

6-16-14-1 4:50 Magnesium for Father's Day Blog
Magnesium used for heart health.
A couple of studies about drugs being linked to Atrial Fibrillation
10 classes of drugs can cause Atrial Fibrillation
All drugs will deplete magnesium. It's the way the liver
metabolizes drugs and uses magnesium to burn it off.
Heart side effects because they cause magnesium deficiency.
Have client who is weight lifter and wrestler in Europe and is
down with tendon damage from Cipro.
If tendon not ruptured, saturating yourself with magnesium can
bring it back.
Get everyone you know on ReMag.
This blog is on <http://drCarolynDean.com>

9:21 Mother been in bed for a year and cannot move.
Her husband had died and fallen into depression and apathy.
Was pretty lifeless.
Stephanie gave her some of her ReMag water.
The next morning, after 2 doses of ReMag, she jumped out
of bed.
Started engaging and reset of her mother in 24 hours.
Simply gave her mother in a bottle of water. Spacing ReMag/
ReLyte all day long during the day seems to improve your
cell's use of the minerals.
Magnesium saturation is your health insurance.

13:24 Been taking ReLyte. I ride my bicycle and do 18-20 miles when
I ride. I tried all sorts of electrolyte things. I put the ReLyte in
my water, 24 oz of water. Use dosage on the bottle.
Can I increase that?
It's a therapeutic and electrolyte product.
But, you are sweating off your electrolytes.
You could double the maintenance dose and put ¼ tsp sea salt
for every 8 oz of water.
Felt really good on ReLyte. Felt replenished.
June 10 Natural News Article, LeBron James Has Magnesium
Deficiency
Went through what's in Gatorade.
They treat cramps with table salt and 6-8 20 oz Gatorades
with the extra sea salt (sport's doctors). That's about 60 tpsps
of sugar a day or aspartame.
Explains why athletes when they retire in their 30s, they have
so many health problems.
Tried the tablets to add to your water. Those drinks didn't do
anything for me. Gatorade wore me out.
ReLyte made a huge difference for me, and I didn't want to
overdo but be careful.
Considering where I was before RnA Drops, it's amazing.
It's going to be how you feel when you take it, you aren't forcing
anything.

It's the best thing I found for replenishing.
Haven't had any problems with my TMJ since I have done
RNA Drops and even rub ReNew.
Used to be underweight because I couldn't eat meats, with the
pain in my jaw.
Was on liquid/soft diet with this for 20 years.
They injected Botox deep down into the muscle, when I was
asleep. That was before the RnA Drops.
It worked for about year and then stopped.
Can eat without jaw locking up.
Husband had bad heart attack. Had very low and going lower
injection fractions. Watched him go down hill.
He was doing everything doctors told him.
He said, "I gotta have the RnA Drops" when they came out.
His medications were causing memory loss.
Frustrated when he went back to work because he couldn't
remember what to do on his job.
Started taking Drops. I noticed a big difference. Mood is
changing. Moving more.
He had less shortness of breath when he walked.
His heart would fall out into A-Fib, especially at night.
He couldn't get his heart back in rhythm. That all stopped from
taking the Drops.
Mowing and lifting things, that the doctors said he wouldn't be
able to.
He smokes, and they are not effecting him in any way.
He weaned himself off all medications.
Injection fraction went up some.
Doctor couldn't hear damage.
But wanted to do more tests and put a pacemaker in.

32:35 Blepharitis – really bothers me
Blepharitis is inflammation of the eye lids.
I tend to think it can be caused by yeast overgrowth.
Mucous membranes can be excreting yeast toxins.
To go to underlying cause, treat the yeast.
You can get Yeast Busters in Canada.
No preservative saline solution.
Squirt some saline into an eye cup and put 1-2 drops of RnA
Drops. Hold that against your eye and blink your eyelid.
Do that several times a day.
Getting Natural Immunogenics Sovereign Silver can be put in
a cup for any infection.
Read your blog about Dry Eyes.

36:14 Castor Oil drops suggestion is for eye health not yeast.
RnA Drops for 6 months. Things are good.
2 months ago started ReAline. Urine came out darker yellow.
Stopped taking ReAline and was lighter.
Is dark urine a sign of getting rid of the bad stuff?

Sulfur will go into the liver and eliminate toxins.
The two amino acids are making glutathione, the body's detoxifier.
I would just continue and think, "Better out than in."
Concerned this is getting rid of good minerals.
If you take the minerals slowly through the day, they aren't going to get anywhere near the urine.
Necessary nutrients will not chelate out.

39:07 Can magnesium eliminate sleep apnea?
Look up Sleep Apnea and my name, because I've done a blog on this.
Epidemic of sleep apnea coming up so fast.
Overweight has a lot to do with it, putting pressure on the lungs.
Some people have slight spasming in throat to limit breathing.
Best thing to do is take magnesium.
RnA Drops will also be helpful to distance yourself from all the things they've been told.
I'd go on all the Completement Products to go to all aspects of this problem.

41:26 Did you say that one of the contact solutions, specifically the saline solution, contains mercury? You have to look on the label.
They are labeled thimerisol, which is the name of the mercury preservative in vaccines.
There are plain saline contact solutions.
Vitacost has normal saline with no preservatives.

43:14 Carolyn Dean will save your life. She did mine for sure.
Read what she has to say and set up a consult with her.
Cheaper and less frustrating.

44:00 Magnesium RBC 5.5 2 months ago. Just had another test and still at 5.5. Doing 1 ½ tsp of ReLyte/ReMag.
If the numbers are not improving, put the day's minerals in your water bottle and sip throughout the day.
1 ½ tsps. Is kind of low. It's a maintenance dose.
People often need 2-3 tsps for awhile.
ReLyte is important in case mineral deficiencies are draining magnesium.
Make sure you don't intake an overabundance of calcium.
Don't eat too much dairy. 600-700 mg of calcium is sufficient.
Ginney's YouTube about heart disease in women is causing more deaths than cancer. Caused by taking high doses of calcium.
Maintenance dose may not get you over decades of mineral deficiency.

46:50 Been taking ReMag for about a year.
A couple of weeks ago I started ReLyte.
All my pollen allergies are gone.
Used to be confined to house with air conditioning in spring.

47:38 I don't need to take the amount of supplements I did before.
Repeat of Chris's testimonial about losing 150 lbs. Feels it started with RnA Drops.
How would RnA Drops knock off weight? Balanced out.
He's making perfect cells that aren't fat.
Reset of thyroid.

50:32 Repeat of Ryan's Testimonial re: girl friend with 3-day migraine
ReMag in juice and within 10-15 minutes, migraine was gone.
Six hours later, her headache returned.
Gave her another dose, and 10 minutes later her headache was gone.
Ryan's pattern – 1 for himself, 1 for his girlfriend, 1 for his Receptions, 1 in hand for someone who needs it.

52:45 Been listening to your show for a long time.
Just started taking RnA Drops and sample bottles.
Transferred to another bottle to measure Drops out better.
Taking ReMag is just been far and above taking any other form of magnesium.
Started doing it in water as you suggested, throughout the day, and I'm not using as much.
I can feel the difference, and it smooths me out throughout the day.
Have a pacemaker and taking heart medications.
This has been helping a lot.
Digoxin, Warfarin, diltiazem – seems to me that after a period of time I might want to back off. Cardiologist poo poed it completely.
Steve's A-Fib testimonial talked about weaning off. He is fabulous and talks to people who are having issues.
4 months into using ReMag/ReLyte, he was able to do more things.