Wayback Water  
Ramp-Up Schedule  
  
To assist your body in acclimating to the hydrating property of  
WayBack® Water

Add 1 Tablespoon (1/2 oz) of WayBack Water to one gallon (use glass jar) of your best purified spring or filtered water.

**\*\*Wait 5 minutes before consuming\*\***

From the gallon of **mixed** water, follow the schedule below:

* Weeks 1 and 2: 2 oz.twice daily = 4 oz **(OPTIONAL)**
* Weeks 3 and 4: 4 oz. twice daily = 8 oz. **(Most people start this way)**
* Weeks 5 and 6: 6 oz. twice daily = 12 oz.
* Weeks: 7 and 8: 8 oz. twice daily = 16 oz.
* After week 8: 12 oz. twice daily = 24 oz.

 We recommend 24 to 32 + oz. for daily maintenance following the ramp-up.

Once you are fully ramped up to the 24 ounces daily, one should drink 12 ounces of the water at room temperature first thing in the morning and the other 12 ounces throughout the day on an empty stomach. It is fine to boil (to make hot tea or coffee-organic is best) or freeze your water (ice cubes) for your specialty beverages. These would be in addition to your daily water maintenance of 24 to 32 ounces. Once you add something else to water it is no longer water- it is an extra beverage.

**Do Not Store Near or Heat in a Microwave!**

An empty stomach is the best way to provide your cells with optimal hydration. Any food in your stomach will absorb water providing less to the body's tissues.  
  
Contact [www.thefractal.life](http://www.thefractal.life) for more information or questions.