

8/26/13 (1)

4:28

Blog - Is Milk the New Protein

Amino Acid review with iON focused some on dairy products.

When milk is homogenized and pasteurized, is not milk.

Raw milk is milk.

After processing, milk goodness is bound up.

Go for yogurts, goat's milk cheese, raw milk.

Yogurt ferments away lactose that some people are sensitive to.

Westin A Price work in raw dairy.

You need the fat that's in raw dairy. Butter oil has Vit K2 that drives calcium into bones where it's supposed to.

When foods are overprocessed, they are no longer food.

Grass fed or hormone laden?

Take your RNA Drops and your Completement Products and have the right building blocks for cells.

Eat what you like.

Everyone comes to a balance point in what they feel best doing and what gives them joy.

9:25

sheilakern.com - artist in Mt. Pleasant

Micronutrient test done showing magnesium deficiency.

Takes ReMag twice daily for 3 months.

Your sister isn't taking enough if there's a deficiency.

Magnesium RBC test.

Dosage on bottle of 1/2 tsp twice a day, that's maintenance.

If she has a depletion, she might need more.

requestatest.com

Level of 6.0-6.5 mg per dl

Magnesium is not like a drug and may not be like a lot of other nutrients. You just don't take a bit. Your body requires a lot of it. It can take a year to build up magnesium stores. Amount? Not going to prescribe. Safe to double. Any form of magnesium is safe.

Booklet describing ReMag comes with bottle.

13:35

Does RNA Drops help macular degeneration?

Have had some testimonials on that.

She uses eye wash - saline water without preservatives;

1-2 drops of RNA Drops in eye cup; blink into cup

Have to try it. No harm in doing so.

I'd be rinsing with RNA Drops once or twice a day.

15:30

Been on the product for a month.

Wife started 7 or 8 days ago.

We've both noticed big difference in our energy level.

Chronic shoulder inflammation, with operation on one shoulder

Partially torn rotator cuff on other shoulder.

Since taking the Drops that that is just about gone.

Wrist inflammation for a year - no remedies worked.

With Drops the inflammation is gone. No other joint assistance supplements.

The Drops get your mind out of the equation. Your body is ready to heal itself.  
Natural in my approach to wellness.  
State of acceptance; helps everyone else so why not help me?  
Change in mind set and feeling of confidence and well-being.  
Portrait painter/illustrator.  
More focused at the easel.  
Knocked it out in 3 sittings. Coming together in all areas.  
<http://painteroflife.com>  
Confidence stronger; typing has more clarity.  
It's a blessing.

24:49 Last Cipro dose.  
Swelling hands and feet; cramps in muscles.  
Cipro is a fluoride antibiotic; this will bind up the magnesium.  
Muscle pain and spasms can lead to tendon rupture.  
Black box warning is about tendon rupture.  
Take magnesium within first 3 months can turn it around.  
Natural News article, Magnesium Heals Cipro Damage.  
Article talks about angstrom minerals. Didn't have pico-ionic then.  
Blood test and ReMag. Sent her the booklet.  
You don't want a maintenance dose. You want therapeutic - 2-3 times more than maintenance dose.  
RNA Drops would be something that could be appropriate.  
Because I can't guarantee will have the effects, I hold back a little bit.  
RNA Drops would certainly help.  
Something going on, not quite right that people have damage from Cipro beyond magnesium deficiency.  
Cellular blue print toned up.  
Can't scientifically prove alchemy.  
Cells replicate all the time. You aren't damaged for life.

31:32 Leg cramps for 4 years. Sit or lie down in the evening.  
Back surgery in the past.  
Just started chemo a few months.  
Chelated magnesium for headaches. Good for that.  
More magnesium gives me laxative effect.  
Mag gel for legs.  
Layers of magnesium deficiency since before age 12.  
Chemo obliterates any magnesium you have.  
Can't absorb enough magnesium to get therapeutic effect.  
Booklet telling him about ReMag.  
RBC Magnesium test.

35:08 Magnesium externally - take ReMag and put it on the skin  
ReMag topically.  
Burning in joints and down spine. Car accident injuries.  
The ReMag melted the protective armor and addressed the nerve pain I've been living with.

She got beneficial result with a ReMag dilution.  
 Supports DHEA (master hormone) sorts out what it wants.  
 Gradient effect, pulls in higher concentration from outside to the inside.

37:32 Liver spots from being out in the sun. They go away.  
 Toxins and melanin. Don't know if anyone knows.  
 Used to order the angstrom minerals before. Ancient Mineral Spray Oil samples. It burns. ReMag doesn't burn at all.  
 Magnesium Chloride in water makes a super briney solution.

39:30 Can anything else besides calcium bind with magnesium?  
 No, that's not going to happen.  
 It's so tiny in the pico meter size, the body just slurps it up.  
 It's not sitting around doing a lot of chemical activity with anything else.

41:14 Labyrinth of the mind trying to figure things out.  
 Daughter with Down's Syndrome  
 Applying ReNew on her spine.  
 She's doing very well.  
 Reading about other treatments.  
 DMSO mixed with amino acids to get into cells to create more normal bone structure.  
 Is RNA Drops safe to mix with DMSO?  
 ReLyte solution mixed with fulvic acid. It's just too much.  
 The products are taken up by the body.  
 Wouldn't think you need DMSO to drive it in.  
 Perfectly safe. She seems to be doing well with her spine.  
 If she were my daughter, I'd start with 1 drop a day under her tongue.  
 I'd also do ReMag and ReLyte - possibly 2 drops in water bottle.  
 Building blocks for electrical communication within the body.  
 Nutritional treatment of Down's Syndrome. Methylated Bs are important.  
 The way our products work with the lipids and amino acids.  
 Only other thing I would add before going outside the complement products is ReAline.  
 It has sulfur based amino acids and methylated Bs.  
 Is the sulfur the part of DMSO that ReAlines the water structure?  
 Could be. Literature did make a lot of the sulfur component of DMSO.

49:30 Erin, Daughter, with Down's Syndrome  
 She didn't want to eat. 2 days after RNA Drops she started to eat.  
 She is growing and is very tall, which is somewhat unusual for a Down's Syndrome Child.  
 Overall she is fairly healthy, more than most children with Down's Syndrome.  
 Of course, I want more for her.

54:20 Change in PayDay...I'm in Charge moving to Saturday

[achieveradio.com](http://achieveradio.com)