

3-10-14-2 2:04 Continuation of Potassium Discussion
 RDA is over 4500 mg.
 When you look at magnesium, 700-800 mg. 4500 mg is a high amount. Will it effect my MTHFR mutation?
 100 gr of whey powder 2,289 mg of potassium
 Dr. Carolyn gave list of potassium in various foods.
 Potassium is high in a lot of healthy foods.
 When you have to worry about it is when you don't eat greens, nuts, and seeds.
 I don't worry too much about potassium because it rarely comes up low in blood tests.
 Get a green powder; eat healthy foods because so many have potassium.
 The body will take care of itself.
 We give our body arbitrary standards, and they are arbitrary.
 Look at the calcium studies where women on calcium supplements are getting heart disease.

6:19 Being responsible for your health vs. being overly engaged
 We have to use our common sense as much as possible.

8:05 Prescript Assist – probiotic that Dr. Carolyn recommends
 2 capsules a day for the first 30 days
 Do you take it together or separate?
 Together or separately – it all ends up in the same place.

8:57 Ringing or screaming in your ears – tinnitus
 Does it have to do with magnesium? No.
 Sea salt solution is trying to get more minerals into the body because I didn't have a good electrolyte.
 Sodium for the adrenal glands that pump through the sodium.
 When I started with ReLyte, I was much happier because you get the important minerals.
 But, I still recommend sea salt.
 Cal/Mag ratio is favoring more magnesium than calcium.
 For people who have arthritis, calcifications, etc., they want to have more magnesium.
 700-800 mg of magnesium by supplement
 All of calcium in dietary form.
 Do your research on calcium in foods and satisfy yourself.
 Magnesium and calcium – when you are taking good amounts of magnesium you are helping the absorption and direction of calcium.
 Magnesium is the good buy in the cal/mag war.

13:44 Probiotic nature of the RnA Drops
 Challenge of probiotics is to get it to the place where it's most effective at the bottom of the stomach.
 What we do with RnA Drops is put them under the tongue and holding it, it absorbs through your mucous membranes.
 Is the effectiveness then in your digestive system?

iON thinks it does.

So much of probiotic research is intellectual information that never panned out clinically.

People are saying that their gut is better and seems to be healing.

We keep relearning what we thought we knew.

Absorbing under the tongue seems to be getting the probiotics where they need to be.

Prescript Assist are soil based so I know they get them in.

Rectal implants of Prescript Assist after coffee enema.

17:32 Did I hear Dr. Dean say not to take ReMag the same day as RnA Drops?

This conversation had to do with the Magnesium RBC Test not about how to take the product.

Dr. Carolyn said, "Don't take ReMag the same day you are doing the RBC Magnesium Test.

19:50 When Katerina gets ReMag, her life will never be the same. Looked for a working magnesium for severe upper back pain, horrible back spasms.

ReMag took them almost totally away.

There is no better magnesium than ReMag. Nothing works better than ReMag.

Dr. Carolyn talked about using ReMag as a spray, stimulating DHEA receptors on the way in.

24:32 ReMag/ReLyte for a year. Working wonders.

Eliminated bad leg cramps in calves and thighs.

Takes ReMag at 4:15 a.m.

Before or after dinner?

Just break up your doses 2-3 times a day.

Dr. Carolyn splits her ReMag up in 3 doses per day.

ReMag also helped with jitters. I'm calmer and more relaxed.

Food-Based vitamins are okay.

Blue Ice Royal for A, D, K together.

Look up my supplement list on my blog.

Take ReMag with 1 oz of spring water.

Is it okay to use the ReMag with anything else?

Yes, I take it plain sometimes.

I put it in my smoothie.

Just don't put it in something hot. Magnesium dissipates in heat.

30:52 Inconclusive result from thyroid biopsy.

Sleep apnea concerns his doctor.

Google sleep apnea and Dr. Carolyn Dean – magnesium deficiency.

Total Biology of thyroid is trying to control time. You want time to speed up or slow down.

ReLyte for thyroid.

ReMag for sleep apnea.
ReAline for detoxing, including detoxing heavy metals.
RnA Drops for getting perfect cells.
You can detox emotions as well as heavy metals with this complete package.

33:07 Rubbing ReMag/ReLyte on meniscus tears.
4 drops in juice as well as ReLyte.
Diarrhea and upset stomach for 4 weeks.
Has high blood pressure.
Extreme reaction to the ReMag because it doesn't directly produce a laxative effect because it absorbs directly in the cells.
Implies a detox of the cells or food poisoning at the same time.
Read, "When Magnesium Makes Me Worse"
Medications or heavy metal toxicity.
4 drops is only 10 mg of magnesium
I'm not telling you to try it again to see what happens.
Transdermally is a good way to get magnesium.

36:12 Mike from Utah told me about ReMag and RnA Drops
RBC Test – 5.8
Have heart rhythm issues.
Did take ReMag the day of the test.
If you took magnesium before you went in for the test, it would make a difference.
Near 6.0-6.5 optimum.
I would say use ReLyte as well. If your body is accepting ReMag that readily, Afib may have to do with thyroid and adrenal.
How has your heart rhythm been? Not much of a problem until last night.
Under care of homeopathic doctor and he says that sometime the gastric symptoms mimics the heart rhythm problems.
It could be yeast overgrowth with the GI Tract or a reaction to Feta cheese.
Strong pulse that runs down the front of your body. It beats really hard.
That implies that the stomach is in spasm or is trapped within the diaphragm.
Also diaphragm can be in spasm.
All that can be effecting. What I would do is find a chiropractor who can massage down a hiatal hernia.
Magnesium deficiency is the first cause of muscle spasming.
Don't take even a day and a half before the test so you get a good baseline.
Look at the ReLyte, download the book from the website.
Find a chiropractor to massage the stomach down in case

it's getting trapped.
ReLyte – thyroid sensitivity because of over medication of thyroid.
Sensitive to iodine.
ReLyte is lowest possible dose of iodine.
ReLyte does of iodine is in micrograms.
Take a couple of drops a day and build up slowly.
Your thyroid still requires iodine, selenium, and so on.
Study up on it, start ReLyte gradually, and get your body used to it.

- 45:45 Do you need to dilute ReMag to spray on your body?
You can do it straight.
- 46:06 Debbie is using the ReMag spray as well.
- 46:23 Mag serum was 1.8. B12 was 500.
The value there is for serum magnesium test.
We're not going to be able to make much of that.
We need the Magnesium RBC test, shooting for a range of 6.0-6.5.
Blood pressure has improved.
It is a must to take ReAline with RnA Drops?
Will get the RBC test and come back.
- 49:01 MTHFR gene mutation. Will ReAline help balancing it.
Folic acid isn't recommended. Is it bad for me?
Imbalance can be helped by taking magnesium.
I can't say this for someone who I don't have all the information on.
Folic acid in ReAline – tried to methylate it but now all methylated folic acid is a prescription item.
It's regulated and can't be used in supplements.
High dose folic acid but low dose?
Autism research translated into general public.
Adults with generally good health are not autistic children.
February 17 archives
- 52:55 Will inorganic materials be absorbed by the body.
We wish plants had minerals delivered to them from the soil.
Picometer size that plants absorb.
Absorption is about size.
A mineral is a metal, is a metal. It's about the size.
Mimics the same size at the plants, same size as the ion channels.
- 54:20 Is ReAline with RnA Drops a must?
More delicious; makes RnA Drops work better.
Takes out old cells as new cells are being made.

Potassium RDA

Abe

Concern for Health

Ginney and Dr. Carolyn

Prescript Assist

Annette

Ear Ringing

John

RnA Drops

Mike

ReMag/RnA Drops

Joe

ReMag

Yes-Debbie

ReMag/ReLyte

Yes-Curtis

ReMag/ReLyte

Betsy

ReMag/ReLyte

Tasha

ReMag/RnA Drops/ReLyte

Eileen

ReMag

Betsy

ReMag

Debbie

ReMag/ReLyte/ReAline

Linda

MTHFR Gene and ReAline

Email

Plant Based Minerals

Tony

ReAline/RnA Drops

Linda