



Dr. Parker's Water Protocol for Digestion

- 45 minutes before meals do the following:
- Drink ¼ cup 11.5 (strong alkaline) water immediately followed by
- 30 – 40 ounces 9.5 water
- **YOU MUST WAIT 45 MINUTES BEFORE YOU EAT ANYTHING – DO NOT DRINK ANYTHING ELSE**
- **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 swallow your food.
- It has been Dr. Parker's 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 digestions is a very important key to health.