

7/1/13 (1)

3:55

Confident, stronger, more focused, in the moment, no fear
My body is trying to throw off old issues.
Rather intense contrast - minor surgical procedure -
hemorrhoids - rectal leak and belching
Compression fracture in T12 and L1 - colon reflexes sluggish
Colon has some peristalsis with the drops. Rectum is trying
to function but not working.
Dr. Carolyn says she has a good attitude.
Bodies gone back to layering of what we've gone through in
order to move through the perfect cells.
Folks don't want to go through big healing crises.
Take a basin with moderately hot water with some baking
soda and a few drops of RNA Drops, directly on area.
Relieve tension in the area. ReMag will relax whole body and
the area.
When something is painful and irritating, you'll tighten up.
If you are tight, you don't get enough circulation for healing.
RNA Drops will help with scar tissue around the back injury.
Small cyst on one area. After car crash, had no period.
This happened in her 30s. But now feels PMS symptoms when
I'm in my 60s.

Has taken one pain pill. Will this sabotage me?
If this the fastest path to your joy to be comfortable,
this is fine. It's not the rest of your life.
Arnica creams or pills or Traumeil tablets can be very effective
for pain control. Magnesium is huge as an anti inflammatory.
More comfortable, the less attention you put on something.

18:11

Digestion - Hiatal Hernia
Magnesium oxide for laxative as well as ReMag.
Panicky before I need to go to the bathroom when Hiatal Hernia
pushes up.
Magnesium oxide isn't eliminating completely.
Future Health Now Encyclopedia
Gentle massage stomach into place with hiatal hernia.
You have to learn how to do it from your chiropractor or
get the book and go over the instructions.
Retrains stomach into the right position.
Drink water. Go up on toes. Thump heals several times.
Hiatal hernia is a spasming thing.
Massage near diaphragm.
Stay with same amount of magnesium oxide; add extra water;
extra fiber.
Did you get the Magnesium RBC test?
Omega 3 or Magnesium - which is more important?
Omega 3 from some different fish. Omega 3 capsules are so
processed.
Eat wild salmon a couple of times a week. Flaxseed oil.
Grind flaxseeds immediately before you use them.

Magnesium is more important than either of them.
 Will magnesium help to get muscles back in alignment or
 do you have to do the alignment exercises.
 Egoscue
 Lynn Foutch's program.
 I like the way my body feels when it's aligned.
 Total Biology - muscle cramping and powerlessness
 Adrenal fatigue - feeling lost and powerless
 Waiting for someone to apologize to you or pick you up and
 take care of you.
 It might not happen.

32:20 Do you have any experience with RNA Drops and enlarged
 prostate?
 Several testimonials on enlarged prostate. Indirectly by taking
 the drops orally and two people who apply ReNew cream
 at base of scrotum.
 Apricot seeds have laetril in them.
 B17 in them. Ben eats them every once in awhile.
 Check in with yourself in a month after starting ReNew.
 Zinc is very important - oysters, sunflower seeds, ReLyte
 formula has pico-meter size zinc in the formula.
 Epsom salt baths, clay baths for detoxing.
 Total Biology of prostate - conflict of the grandfather to insure
 next generation; clean out that area

41:13 Pain in back
 Leftover from the psychic healer program?
 Devaluation process; we can't support ourselves; we are weak
 in the area of supporting ourselves

44:11 I would like to take more Drops?
 Program helps a lot by the way.
 Increase to 10 drops twice a day.

47:00 Feel profound but subtle effects
 Sleep has improved.
 Feel more confident and content.
 Return to power on a lot of levels.
 Putting on finger and then put under tongue.
 Do I have to wait a week for each drop I increase?
 Leaky gut diet and cleansing the last few months.
 DeeDee gave us our D-Cells.

54:30 Knee pain went away when I first started Drops. Pain is
 back.
 Reappearance of a conflict about obedience.
 Wanting to heal up that area and needs more attention -
 more drops, ReMag, ReLyte
 ReAline to clear away inflammation or debris.