



Hydration protocol (rapid version)

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Hydration is really the key and today a big problem. Let's make it simple and efficient.

This is the quick and simple explanation for emergency situations. That is, all those who are below 55% hydration. That is, most people.

The necessary and working products are just these. If you find others and they work on tests, I'm very curious to check them scientifically and on tests in the body. (Don't try to invent variants because something that really works on hydration is very difficult to find):

1. What do you need?

- **H500** (Coral Club - <https://ro.coral.club/>) - 1 pill in a glass of natural mineral water (200-250 ml water) 6 times a day at regular intervals (this means 1-2-1.5L of water with a negative charge to be absorbed quickly. If you don't have any mineral water, that's ok.
- **Coral Mine** - a sachet that you put in a liter of water (as it is; you don't break it) and leave it there all day. You drink this water or use it to put h500 in it (see above)
- **Creatine Monohydrate Pro** (GNC or other companies) one cup 2-3 times a day (on average the equivalent of 5g of creatine monohydrate. If you think it's a lot or if you think you're a woman and it seems like a lot, I say listen to me and in the meantime carefully study the latest studies related to creatine. I prefer to take creatine with ayran or if you don't have kefir, elongated with water and salt to taste. This way you cover the powdery taste and add salt which is vital for creatine absorption and hydration.
- **Optional extra: any form of electrolytes.** I won't go into details here. If it's extra, it's ok for hydration. Be careful that they can be electrolytes with gold and whatever you want, if the water does not have a negative electric charge (here is the key provided by H500), nothing enters the cell.
- **If you don't have electrolytes at hand, put a little salt or ideally Celtic salt in the water.**

(When you exceed 60% degree of cellular hydration; these supplements will be taken in other lower dosages to maintain optimal hydration; the doses at that time are calculated individually or you listen to your body and take as much as you feel by monitoring the degree of hydration)

2. What do you need to know? - THE SIMPLE SCIENCE OF HYDRATION

The cell membrane has a positive electric charge (+). Unfortunately, all water has a positive electric charge (+). If you don't believe me, buy yourself an ORP-Meter and check it out for yourself

(<https://www.hannainst.ro/testere-ph-orp-1107/tester-ph-orp-temperatura.html>)

So the water with the positive charge is repelled by the membrane of our cells that has the positive charge. Simple to understand.

To change this and repolarize the water with the negative electric charge (-) we put the H500 in the water. That's all the trick. We don't have any other simpler option.

Why does this thing happen with water that does not have a negative charge?

Because light displaces the negative hydrogen ions in the water and so it becomes positively polarized (in the earth and in the springs, quality water has a negative charge or towards zero).

Ideally, we should drink it directly from the springs and keep it in the dark in clay pots as the ancestors did

There are many more details related to hydration but this is not the place for such a thing. There is another variant of negatively polarized (i.e. minus) water - hydrogenation devices, but that's another story.

3. What type of water is recommended?

Ideally, natural mineral water with mineral salts dissolved in water (As much dry residue as possible). In the absence of ideal conditions, anything is better than nothing.

How much water? Answer: as much as you need.

All mineral or other waters will have a positive ORP. Ideally, it should be as small as possible, towards zero.

Even if a mineral water has a positive ORP, that doesn't mean it doesn't hydrate at all. Yes, but it does so more slowly compared to spring waters or waters that do not have dissolved minerals.

The idea is to find a mineral water that you like and accelerate its absorption to the cell with the help of H500, Electrolytes, hydrogenation or other biohacks.

In the absence of these biohacks, the body creates special layers of water with the help of minerals and manages to hydrate the cells, but more slowly.

4. Sources to order the necessary supplements:

- Coral Club

Coral Club Romania - <https://ro.coral.club> You have here a link to register:

[Coral Club Romania - COD Sponsor Registration](#) : 3301224 or my phone number: 0726678526

Additional information at bralgei@yahoo.com

Orders can be made online or by phone after registration:

By phone at 0314107115 (delivery by courier)

Directly at the company's headquarters: Str. Vrancea nr. 5 (1 Mai Metro Station – at Chibrit Square)

You can also download the Coral Club app: <https://apps.apple.com/ro/app/coral-club/id1437262333>

- GNC Romania and the existing variants:

Creatine Monohydrate pro ([GNC Pro Performance® Creatine Monohydrate, Creatine Monohydrate Without Flavor, 255 g - GNC Romania - GNC Live Well RO](#))

Or the Creatine PRO pills version: ([GNC Pro Performance® Creatine Monohydrate 3500 mg, Creatine Monohydrate, 120 cps - GNC Romania - GNC Live Well RO](#))

Or the most effective and expensive Creatine HCL variant: [GNC AMP Creatine HCl 189™, Creatine Hydrochloride with Rapid Administration and Absorption, 240 tb - GNC Romania - GNC Live Well RO](#)

Any creatine is ok in the end. It is found everywhere at many manufacturers. Don't bother your head too hard. Take creatine with H500 and electrolytes as I explained and you will thank me later.

- Electrolytes: look for yourself

Example:

- Totum Sport - [TOTUM QUINTON SPORT 200 ml - BIOSCEM](#)
- Hyenergy electrolytes - [Hydration Tablets SiS Go Hydro 20 Effervescent Tablets](#)
- Any; Even water with Celtic salt and a little honey work as electrolytes.

5. Useful information

Effects: the consumption of natural mineral water that moisturizes, leads to the improvement of the blood and lymphatic systems, the quality of blood and cells, to better digestion and breathing, and in the long term to the strengthening of the immune system, intense hydration of the cells, maintenance of a high tone and, above all, the acquisition of a good mood.

Recommendations:

- Do not use commercial plastic bottles unless they are PVC-Free. Brown glass bottles are preferable (Ideal). If you don't have a PVC-Free glass or plastic bottle, you can brew water in a jar and put your desired water in a glass or mug throughout the day.

- Do not dissolve H500 in plastic bottles. If you do not have glass bottles or bottles made of BPA-Free materials, swallow the capsule directly with structured water
 - You can buy NALGENE bottles from the Himalaya sporting goods store <http://www.himalaya.ro/ro/produse/categoria--hidratare-63>
 - It is advisable to drink water 30 minutes before meals and 1 hour after meals. The reason is that by consuming water during or immediately after eating, digestion cannot be fully achieved, the digestive fire is extinguished, and the ingested food is partially transformed into toxins or partially digested elements. This is because there was not enough time for food to be processed, transformed into nutrients that were then assimilated by the body. Pre-meal water will be used especially for digestive and filtration processes, so it is vital to drink water before eating, so the body will be prepared for the arrival of food.
 - The water must be at room temperature. Do not consume cold water, kept in the refrigerator.
 - Do not heat the water in the microwave and **do not use this appliance at all!**
 - The water is prepared and drunk on that day, it is not advisable to drink from the water prepared the day before, as it no longer retains its properties.
 - The bottle in which water is consumed is washed daily before use.
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GENERAL RECOMMENDATIONS:

During hydration, it is advisable to avoid, as much as possible, or consume in moderation the following foods/products:

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- Sugar, or other toxic substitutes
 - Iodized salt
 - Sodium monoglutamate - MSG (beware that it hides under many names)
 - Acidic foods
 - Energizers (coffee, black tea, green tea)
 - Alcohol
 - E's of any kind
 - See the full list at ANNEX ZERO
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It is also recommended that after 20.00 in the evening you stop eating, to allow the body to go to rest. Eating food in the evening makes the body reactivate its digestive functions, but this process is interrupted as soon as we fall asleep, and thus the food will not be able to be fully digested.

Undigested food scraps will turn into toxins.

Heating food in the microwave is not recommended, IT **IS EVEN FORBIDDEN**, because food loses its properties by heating in the oven, and the effects of microwaves in the body are not beneficial: lowering the immune system, thickening the blood, etc.

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