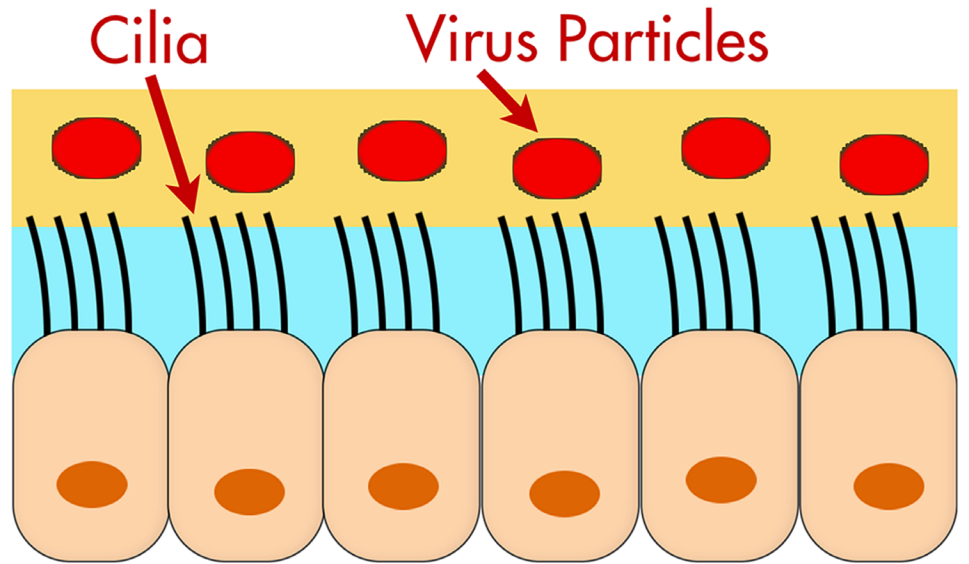
Low Water Level



STOPPED CILIA

STOP Removing
Virus Particles

YOUR BODY'S AIR FILTER



MAN MADE

**Outside
Your Body**

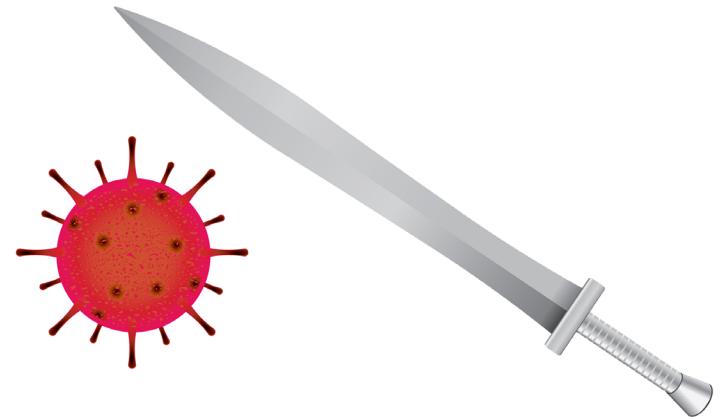
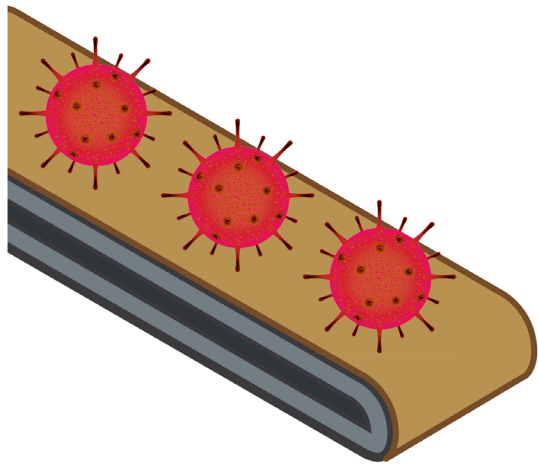
NATURE MADE

**Inside
Your Body**

DEFENSE STRATEGY

REMOVE VIRUS FIRST

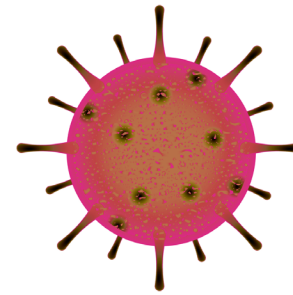
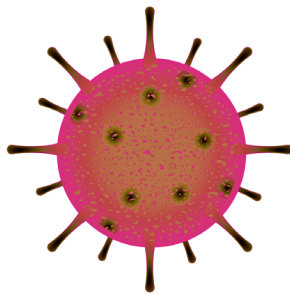
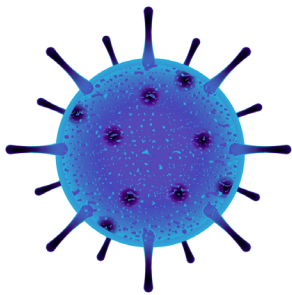
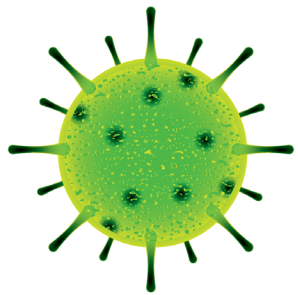
ATTACK CELLS SECOND



1. REMOVE
Virus Particles

2. ATTACK
Infected Cells

NON-SPECIFIC **vs. SPECIFIC** **IMMUNE RESPONSE**



REMOVE

All Virus

ATTACK

Specific Virus

DRINK WATER

Before - During - After



GOING TO ACTIVITIES



LOW WATER/BLOOD



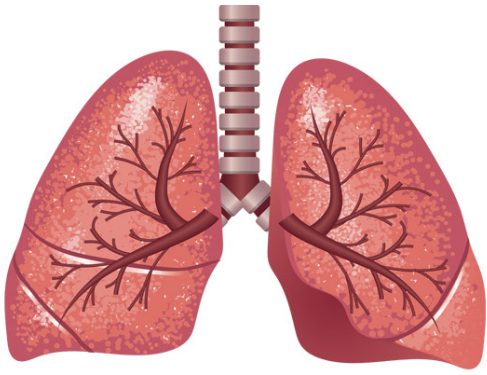
LOSE WATER

**2 Quarts
a Day**

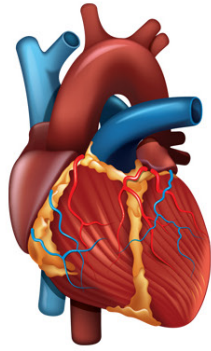


LOW BLOOD

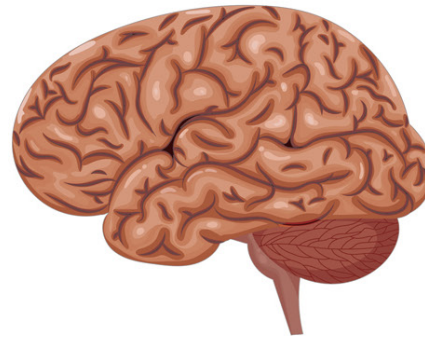
**Low Water Level
Low Blood Level**



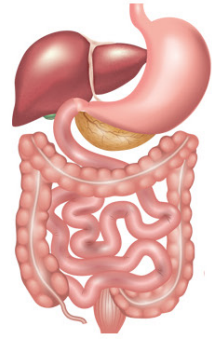
LUNGS



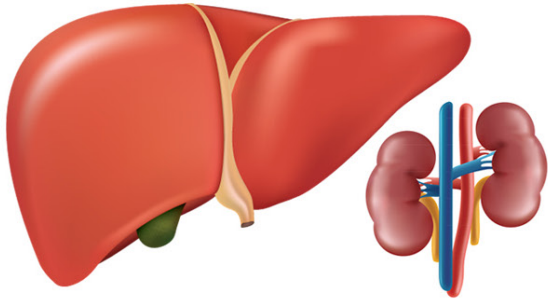
HEART



BRAIN



DIGESTIVE



LIVER/KIDNEYS



MUSCLES



JOINTS



EYES



EARS



HAIR

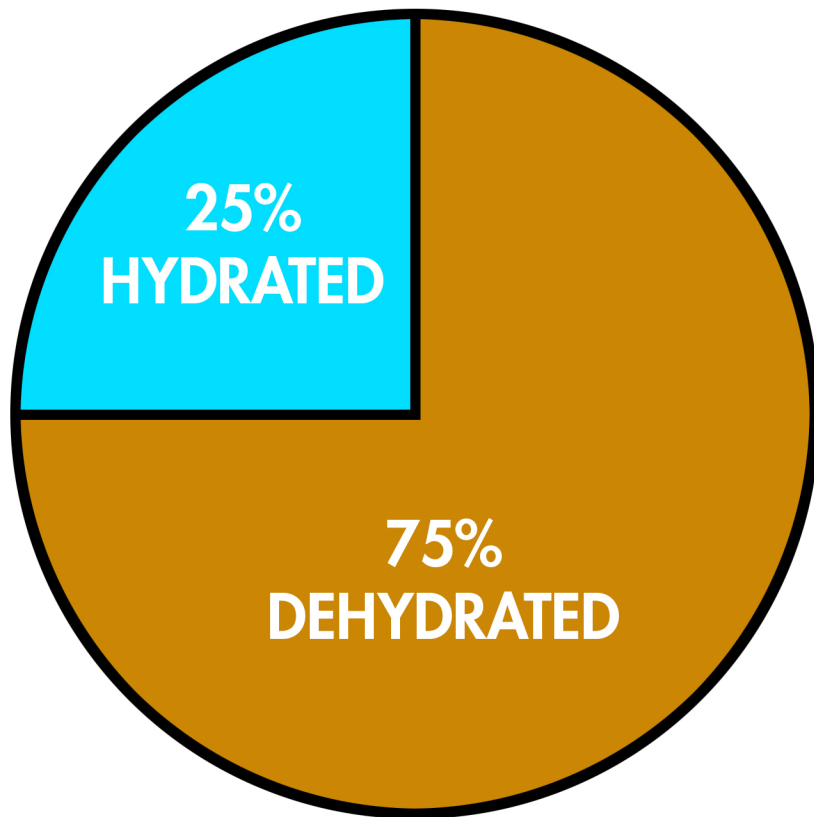


SKIN



TEETH

75% Chronically Dehydrated



75% of Americans are Dehydrated Every Day

**DRINK WATER
3 TIMES A DAY**



MORNING



NOON



NIGHT

HYDRATION HEALING™

HOW DRINKING WATER HELPS HEAL YOUR BODY



1. GOOGLE:

Mucociliary Escalator

2. WEBSITE/BLOG

HydrationHealing.com

3. WATCH VIDEO

HYDRATION HEALING YOUTUBE CHANNEL

HYDRATION HEALING FACEBOOK PAGE

4. PODCAST

HYDRATION HEALING PODCAST

5. INSTAGRAM

HYDRATION HEALING INSTAGRAM

6. TWITTER

HYDRATION HEALING TWITTER