

Eating and Drinking During Dosing Hours

During dosing hours, the amount of food you eat should be limited to snacks, and drinks and not full meals. The more you eat, the longer food will be in your stomach.

That is why snacks are recommended.

Do not eat foods that require long periods of time to digest.

Foods and drinks high in antioxidants should not be taken, because those will reduce CLO₂ content. When there is food in your stomach, CLO₂ may be used up trying to oxidize them instead of killing pathogens and removing poisons.

If you begin eating at 20 minutes after a dose and finish at 30 minutes, that gives you a 10 minute time period to consume a low-antioxidant snack and liquid.

One hour after the last dose of the day, you can eat anything and as much as you like, and take supplements.

Antioxidants can reduce or eliminate chlorine dioxide (CLO₂) if they are active in your body during dosing hours.

You can eat and drink whatever you want during dosing days, but know that CLO₂ may not work for you.

You will have to decide which is more important for you; getting well or following your usual eating and drinking habits.

You may want to consider fasting during dosing hours as fasting alone has health benefits.