"Words for the Wise . . ."

Upon rising in the morning, warm enough water for (2) 8-12oz. glasses; preferably warmed on the stove or hot from the tap -- *avoid the microwave convenience* -- and preferably filtered.

Down the first glass quickly (8-12 oz.), *no sipping*. About 5 minutes later drink the second glass (8-12 oz.) quickly.

If you prefer, you can flavor the second glass with a vitamin/mineral boost or added fiber. I do this 2-3 times per week -- *Emergen-C pak-ets are great* -- inexpensive and readily available.

If you are accustomed to a hot drink in the morning, save it for your breakfast.

The secret here is to flush your system with warm water, drinking it down quickly -- *NO COLD WATER -- NO SIPPING!*

You should begin to notice an improvement in your day-to-day health almost immediately.

And one more thing . . . this routine promotes better health no matter the age of the person -- *children* (4-6 oz. per glass), *young adults or seniors*.

*Your co-pay at the window, please . . . $ 0.00.*