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Video on Magnesium and Its Benefits if You Are on Cipro.

Over 1,000 clinical trials and studies about magnesium.

Done by one team, Dr. Burton Altura and Dr. Bella Altura

There are tens of thousands of studies on magnesium.

Very legitimate protocol.

Completely overlooked by medicine.

Oral Lamasil for 3 months

Want toe nails to be beautiful for her wedding

Take with ReMag?

Lamasil is an anti-fungal. Side effects are problematic, so I can't recommend it.

Wear closed toe shoes.

Fungal toe nail effects can be related to candida.

Indicates a yeast overgrowth in the intestines.

ReNew testimonials with fungal nails.

Also RNA Drops on the toes.

Imperfect cell will allow infection to take hold.

RNA Drops have helped toe fungus.

Soaked toe in epsom salts.

Feet have improved so much.

Toe fungus gone.

Severe Edema

Would retain fluid from any salt.

Difficulty urinating.

Almost immediately different with RNA Drops

Output is not as much as it should be for what I drink.

Minerals going into cells and water following is when people take ReLyte.

You may not be retaining enough minerals at the cellular level.

Edema is about minerals.

Start off slow and build up?

Yes. Start with 10 drops twice a day.

Aim for 1/2 tsp twice a day (60 drops)

Cells will get plump instead of your ankles

The fluids will shift

Malabsorption - leaky gut, yeast overgrowth, gluten sensitivity

Bioavailable but low potency - Completement Products

Fluid retention problems

Dandelion Root

It has a lot of minerals in it.

ReMag spray on your face. Under your makeup?

Toner?

Splash my face with water. Spritz with ReMag/ReLyte, then put makeup on

Put it on under ReNew

Wheat products

If you are doing fine, don't worry about it.

If you are loving what you are doing, stay with it.

RNA Drops and Gluten

If you are worried, put it on your skin.

If you are still sensitive, dilute the Drops.

Reports of no gluten reactions.

How do I take my own pulse?

When your thyroid gets cranked up, your pulse rate goes up.

If it does, cut back on either thyroid medication or ReLyte.

Sloppy on measuring ReMag

Can you take too much?

When your body is saturated, you will have the laxative effect.

No way to OD on magnesium.

Coloring my hair

Will RNA Drops reverse my gray hair?

Not selling as a coloring agent.

Testimonials about this.

Side effects of chemicals coloring you hair.

With RNA Drops you will detoxify the chemicals.

Put ReMag and Calm in water bottle at beginning of day; at night

Cut down on RNA Drops and am doing ReAline.

Swollen ankles, hands, feet

Talked about that in the first half of the second hour.

On meds. Are they related to the water retention.

Not post menopausal

Would be taking hormone replacement therapy with synthetics if I wasn't in post menopause.

Side effects of drugs come to the surface.

ReLyte and ReMag will help with fluid retention. Listen to audio re: Mia's question

Make sure you are on 2 ReAline a day for supporting the liver.

Water retention is often the body wanting to

dilute toxins.

Epsom salts baths and clay in bath.

Hypnotized by medicine.

Ten years ago, what did you think doctors were for?

Ridiculous to take off all your clothes with a male doctor.

Strip yourself and then they told you who you be.

Social trust in doctor archetype.

Drug advertising disclaimer

Don't measure drugs against placebos anymore because placebos do better on trials.

Does glass of wine interfere with RNA Drops

No but could make you more sensitive to the effects of alcohol.

No craving for alcohol on the RNA Drops.

Confessions of a Medical Heretic

similar to Death by Modern Medicine

Low mobility and nodules on neck.

Sprayed with ReLyte and had relief.

Going to the doctor

People need to take responsibility.