



# THE BORDEN COMMUNICATIONS WATERFALL RITUAL

The Waterfall is a flooding of your body, ideally done upon waking, as part of a “Good Morning” Routine. It’s simple ... drink a large glass of tepid water ... all at once.

The Waterfall gives you a jumpstart on your body’s daily hydration needs, following a “fast” while you are sleeping. At night, your body repairs itself, and when you drink water on an empty stomach in the morning, you will flush out harmful toxins, stimulate metabolism and bowel function and support immune function ... it also initiates your Complete Fuel for the day.

## Your Waterfall Regimen

Fill a large glass with tepid water.

Add a little bit of raw apple cider vinegar, liquid chlorophyll or lemon juice to your water.

Comfortably drink the whole glass at once.

*We are often asked how much apple cider vinegar to add to a Waterfall. We suggest that you dial into how it makes you feel ... start with a small capful and increase as you wish. It all depends on how much water you include in your Waterfall. We use 22 ounces because that happens to be the size of the glass water bottle we use. The same suggestion applies if you choose to use chlorophyll or lemon juice.*

*What about the scientific evidence? Like any aspect of wellness (or life), we encourage you to do your own research, explore new things, and gauge the effects for yourself.*

**Forming a new healthy habit is all about consistency ... and you wanting to feel good!**

**Your goal is to do a Waterfall every day for a month, then it will be an automatic part of your morning!**

*Put an “x” in the box each day you do your Waterfall*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY