



Kessinger Diagnostic Centre

www.drkessinger.com

7 Water Rules:

1. Use reverse osmosis water, artesian well or spring water
2. Drink half your body weight in ounces per day
3. Start off the day with one full glass of water
4. Never drink water with meals (it dilutes stomach acid and blocks good digestion)
5. Stop drinking water 30 minutes prior to a meal
6. Begin drinking water after 2 hours from a meal
7. Reduce significantly the use of bottled water