

9/16/13 (1)	2:50	Labyrinth Painting, sheilakern.com
	4:50	Be, do, and have what brings you joy Feel fantastic Filled with gratitude for what you have; desiring more
	7:08	Intelligence of the Body
	8:00	Half Lies and Half Truths of Medical Community Their rules bleed over into alternative helping. Rules on Magnesium Advocacy Group about what supplements to take when and in what combinations. ReLyte is a low potency mineral combo for that reason. Dr. Carolyn was working with Chronic Fatigue and AIDS before it became known. Dr. Carolyn developing booklet for ReLyte We learn from customer feedback.
	11:59	Historical View of Chronic Fatigue Women getting overloaded with the many new roles Doing everything and eating too much processed or fast food. Traveling more for business. These factors caused a perfect storm for chronic fatigue. Yeast overgrowth. Magnesium deficiency created by high burn rate. Total Biology goes to adrenal stress. This is about the direction in your life. Individual feels lost. Future Plan - where do I want to go from here? Information Overload
	17:45	Anti-Aging and Youthing with RNA Drops? Skin youthful. Teeth and gums improved and look better. Not promoting RNA Drops as anti-aging or cure of any kind.
	21:10	Second Degree Burn on Hand on Saturday Went to hospital. Couldn't do anything. Gave me cream. Soaked hand in cold water with RNA Drops. My hand felt better but I couldn't sleep. Continued to soak hand in RNA Drops water. At midnight pain was gone. By Monday, no evidence of the burn at all. 2 weeks later burn peeled off. This is a food product. Let us know what happens. Testimonials are important to help others.
	23:20	D-Cell Mini Water Purifier I-Block 400 lb water purifier RNA Drops by-product of I-Block manufacture
	25:45	Finally got the ReLyte and been using with ReMag The difference in using product is amazing. Always felt magnesium deficient before. Still was symptomatic and never had enough magnesium.

2 squirts of ReLyte a day.
Don't use as many squirts of magnesium.
6-8 weeks into ReLyte, Dr. Carolyn dropped ReMag by half.
Iodine in ReLyte made Armor Thyroid too much.
Know I have products that work.
RNA Drops are helping you stop other supplements.
Getting a little dizzy since I started the ReLyte.
You are dehydrated.
When the minerals are all working, They are pulling water
into the cells from other places.
Drink an extra glass of water of so a day and that will pass.
What worked for me in the past was Prescript Assist.
33:40 Stronger, calmer, needing less sleep.
Lots of good things happen.
Cool or tingly feeling at corners of my mouth.
Nerve endings?
It's a magnesium deficiency symptom.
If there were a rash, it would be a Vit B requirement.
ReMag would help there.
She has ReMag. I would say more ReMag.
at least until the sensation passes.
Get your Magnesium RBC test at requestatest.com
Apply ReMag topically will work, too.
38:07 New lease on life.
Clear thinking.
Confidence in my work place.
Doing well at work with my engineering projects.
Question about my Mother, issues with constipation.
ReMag isn't going to help her with laxative effect.
Get magnesium citrate like Natural Calm, in warm water,
and give it to your Mom. It has given her some relief.
Has asthma and takes several different medications.
Cholesterol pill will be using up magnesium.
She may need to take more.
We've had a lot of success with parents on RNA Drops.
RNA Drops give confidence and nevermind I want to feel
better.
We are not saying stop your meds and take RNA Drops.
We tell people to do your supplements, take your meds,
get your blood pressure checked.
Statins have fluoride. They will kill your magnesium.
Asthma is a magnesium deficiency.
Prevention of constipation by supplementing magnesium.
Loose stools is because she takes too much at once.
Take some every day.
49:30 Magnesium is not a drug. It's a mineral supplement.
Good idea about squirting magnesium on the mouth
49:40 Taking atypical anti-psychotics for over 15 years

Understand they keep serum magnesium levels low.
Is it okay for me to take ReMag?
Any testimonials of RNA Drops helping psychosis?
Condition as well as medication drive down magnesium.
Low magnesium drives those conditions.
Definitely recommend ReMag and ReLyte.
RBC Magnesium Test
We are not telling you to stop your medication.
You would need to talk to your doctor if you want to wean off.
Whole Completement Line has helped people get off their
medication.

55:00

Afib - ReMag 1 tsp once a day
That's expecting the body to hold on to it for a long a day.
1/2 tsp 2-3 times per day
You could add the ReLyte as well and you might not need as
much magnesium.
Will balance thyroid and adrenal glands.
No trigger for heart palpitations.