



# Whole Body Health

WITH DR. SALEEBY

**FLCCC**  
ALLIANCE

[www.flccc.net/wholebodyhealth](http://www.flccc.net/wholebodyhealth)

# Hydration



## Not intended as Medical Advice

- This lecture is informational only and not intended to diagnose or suggest treatments to any individual listening to this lecture.
- We advise you to seek medical direction with your licensed primary care provider.

# Learning Objectives:

- What is proper Hydration
  - Oral
  - IV
- How best to know your limits
- Guest interview with Dr. Keith Berkowitz

# What are Salts?

\*Actual size may differ from what is on the screen

**80+**  
TRACE MINERALS  
GIVE IT ITS PINK HUE



  Pink Himalayan Salt is free from all harmful additives and derived straight from the source.

\*\*This salt does not supply iodide, a necessary nutrient. \*\*

- Add some salts (Electrolytes) to your oral intake of water.
- Avoid “water intoxication when just H<sub>2</sub>O is used.
- We need electrolytes just as much as we need “water” when hydrating.

# Liquid IV:





# How often for the Very sick





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