

# Adya Clarity Directions

## **Drinking Water Directions (Treated Water)**

Add 1 teaspoon of Adya Clarity to 1 gallon (128 oz.) of water. If using tap water and it is not very pure, then add up to 2 teaspoons of Adya Clarity to 1 gallon of water. Shake or stir for 30 seconds to thoroughly mix the solution. If the tap water has been treated with chlorine, let sit at least over-night (24 hours is best) with the container uncovered to allow the chlorine gas to escape off the top. Otherwise, you will have a heavy chlorine smell when opening the covered top. You will probably notice a yellow precipitate on the bottom of the water container. This is normal as the water is purified by the Adya Clarity causing most of the heavy metals, mercury, fluoride, bacteria, e. coli, coliforms and other harmful contaminants to solidify and fall to the bottom. These are inert substances that are no longer water soluble and are thus harmless. If swallowed, they will just pass right on through the body as they can no longer be absorbed by the body.

Add 5 drops of Adya Clarity to 8 oz of water or 8 drops to 12 oz of water. You may also add like amounts to coffee, tea, smoothies or other water based drinks.

## **Super Shot Directions – (Super Shots are an off label use. Seek medical advice for concerns.)**

The amount of Adya Clarity used in making a super shot is determined by the body weight of the person drinking the super shot. Use 1 teaspoon per hundred pounds of body weight mixed in 2 oz of treated water. For example, a person weighing 100 lbs would mix 1 teaspoon of Adya Clarity into 2 oz of treated water. A person weighing 150 lbs would mix 1.5 teaspoons of Adya Clarity in 2 oz of treated water. A 200 lb person would mix 2 teaspoons of Adya Clarity into 2 oz of treated water, and so on. Some people think the super shot tastes a little sour like lemons, but most have no problem at all swallowing them right down.

The super shot should be taken first thing in the morning before drinking or eating anything at all. It should be immediately followed by drinking as much treated water as you can stand (8, 12 or 16 oz or more). Also drink as much treated water throughout the day as well. Your goal should be to drink 1 gallon or more per day. The super shot may be taken as long as you want to kick-start your results. Most people take them for 1 or 2 weeks or even up to 30 days. Some people even take them a second time in the day. If you take a second one in one day, be sure to take it 2 hours or more before bedtime so you can have enough time to drink plenty of treated water afterwards to flush it through your body. Drinking this much water will cause you to go to the bathroom more often, which is a very good thing. The more you go, the more toxins are removed from your body. It is recommended not to eat anything and not to drink anything (other than the Adya treated water) for at least 15 minutes following your drinking the super shot.

Just remember that your body is going to go through a detoxification so you could feel bad before you feel better. Most people feel better right away, but I had one person get a headache, so if you feel discomfort, reduce the amount of Adya Clarity in the super shot or stop them altogether but keep on drinking the treated water if possible. The more you drink, the faster your results will become evident.

**Note: If you are on any medications make sure to take your super shot at least 15 minutes prior to taking your medication.**

## **Hot Tub Water Treatment**

Depending on the size of your hot tub, add 1 teaspoon of Adya Clarity for every gallon of water in your hot tub, just as you would when making treated drinking water. Turn on your hot tub and let run for 1 minute to mix your Adya Clarity throughout your hot tub pump and piping. If possible, leave the cover off your hot tub for 24 hours to allow any residual chlorine to be removed by escaping into the air in a gas form. It may not be pleasant to use the hot tub during this time since the smell could be unpleasant. Do not add any other typical hot tub water treatment as it will no longer be necessary. This Adya Clarity treatment of your hot tub water will last for up to 8 months, keeping your hot tub water clean and free of contaminants without the use of any harsh chemicals. Now every time you use your hot tub, it will leave your skin feeling silky smooth and will speed up the process of clearing your skin of unwanted blemishes.

## **Bath Tub Water Treatment**

Depending on the size of your bath tub, add 3 to 5 Tablespoons (9 to 15 teaspoons) of Adya Clarity to your bath water and thoroughly stir the water with your hand before stepping into the tub. Have a paper or plastic cup handy so you can use it to pour the bath water over the parts of your body that are not under the water. This way, you do not have to fill the tub all the way up, thus saving hot water and energy. It is best if you can plan your bath time so that you can spend ½ hour or more just soaking and relaxing in the bath tub. You will find that taking a bath in the Adya Clarity treated bath water will leave your skin feeling silky smooth and will speed up the process of clearing your skin of unwanted blemishes.

## **Showering Use of Adya Clarity**

Especially if the water you are showering with has been treated with chlorine or even fluoride, you may wish to help neutralize the bad effects on your skin by using Adya Clarity in the following way:

Purchase a spray or misting bottle (plastic) and put in some of the Adya treated drinking water. You may wish to add 2 or 3 more drops of Adya Clarity to make it a little more concentrated.

Following your regular shower, stay in the shower and use your washcloth to remove most of the drops of water left on your skin. Before toweling dry, spray or mist your body all over with your plastic spray/mist bottle. Use your hands to rub this moisture all over your skin. This will help to rid your skin of the residual chlorine or fluoride and will assist the skin in clearing up any unwanted blemishes. Now you can towel dry feeling truly clean and refreshed.

## **Preparing Food with Adya Clarity**

When cleaning fruits or vegetables before eating, use Adya Clarity treated drinking water to wash/rinse your food before using them in your food preparation. This will insure that they will be as free of contaminates as possible. You can also use the Adya treated drinking water in place of regular water when making soups or other dishes requiring the addition of water.

## **Treating Burns, Sunburn, Bee or Wasp Stings, Cuts and Bruises with Adya Clarity**

If you encounter any of the above maladies, you can dab some Adya Clarity full strength on the area. For severe burns and open wounds, you will want to dilute the Adya Clarity or even just use the Adya treated drinking water to soothe the area. Some burning sensations may occur, especially on the more severe wounds as they are more tender. The burning sensations will go away shortly, as the area becomes cleansed of contaminates.