

**ReStructure:
A Completement Formula to
ReSet Your Body**



Carolyn Dean MD ND

A Completement Formula Book

**RESTRUCTURE:
A COMPLETEMENT FORMULA
TO RESET YOUR BODY**

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Learn How To Protect Your Health with the *Completement Formulas* by using our *Total Body ReSet* and *Total Body Immunity* protocols. (See [Appendix A.](#))

INTRODUCTION

ReStructure is a Completement Formula that interacts synergistically with our other formulas: *RnA ReSet Drops*, *ReMag*, *ReMyte*, *ReCalcia*, *ReAline*, *Whole C ReSet*, and *Flora ReVive*. What drives the Completement Formulas and makes them so therapeutic is an intended synergism, where each formula interfaces and interlaces with all the others. Our commitment is to keep the number of products you buy and take to a workable minimum by maximizing this synergism.

The nutrition the physical/chemical body wants includes protein, carbohydrates, fats, minerals, and vitamins. Let me show you how the Completement Formulas link with each other to give your body almost everything it requires to get healthy and stay healthy:

Protein: *ReStructure* – Whey, pea, and rice powders

Carbohydrates: *ReStructure* – Tapioca, pea, and rice powders

Fats: *ReStructure* – Flaxseed, marine algae oil, whey fats

Minerals: *ReStructure* – Silica, dozens of minerals in trace amounts in the various ingredients; *ReMag* – Magnesium; *ReMyte* – Boron, calcium, chromium, copper, iodine, magnesium, manganese, molybdenum, potassium, selenium, sodium, zinc

Vitamins: *ReStructure* – Vitamin C Complex (acerola berries), dozens of vitamins in trace amounts; *Whole C ReSet*, *ReAline* – Methylated B vitamins

Probiotics and Prebiotics: *ReStructure* – Tapioca, inulin; *RnA ReSet Drops*

TOTAL BODY RESET PROTOCOL

In many blogs and posts, I talk about the *Total Body ReSet Protocol*, which was originally designed to help people recover from Total Body Meltdown. The TBR protocol consists of *ReAline*, *ReStructure*, *ReMag*, *ReMyte*, and *RnA ReSet Drops*.

To that line up, I've added three new synergistic formulas: *Flora ReVive* and *Whole C ReSet* as important daily supplements, and *Pico Silver* to help boost the immune system as needed and as an important addition to the *Yeast Detox Protocol* outlined in [ReSet The Yeast Connection](#).

Please go to [Appendix A](#) for a detailed description of the *Total Body ReSet Protocol*. You can read more about all of these formulas in the many free eBooks available for immediate download from my website, [DrCarolynDeanLive](#).

RESTRUCTURE MEAL REPLACEMENT

ReStructure is protein powder for athletes and for Paleo and Keto Diet followers. It has moderate fat content and is low in carbs. This combination makes it a meal replacement for losing weight and controlling blood sugars in cases of hypoglycemia, prediabetes, or diabetes. It's also the perfect meal to have while on your yeast-free diet.

ReStructure is a reformulation of a meal replacement shake that I've been enjoying since it was first formulated in the early 1990s. It's another multi-tasking product that works synergistically with our other Completement Formulas.

The first generation of *ReStructure* (called *Provide*) was developed specifically for doctors in Sweden to supply their heart surgery patients with

optimum pure food nutrition to replace unhealthy hospital food. One surgeon, in particular, wanted to ensure that the care of his patients continued past the surgical suite. The formula he inspired is still used in numerous hospitals in Europe, China, and Russia for surgery support, weight loss, and the treatment of diabetes. The main protein source was free-range Amish eggs. However, they were no longer available in mass quantities by 2009, so the egg protein was replaced with whey.

In 2015, the owners of the 2nd generation product (*Whey Too Good*) retired, and I was fortunate enough to acquire the formula. *ReStructure*, the 3rd generation product, takes its place in the Completement Formula line up as the amino acid and lipid structural building block for the perfect new cells that you are creating with the help of *ReMag*, *ReMyte*, *ReAline*, and, especially, *RnA ReSet Drops*. However, we have added something very unique to the 3rd generation – a concentrated, dehydrated version of our *RnA ReSet Drops*.

RnA ReSet Drops are a generational product – that is, we have germinated 125 generations of barley seeds to harvest their liquid, and each new generation is mixed with a portion of the previous one. This means that Generation 125 contains all the previous 124 generations. The interplay of the generations creates a unique and unduplicatable harmonic that resonates differently in each individual according to his or her level of ascension. Ascension is “the act of rising to a higher level,” and who doesn’t want that to happen? For a fascinating look at what these amazing drops can do, you can watch my [RnA ReSet Drops Webinar](#) on YouTube.

ReStructure is a high-protein meal replacement, but it’s not just protein. There are three different proteins in *ReStructure*. The primary protein ingredient is whey, along with pea protein and rice protein (bran and germ), and an added boost of the important amino acid, lysine. Fiber is supplied by pea powder and tapioca. Flaxseed, marine algae oil, and a small amount of fat in the concentrated whey provide the essential fatty acids to round out the formula.

Our “secret ingredient,” concentrated, dehydrated *RnA ReSet Drops*, makes

ReStructure the most unique meal replacement you will ever find. Each ingredient is important in the total makeup of *ReStructure* to provide you with an easy-to-digest, high-fiber, low-calorie, and low-glycemic food formula that, among other things, tackles two of the biggest health problems facing our society: weight gain and diabetes. Remember, the unique formulation of *ReStructure* isn't just a body-building recipe; it has also been helping people lose weight and maintain lower blood sugar levels for decades in its first two generations.

ReStructure Nutrition Facts

High Protein – 11 grams

High Fiber – 4 grams

Low Sugar – 1 gram

Low Fat – 2 grams

Low Calorie – 80 calories

60% protein, 30% carbs, and 10% fat

THE COMPLETEMENT FORMULAS APPROACH TO WEIGHT LOSS

ReMag – ReMyte – ReAline – RnA ReSet Drops – ReStructure

A Weighty Epidemic

Being overweight is so prevalent that it's now the norm! During the 2013-2014 survey period in the U.S., the number of people who were overweight was at an incredible high of 70.7%! It's a virtual epidemic and doesn't just stop with having to buy bigger sized clothes. Being overweight or obese is a precursor to chronic disease: hypertension, diabetes, elevated cholesterol and triglycerides, coronary artery disease, osteoarthritis, infertility, sleep apnea, gallstones, cancer, metabolic

syndrome, and stroke.

These chronic diseases are medically treated with multiple prescriptions, ignoring the cause. Instead of nutritional education for their patients, doctors are just offering more drugs! However, the best of the lot – a two-drug combo (with double the side effects) – only offers a 5% weight reduction after one year of constant use!

Let's do the math. You weigh 200 pounds and you take these two drugs every day for one year in hopes of losing a mere 10 pounds. For the negligible weight loss of this two-drug combo, these are the side effects: paresthesia (tingling in fingers/toes), dizziness, altered sense of taste, insomnia, constipation, dry mouth, increased heart rate, suicidal behavior and ideation, glaucoma, mood and sleep disorders, metabolic acidosis, and birth defects.

However, patients are told not to worry, for there are lots of other drugs that you can take for these side effects. Being prescribed more drugs is a very real possibility, because neither you nor your doctor would ever imagine that a simple weight-loss drug could give you a neurological condition, make you suicidal, or, if you are pregnant, harm the baby growing inside you!

ReMag: The Weight Loss Cure

On the physical level, the Complement Formulas have a lot to offer, because *ReStructure*, with less than 1 gram of sugar and only 80 calories, adds to the weight loss effects of *ReMag* and *ReAlign*.

I described *ReMag* as a "weight loss cure" in an article for the website, *Natural News*. Here are some excerpts:

1. Magnesium helps the body digest, absorb, and utilize proteins, fats, and carbohydrates.
2. Magnesium is necessary for insulin to open cell membranes for glucose.

3. Magnesium helps prevent obesity genes from expressing themselves.

Magnesium and the B-complex vitamins are energy nutrients. They activate enzymes that control digestion, absorption, and the utilization of proteins, fats, and carbohydrates. A lack of these necessary energy nutrients causes improper utilization of food, leading to such far-ranging symptoms as hypoglycemia, anxiety, and obesity. The methylated B vitamins in our *ReAlign* formula work together with *ReMag* and are much more effective than ordinary B complex vitamins.

Food cravings and overeating can simply be signs of a desire to continue eating past fullness, since the body is, in fact, craving nutrients that are missing from processed food. Thus, you continue to eat empty calories that pack on the pounds, but they get you no further ahead in your nutrient requirements.

After magnesium helps digest our food, it is then needed in the chemical reactions that allow insulin to usher glucose into cells. Inside the cells, glucose enters the Krebs cycle to create energy for the body. Magnesium is vitally important in the Krebs cycle, because it is required in 6 of its 8 steps. If there is not enough magnesium to do this job, both insulin and glucose get backed up, and, with nowhere to go, they become elevated in the blood. The excess glucose gets stored as fat and contributes to obesity. Excess glucose and insulin are signs of diabetes.

The connection between stress and obesity cannot be overlooked. The stress chemical, cortisol, signals a metabolic shutdown that makes losing weight almost impossible. The body feels it is under attack and that it must hoard all its resources, including fat, meaning that it won't let go of its fat stores under any inducement.

Magnesium can support the adrenal glands, neutralize the effects of stress, and turn off the cortisol stress response.

The public has been told that obesity is inherited, which makes people think they don't have a hand in creating this problem and can continue their bad habits,

blaming their genes. Animal experiments show, however, that if a mouse with an obesity gene is deprived of B vitamins, the obesity will be expressed. However, if it is fed plenty of B vitamins, it will remain thin.

SYNDROME X, METABOLIC SYNDROME, & INSULIN RESISTANCE

Researchers have tried to interest doctors in bundling chronic diseases together to find a common cause. However, drug companies only focus on new disease designations if a drug can be matched to the condition. I've written about syndrome X, metabolic syndrome, and insulin resistance in [*The Magnesium Miracle*](#).

The term "syndrome X" describes a set of conditions that many believe is just another fancy name for the consequences of long-standing nutritional deficiency, probably originating from magnesium deficiency and a high-sugar diet. The list includes high cholesterol, hypertension, and obesity. It also encompasses elevated triglycerides and elevated uric acid. High triglycerides are usually found when cholesterol is elevated, but they occur most often when someone has a high-sugar, high-fruit, and/or high-alcohol diet, such as those that result from drinking sodas, eating cakes or pastries, drinking quarts of fruit smoothies, and/or daily intake of alcohol.

As previously noted, magnesium is required in the metabolic pathways that allow insulin to usher glucose into cells, so glucose can participate in making energy for the body. If magnesium is deficient, the doorway into the cells does not open to glucose, resulting in the following cascade of events:

1. Glucose levels become elevated.
2. Glucose is stored as fat, causing elevated insulin and possibly leading to obesity.
3. Elevated glucose leads to diabetes.

4. Obesity puts a strain on the heart.
5. Excess glucose becomes attached to certain proteins (glycated), leading to kidney damage, neuropathy, blindness, and other diabetic complications.
6. Insulin-resistant cells don't allow magnesium into the cells.
7. Further magnesium deficiency leads to hypertension.

You only need a tape measure to diagnose a predisposition to syndrome X; a waist size above 40 inches in men and above 35 in women puts you at risk. In their book, *The Magnesium Factor*, authors Mildred Seelig, MD, and Andrea Rosanoff, PhD, take note of research showing that over half the insulin in the bloodstream is directed at abdominal tissue. They theorize that, as more and more insulin is produced to deal with a high-sugar diet, abdominal girth increases to process the extra insulin.

Metabolic Syndrome

Here are the signs and symptoms of metabolic syndrome, which are equivalent to syndrome X:

1. Increased waist circumference: Men – 40 inches or more; Women – 35 inches or more (the classic "apple-shape").
2. Insulin resistance. Your body uses insulin less effectively than normal and the result is an increase in blood sugar and fat levels.
3. Blood pressure equal to or higher than 130/85 mmHg.
4. Fasting blood sugar (glucose) equal to or higher than 100 mg/dL.
5. Cholesterol imbalance with a low amount of the good cholesterol, HDL: Men – under 40 mg/dL; Women – under 50 mg/dL.
6. Triglycerides equal to or higher than 150 mg/dL.
7. Low levels of magnesium on an RBC (red blood cell) magnesium test.

Optimum is 6.0mg/dL.

Insulin Resistance

Insulin's job is to open up sites on cell membranes to allow the influx of glucose, a cell's source of fuel. Cells that no longer respond to the advances of insulin and refuse the entry of glucose are called, "insulin-resistant." As a result, blood glucose levels rise and the body produces more and more insulin, but to no avail. Glucose and insulin rampage throughout the body, causing tissue damage that results in overuse and waste of magnesium, an increased risk of heart disease, and adult onset diabetes.

One of the major reasons cells don't respond to insulin is due to a lack of magnesium. Some studies show that chronic insulin resistance in patients with Type 2 diabetes is associated with a reduction of magnesium; magnesium is necessary to allow glucose to enter cells. Additional studies confirm that, when insulin is released from the pancreas, magnesium in the cell normally responds and opens the cell to allow entry of glucose, but in the case of magnesium deficiency combined with insulin resistance, the normal mechanisms just don't work. However, with higher levels of magnesium in the body come greater sensitivity of the cells to insulin and the possibility of reversing the problem.

Completement Formulas Allow You to Eat Less

This may not come easily to those of us who LOVE to eat, but the fact remains that the Completement Formulas are so effective and efficient in digesting your food (protein, fats, and carbs) and supplying minerals that are fully absorbed that you don't need to eat as much as you used to in order to run your body's systems and maintain your weight. When you add *ReAlign* to the mix and "clear out the trash,"

you allow your body to function even more efficiently. Then, with the magic of *RnA ReSet Drops*, you make clean, perfect copies of your new cells and further clean up toxins and radiation. Do you realize what this means? Do I hear a drum roll?

Personally, while on the Completement Formulas, I only need to eat about half the amount I used to eat! Some may say that as you grow older, you need to eat less, but that's based on the elderly being more sedentary and burning off fewer calories each day. Along with needing less food, I'm exercising more – about 3 hours a day – so I'm the opposite of sedentary!

I'm always talking about *ReMag* and *ReMyte* being fully absorbed at the cellular level, and now I'm saying your meals will also be more fully absorbed, making your body the lean, mean, fighting machine you always knew was lurking underneath the surface!

With *ReStructure* added to the mix, here's an example of your new diet that saves both time and money:

- 1-2 servings of *ReStructure* a day
- 1 large salad (healthy low glycemic carbs) with a side of protein (tuna, salmon, or chicken) and additional healthy fats – macadamia nut pâté (as a mayonnaise for mixing with your protein), avocado, and olive oil/vinegar salad dressing.

EXERCISE

Exercise is important when you are on a weight loss program to keep your body toned and to add muscle, unfortunately it doesn't necessarily help you lose weight. I remember walking 4 miles and swimming a half-mile every day and never losing weight – until I went on the Keto Diet. I walk, swim, stretch, and use the [Egoscue Tower](#) for my daily exercise. When you do exercise you have to have a good source of protein – *ReStructure* – and you have to take magnesium – *ReMag!*

TOTAL BIOLOGY & THE CONFLICT OF WEIGHT

In Total Biology, the conflict basis of disease, there are several biological conflicts that may program our bodies for weight gain and obesity. These conflicts are presented below in a very brief form for your exploration, and they concern the following:

1. Abandonment – If I feel abandoned, my access to food is threatened, and therefore I will store everything I ingest as fat.
2. Figure (esthetic devaluation) – If I have a shock every time that I see myself in the mirror, my body will add more fat to protect myself from that shock.
3. Indigestible lack – I have what I don't want, and I want what I don't have.
4. Fat – I will pack on weight to be more imposing to defend myself.
5. Identity – Do I have the right to exist? I pump myself up to show I exist.
6. Protection – I use my weight to protect myself from physical or sexual attack.

RESTRUCTURE & YEAST OVERGROWTH

ReStructure is also the perfect meal replacement if you're doing a yeast detox. I'll discuss each ingredient in *ReStructure* below, but at the outset, I'd like to introduce you to *ReStructure* as part of a yeast-free diet, in spite of it being a dairy product.

We don't overly process our whey, so there is some lactose milk sugar remaining (about 1/10th of one tsp, or .625mg in each serving of *ReStructure*). Current labeling laws say that a food with 0.5 grams of sugar can be listed as having zero sugar, which means we are only a "hair" away from having zero lactose milk sugar. By comparison, one cup of milk contains 12,000-13,000 milligrams of

lactose, which is approximately 20,000 times the amount in *ReStructure*. The infinitesimal amount of lactose in *ReStructure* does not trigger lactose intolerance, which is created when you don't have enough lactase enzymes to break down a large quantity of milk sugar.

Lactose intolerance occurs when the amount of lactose milk sugars you ingest overwhelms the ability of your lactase enzymes to break down the milk sugar. Undigested milk sugar becomes food for intestinal bacteria and yeast, causing symptoms like abdominal pain, gas, bloating, and diarrhea.

It's actually a good idea to have a little lactose in your diet to keep your lactase enzymes active. If you have zero lactose in your diet, your lactase enzymes wither away, and, if you are exposed to a small amount of lactose, you can have a more severe reaction. Along those lines, I recommend that you strive for 80 percent compliance with your yeast-free diet, meaning that you have a "get out of jail free card" that allows you to have that smidgeon of lactose that's found in *ReStructure* – even if you take two or more servings a day.

RESTRUCTURE'S ATTRIBUTES

- Low Glycemic index
- Contains 660mg of Omega 3 fatty acids
- Grass-fed whey protein
- Natural antioxidants
- Natural soluble fiber
- Flavored protein shake
- No added sugar or salt

ReStructure's Ease of Use

1. It dissolves very nicely and doesn't clump, especially if you use a shaker cup or a bottle with a lid on it.
2. Shaken in plain water, it tastes great. You can use cold, room temperature, warm, or hot water.
3. Mixed with almond milk, rice milk, coconut juice, cow milk, or goat milk it tastes even better and adds more protein.
4. Experiment with using it in any type of smoothie recipe.
5. Take it along with your green drink powder to help get your 5-6 servings of fruits and vegetables a day.
6. Blend in a raw egg or two (from pastured chickens with unlimited access to the outdoors) and you add another 6 or 12 grams of protein.

ReStructure's Benefits

- Contains whey powder, pea powder, rice protein (bran and germ), and omega-3 fatty acids, making it a complete, glycemic-balanced meal with protein, carbs, fiber, fats, and only 1 gram of sugar
- Contains beneficial powdered barley extract from *RnA ReSet Drops* – rich in amino acids
- Contains antioxidants from acerola powder and rice bran
- May reduce food cravings and helps to curb hunger
- Provides energy and supports an active lifestyle for all ages
- Possesses healthy heart benefits, reducing the risk of heart disease
- Assists in lowering cholesterol

- Helps control blood sugar levels
- Taking it at bedtime allows a restful, uninterrupted sleep because it helps to keep your blood sugar from dropping overnight
- May strengthen muscles and increase muscle mass and muscle tone
- Helps reduce fat
- Helps improve focus and concentration
- May reduce the risk of macular degeneration by lowering blood sugar and inflammation
- Helps lower weight and control weight
- Helps reduce the risk of Type 2 diabetes

Qualities That Most Protein Powders Lack

- A combination of proteins from whey, pea, and rice to insure a complete balance of amino acids
- Stabilized rice bran for exceptionally high antioxidants, B vitamins, minerals, and quality fiber
- Omega 3 fats – 660 mg per serving
- *RnA ReSet Powder* – energizing and rich with amino acids and probiotics. Made by dehydrating *RnA ReSet Drops*. The base ingredient is germinated barley seeds.
- Contains no GMO products
- Certified Kosher and Halal

TIPS FOR TAKING RESTRUCTURE

If your morning routine only allows time for a quick drink, you can start your day with *ReStructure* instead of a cup of coffee! You will enjoy sustained energy and focus instead of a frenzied coffee rush followed by a crash. Research shows that when you eat breakfast instead of skipping it, you can maintain a lower weight. If that meal contains protein, it turns on chemicals that help to control your appetite throughout the day. Protein takes longer to break down in the stomach than carbs, which means you feel full for a longer period of time as your stomach is slowly emptying. Also, because your morning *ReStructure* contains fiber and fat, you slow down that meal even more, allowing more time to absorb nutrients and boosting the benefits.

Adding your *ReStructure* to milk, coconut milk, kefir, or yogurt or blending in a raw egg or coconut oil to make a *ReStructure* smoothie can further supplement your protein and fat intake.

I know I've listed the benefits of *ReStructure* above, but I want to emphasize that this formula is designed to support your body and mind by providing a full 660 mg of Omega-3 from natural sources in every serving. Studies document the lack of Omega-3 in most diets, but with *ReStructure*, you add the benefits of reducing inflammation throughout the body, boosting heart health, and lowering triglycerides, plus improving mental focus.

Including antioxidants in *ReStructure* is an important contribution to your long-term health. Antioxidants are responsible for removing "free radicals" that result from the oxidative process associated with metabolism. The natural sources of antioxidants in *ReStructure* include a proprietary blend of natural rice bran and germ and a vitamin C complex from acerola berries.

Hopefully you are already taking *ReMag*, which is the best anti-inflammatory and antioxidant for the body. Adding *ReStructure* to your other Completement Formulas creates a life-enhancing, unbeatable synergism.

RESTRUCTURE INGREDIENTS

1. Non-GMO, rBGH-free whey protein concentrate
2. Non-GMO pea protein
3. Rice bran and germ
4. L-lysine (plant-based)
5. Prebiotic fiber – tapioca
6. Omega 3 complex (flaxseed, DHA/docosahexaenoic acid, micro-algae oil – Kosher and Halal approved)
7. Organic acerola powder
8. Silica
9. Natural vanilla flavor
10. RebA (Stevia extract)
11. Cinnamon extract (Cinnamomum cassia bark)
12. Powder from *RnA ReSet Drops*: germinated barley seed powder

RESTRUCTURE'S PROTEIN SOURCES

- | | |
|-----------------------|-------------------------------|
| 1. Whey powder | 3. Rice powder |
| 2. Pea powder | 4. L-lysine amino acid |

WHY WHEY?

1. Non-GMO, rBGH-Free, Whey Protein Concentrate from Grass-Fed Cows:

The basic constituent of *ReStructure* is whey protein, which means it is derived from dairy. In our current diet culture, we have developed a collective “allergy,” “fear,” or “sensitivity” to dairy. However, much of that bias is directed towards dairy from factory-raised cows. Organic dairy that is from grass-fed cows that are not treated with antibiotics and hormones and that is processed without harmful chemicals or high temperatures retains its whole food content. Our whey is not contaminated and retains its whole food properties, and especially its whole fats. The whey from grass-fed cows is naturally higher in Omega 3 fatty acids and linoleic acids that increase the body’s ability to produce glutathione – the most powerful antioxidant the body can make. Our *ReStructure* is a whole whey concentrate, retaining all these properties, and not a whey isolate, which is almost exclusively protein.

Therefore, although whey isolate may contain more protein than whey concentrate, the extra processing (however that is accomplished) removes fats, cofactors, and enzymes lessening its biological activity and creating an unbalanced product. *ReStructure* whey is a cold-pressed concentrate, preserving the natural nutrients and ensuring their bioavailability.

An even more processed form of whey is called whey hydrolysate. Our bodies are not designed to assimilate to “isolated” nutrition. Whole food is the key. The same excessive processing of herbs to isolate the “most active ingredient” turns an herb into a drug without the other supportive substances in the herb that soften the active ingredient’s effects.

ReStructure Whey is Very Low-Lactose and Casein-Free

ReStructure whey is organic, Non-GMO, and rBGH-Free, which means that the milk is not contaminated with hormones, antibiotics, or bovine growth hormone and that the cows are not fed genetically engineered food or fodder.

As I noted above, one 27-gram serving of *ReStructure* only contains 0.625 g of lactose. That's only 2 parts in 100 parts of *ReStructure*, and most people can tolerate that small amount of lactose. Casein, the protein in dairy, is a possible allergen for some. Many whey powders contain casein. However, *ReStructure* is casein-free.

Benefits of Whey Protein Powder

1. Whey contains all the essential amino acids.
2. Whey is a rich source of branched-chain amino acids (BCAAs) and leucine, which are metabolized directly into muscle tissue, making it appealing to athletes. BCAAs are the first amino acids utilized during periods of exercise and resistance training. Whey protein contains more leucine than milk, egg, or soy protein.
3. Concentrated whey protein from grass-fed cows is an alkaline food, unlike most high-protein foods, which are acidic.
4. Whey supports fat burning.
5. Whey may improve insulin sensitivity.
6. Whey protein helps maintain a healthy immune system because it boosts production of glutathione in the body. Glutathione is the body's master antioxidant.
7. Whey protein stimulates the release of two appetite-suppressing hormones: cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). Studies show that whey protein has a greater impact the feeling of fullness than casein (milk protein).
8. Studies on cancer, aging, infant nutrition, and diabetes show the benefits of whey protein.

More on Glutathione

Why take expensive antioxidants when you can make your own cellular glutathione using the right building blocks? We don't even know how many of the individual antioxidants that we take find their way into our cells to do their work. That's why I'm more interested in giving people the building blocks through our Completement Formulas to make glutathione, and in allowing our genius body to decide when and where it needs the antioxidants and when it wants to detox. *ReAlign* contains a precursor to glutathione (L- methionine). I think gently detoxing every day makes more sense than forcing chelation or suffering through intestinal purges.

Glutathione is a natural substance found in every cell in the body, and it works as an antioxidant, neutralizing free radicals and preventing cellular damage. Chemically, a molecule of glutathione is built from three protein building blocks, called amino acids – cysteine, glutamine, and glycine. Conveniently, whey is high in these three amino acids – you don't have to take extra cysteine in the form of N-acetyl-cysteine. You also obtain some α -lipoic acid in unprocessed whey concentrate, so you don't have to take extra α -lipoic acid. The other glutathione promoters are sulfur (in L-Methionine and L-Taurine in *ReAlign*); methylated B's (also in *ReAlign*); and selenium (in *ReMyte*). Magnesium itself (in *ReMag*) is a necessary cofactor in the production of glutathione.

Glutathione hangs onto the extremely important sulfur (SH) chemical groups that it grabs from methionine or cysteine. Sulfur is the most active part of glutathione and does most of the heavy lifting! Sulfur is smelly, and it's also sticky, allowing glutathione to attract heavy metals like mercury, toxins, and free radicals. Glutathione is not lost but is constantly recycled, but only if you have enough of the cofactors and building blocks mentioned above.

An article called "A Protective Shield Against the Heavy Metal Uranium: The Glutathione Molecule Aids in Cellular Resilience" published in *Science News* on

June 6, 2016, reports on a study about uranium, saying that glutathione is so strong that it can protect against uranium exposure and toxicity! The authors of the study say, "We see that uranium binds to the carboxyl group of glutathione. This results in an insoluble complex that is no longer toxic." The study was done using microorganisms to decontaminate mining sites or dump site; however, big organisms, like humans, should also be able to benefit.

2. POWERFUL PEA PROTEIN FROM FRANCE

ReStructure's other important source of protein comes from legumes – the common pea (*Pisum sativum*). To insure this is a non-GMO product, we import the pea protein from France, where farmers and consumers are protected from GMO seeds being introduced into their crops. GMO contamination is an ocean away from our pea protein.

Peas are naturally high in protein and, along with whey and rice protein, give you the complete range of essential amino acids (the building blocks of proteins) to help nourish your body's continuous tissue rebuilding process. Pea powder is an excellent protein source, but it also provides fiber and prebiotics to our *ReStructure* formula. I'll talk more about fiber and prebiotics when I introduce tapioca and inulin.

Yellow peas are made into a good source of protein powder through an uncomplicated process of drying and grinding. Fortunately, chemical solvents are not necessary to separate pea powder starch and fiber from protein. Here are the factors that make pea powder a beneficial source of protein:

1. It is hypoallergenic, containing no casein or lactose.
2. It is easy to digest.
3. It is high in the branch-chain amino acids, which are the major building blocks of muscle.

4. It has a high protein content, between 80-90%.
5. It aids weight-loss because it makes you feel full.
6. Yellow peas contain a protein that may help to lower blood pressure and cholesterol.

3. Rice Bran and Germ

Our *ReStructure's* grain source of protein and fiber is rice bran and germ, which results when brown rice is polished to make white rice. Although I count it as a source of protein, rice bran only has about 15% protein in its makeup. It's mostly fiber – about 60% – and antioxidants.

Until recently, this nutritious product was just wasted or fed to animals. However, we are now able to non-chemically remove the insoluble fiber and create a great natural source of protein, soluble fiber, antioxidants, vitamins, and minerals.

Nutrients contained in the outer layers of rice bran are very delicate; our rice bran is carefully milled and processed. Proprietary stabilizing techniques maximize its freshness and retain its wholesomeness. The list of beneficial ingredients in rice bran and germ (which is found in the bran) is lengthy, but notables include Co-Enzyme Q10 and more than 110 known antioxidants, plus minerals such as magnesium, potassium, and phosphorous. It's no surprise that brown rice is better for you!

Dr. Zhengtao Xu and his group compared the antioxidant activity of 4 components of vitamin E and 3 components of rice bran against cholesterol oxidation in the *Journal of Agriculture Food Chemistry* in 2001. All seven components exhibited significant antioxidant activity in the inhibition of cholesterol oxidation.

However, all three bran components had activities higher than that of any of

the four vitamin E components, demonstrating the cholesterol lowering properties of rice bran.

Our supplier ensures that our rice bran is carefully milled and processed to maximize its freshness and retain its wholesomeness. Their proprietary stabilizing techniques make our rice bran suitable for use in a wide array of food applications that require shelf-stable and non-allergenic ingredients, which are exactly the properties we want in *ReStructure*. Stabilizing also ensures the produce will not go rancid. Rice bran is the nutrient-rich outer layer that surrounds the endosperm of whole grain brown rice and includes the germ. The natural rice bran in *ReStructure* is loaded with antioxidants, vitamins, and minerals that help balance blood sugar.

Not All Brans Are Created Equal

Bran in general is well known for its digestive benefits, but rice bran takes “bran” to an all new level of superfood health benefits. It contains many components that are hard to find in most protein products, starting with the full spectrum of vitamin E, plus minerals, B vitamins, and plant-based fats. Considerable research in Japan has demonstrated its benefits against high cholesterol, diabetes, liver problems, heart disease, and inhibiting the growth of cancer cells. Stabilized rice bran has strong anti-inflammatory properties and immune enhancers.

Most rice bran sold in stores is heat processed, which destroys almost all the real food nutrients. This is not so with the rice bran used in *ReStructure*. Proprietary processing makes it bioavailable, maintaining all of its health benefits.

4. L-LYSINE (plant-based)

Lysine is an essential amino acid that the body must obtain from the diet because we can't synthesize it on our own. We focus on lysine in our Completement Formulas as a crucial component in making perfect cells. Our *RnA ReSet Drops*, made from

germinated barley seeds are high in lysine and are producing trimethyllysine from the naturally occurring lysine in barley. Our whey protein powder is also high in lysine, but to further enhance it, we add an extra 1,000mg of lysine in each serving.

Lysine is the precursor to carnitine, an amino acid derivative that is responsible for converting fatty acids into energy and helping to lower cholesterol. So, instead of taking carnitine, you have the building blocks to make it. Carnitine transports fats to cells for metabolism.

Lysine plays a role in calcium absorption and assists in the formation of collagen—the building block of connective tissues such as bones, cartilage, skin, and tendons. It supports normal growth and development and helps create a healthy immune system.

Lysine deficiency is said to be rare in typical American diets, but can be a risk for strict vegetarians, vegans, or elite athletes. Not having enough lysine in the diet can lead to fatigue, nausea, dizziness, loss of appetite, agitation, bloodshot eyes, slow growth, anemia, and reproductive disorders.

There is no RDA for individual amino acids, but several studies indicate that the average daily requirement for lysine is a wide range between 800-3000mg/day. With the lysine in our *ReStructure*, we ask it to go one step further and work with *RnA ReSet Drops* to help make perfect cells.

RESTRUCTURE FIBER & PREBIOTICS

5. Tapioca

6. Pea powder

7. Rice bran

8. Inulin

9. Silica

I've already discussed pea powder and rice bran above, but they do double duty as sources of fiber and prebiotics.

WATER INTAKE GUIDELINES

In the midst of talk about fiber is the best place for my water intake guidelines – because fiber and water go together. In fact, they must go together.

Water Intake Guidelines

Drink $\frac{1}{2}$ your body weight (in pounds) in ounces of water. If you weigh 150 lbs, then you will drink 75 ounces. Add sea salt or Himalayan salt, $\frac{1}{4}$ - $\frac{1}{2}$ tsp, to every quart of drinking water – to one of those bottles, you will add *ReMag* and *ReMyte*.

I recommend adding a good quality sea salt or Himalayan salt. You can tell if it's a "good" sea salt if it is not pure white. Processing out the minerals will leave mostly sodium chloride – which is similar to table salt without minerals. The best sea salts are pink, grey, or orange – glowing with minerals. I recommend rotating your salts.

Benefits of a High-Fiber Diet

- **Normalizes bowel movements.** Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may help to solidify the stool because it absorbs water and adds bulk.
- **Helps maintain bowel health.** A high-fiber diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Some fiber is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

- **Lowers cholesterol levels.** Soluble fiber, found in beans, oats, flaxseed, and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein ("bad") cholesterol levels. Studies also have shown that high-fiber foods may have other heart-health benefits, such as reducing blood pressure and inflammation.
- **Helps control blood sugar levels.** In people with diabetes, fiber – particularly soluble fiber – can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing Type 2 diabetes.
- **Aids in achieving healthy weight.** High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. Also, high-fiber foods tend to take longer to eat and be less "energy dense," which means they have fewer calories for the same volume of food.
- **Prevention of colorectal cancer.** This is a benefit attributed to fiber and this research is in its early stages. However, detractors say the evidence isn't strong enough to draw this conclusion, but many others, including myself, disagree, and we choose to use fiber to our advantage.

A soluble but non-digestible fiber, called soluble fiber dextrin, is found in tapioca, wheat, and corn. We chose to use tapioca in *ReStructure* because, unlike wheat and corn, it is hypoallergenic. Tapioca soluble fiber dissolves in water and can help make you feel full. It sweeps the bowel as it gives it bulk to improve intestinal motility. It's also a prebiotic, which I will discuss below under Inulin.

- **Soluble fiber** – dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in tapioca, peas, and barley (in *ReStructure*), as well as beans, oats, apples, citrus fruits, carrots, and psyllium.
- **Insoluble fiber** – has more “roughage” and acts primarily as a bulking agent that promotes the movement of material through your digestive system. Insoluble fiber can be of great benefit to those who struggle with constipation or irregular stools. Rice bran (in *ReStructure*), as well as whole-wheat flour, wheat bran, nuts, beans, and vegetables such as cauliflower, green beans, and potatoes, are good sources of insoluble fiber.

5. TAPIOCA

A starch extracted from cassava root, along with pea powder and rice bran, that provides fiber for *ReStructure*. Tapioca also delivers important prebiotics. First, let’s talk about fiber.

My first introduction to fiber was through the work of Dr. Dennis Burkitt, a medical missionary living in Africa, where he discovered a pediatric cancer that was later called Burkitt’s lymphoma. His second major observation was that Western diseases were nonexistent in Africa, which he attributed to lifestyle and diet in his book, *Don’t Forget Fibre in your Diet: To Help Avoid Many of Our Commonest Diseases*. He had another theory, published in numerous articles and books, that the use of the natural squatting position for defecation protects the native populations of Africa and Asia from gastrointestinal diseases. I definitely agree and feature The Squat in one of the modules in my [Completement Now](#) Online Wellness

Program. You can Google the exercise on YouTube.

Fiber is commonly classified as either “soluble,” meaning it dissolves in water, or “insoluble,” meaning it does not, but neither is digested, and they mainly help bulk up the stool. Both are necessary components of a healthy diet, but as Dr. Burkitt emphasized, our heavily processed diet is lacking in fiber. Remember, hydration is very important if you are going to increase your fiber-rich foods. Many people have been dismayed to find they become more constipated when they start eating fiber. Water is key to making your fiber work for you and not against you! Both soluble and insoluble fiber absorb water as they move along the digestive tract to increase bulk, so you must drink more water if you are eating more fiber-rich foods.

6. PREBIOTIC ORGANIC AGAVE INULIN

In each serving of *ReStructure*, we use about a half-teaspoonful of certified organic agave inulin – a sweet-tasting fiber. It does provide a small amount of sweetener (with a low glycemic index), but it’s mainly used for its prebiotic properties and its focus on promoting the growth of bifidus and lactobacillus bacteria. These beneficial probiotics help populate the bowel and bump out harmful bacteria; they help stimulate the immune system and increase the production of dietary vitamin B complex. Researchers agree that agave inulin contains negligible calories and does not raise the blood sugar or require insulin for assimilation.

Prebiotics Explained

What is a prebiotic? All the recent focus on probiotics made researchers ask the question, “What feeds these organisms?” The answer is soluble fiber, which dissolves in water (but is not digested). It is fermented by the colon's bacteria, providing a safe, warm, nutrient-dense incubator where probiotic organisms can

grow and flourish – thus the name prebiotic.

There are two forms of prebiotics – non-digestible fructo-oligosaccharide (FOS) and galacto-oligosaccharide (GOS) – but prebiotic is a much easier name to bandy about. Current research into prebiotics shows that they also help modulate fat metabolism by assisting in the production of fermentation products in the gut; they help promote the absorption of calcium and magnesium, thereby improving bone health, enhancing immunity, helping to reduce cholesterol and triglycerides, and promoting weight loss.

Probiotics have become hugely important in maintaining our health since we've all but decimated our intestinal flora with antibiotics and toxins. Probiotics and prebiotics work together to support health, and they are both found in what are now called "functional foods" and are both necessary in a healthy diet. Probiotics are found in fermented foods such as sauerkraut, yogurt, kefir, pickles, and kimchi. Although we don't follow the traditional fermenting process with our *RnA ReSet Drops*, they too are a probiotic.

Prebiotics occur naturally in tapioca and inulin, as well as in many common foods such as asparagus, bananas, broccoli, cabbage, cauliflower, dandelion greens, kale, onions (cooked), and radish.

Flora ReVive is our probiotic product that works synergistically with *ReStructure*. You can read more about it in the [Completement Formulas Protocol](#).

7. OMEGA 3 COMPLEX

(Flaxseed, DHA/Docosahexaenoic Acid Micro-Algae Oil – Kosher and Halal Approved)

The whey from grass-fed cows contains beneficial Omega 3 fatty acids. We have also added a proprietary blend of flaxseed oil and micro-algae oil, bringing the Omega 3 fatty acid content to 660 mg in each serving of *ReStructure*.

Numerous studies have shown that Omega 3's (or fatty acids) are essential for optimal brain functioning as well as heart health. Surprisingly, neither the RDA nor DV (Daily Value) for Omega 3's has been defined. There are recommendations for a minimum of 250-500 mg combined EPA and DHA each day for healthy adults. Studies assessing Omega 3 fatty acids in isolation for heart disease or brain function use what I call "medicinal doses" to achieve results they can publish. However, researching one supplement at a time is unnatural and creates biased and inaccurate results. I think the Omega 3 in ReStructure, along with a healthy diet, provides a sufficient amount to maintain robust health.

8. ORGANIC ACEROLA POWDER (NON-GMO)

Acerola is a powerful antioxidant, like most berries and cherries provided by nature. The acerola cherry is also called the Barbados cherry, or West Indian cherry; it grows on shrubs located in tropical regions worldwide. Its small, bright-red fruits are extremely high in vitamin C, providing around 1,500 milligrams per 100 milligrams of fruit (about 12-15 cherries), with the green fruits possibly even twice that amount. Acerola achieves a high antioxidant potential because of its high vitamin C content.

The amount of vitamin C in one serving of *ReStructure* is the full RDA dosage. We all know that's not enough, so be sure to eat your fruits and vegetables for the rest! And since that may not be enough, especially if you are cutting back on fruit while on a Yeast Detox, please add our *Whole C ReSet* supplement.

9. SILICA

Silica hasn't reached the status of essential mineral yet, through no fault of its own. It's probably because there is not enough existing research. Studies show that silica helps the body utilize calcium, build bone, heal wounds, keep gums and tissues

(including the heart) strong, and prevent calcification in unwanted places. It's better known in the cosmetic world for helping skin, hair, and nails stay strong and healthy.

Much of the research on silica comes in a roundabout way through the study of the herb horsetail, a.k.a. equisetum. Horsetail is very high in silica and has been studied in the treatment of osteoporosis.

One review of silica from 2007 called "Silicon and Bone Health," published in the *Journal of Nutrition, Health & Aging*, gives the following report:

"Accumulating evidence over the last 30 years strongly suggests that dietary silicon is beneficial to bone and connective tissue health and we recently reported strong positive associations between dietary silicon intake and bone mineral density in US and UK cohorts. The exact biological role(s) of silicon in bone health is still not clear, although a number of possible mechanisms have been suggested, including the synthesis of collagen and/or its stabilization, and matrix mineralization."

The abstract from a 2014 paper published in the *Journal of Trace Elements in Medicine and Biology* called "Update on the Possible Nutritional Importance of Silicon" outlines the available research on silica:

"Convincing evidence that silicon is a bioactive beneficial trace element continues to accumulate. The evidence, which has come from human, animal, and in vitro studies performed by several laboratories, indicate that silicon in nutritional and supra nutritional amounts promotes bone and connective tissue health, may have a modulating effect on the immune or inflammatory response, and has been associated with mental health. A plausible mechanism of action for the beneficial effects of silicon is the binding of hydroxyl groups of polyols such that it influences the formation and/or utilization of glycosaminoglycans, mucopolysaccharides, and collagen in connective tissue and bone. In addition, silicon may affect the

absorption, retention or action of other mineral elements (e.g., aluminum, copper, magnesium).”

Highly-processed food is greatly lacking in silica. It’s no longer in most agricultural soil, is processed out of most foods, and most people don’t get enough fresh fruits and vegetables, which may be the richest sources. Fiber-rich foods are also rich in silica because plants use this mineral for strength and flexibility, just like humans. Asparagus, bananas, barley, beans, celery, cucumbers, leafy greens, leeks, mangos, millet, oats, spinach, sweet potatoes, and even strawberries are great sources of silica.

FLAVOR AND SWEETNESS

10. Natural Vanilla

12. Cinnamon Extract

11. Stevia

13. Agave Inulin

10. NATURAL VANILLA FLAVOR

Vanilla is probably the most common flavoring in the world. I’d rather eat chocolate ice cream than vanilla, but I love vanilla, mostly because of the fact that it’s made from orchids! Who knew? The seedpods from the vanilla orchid are dried, crushed, and processed to create vanilla extract. Bringing vanilla extract to market is a long and labor-intensive process, making vanilla the second most expensive spice, next to saffron.

11. STEVIA EXTRACT

The stevia extract we use in *ReStructure* is non-GMO from Rebaudioside A, the sweetest and purest tasting part of the stevia leaf. I’m very happy to say that there is no aftertaste with this form of stevia, and, along with our vanilla flavoring, it makes for a very tasty protein powder when simply shaken in plain water. Reb A

is more than 200 times sweeter than sugar. Very little goes a long way in creating a calorie-free sugar substitute.

12. CINNAMON EXTRACT

I can barely taste the cinnamon flavoring in *ReStructure*, but it adds a hint of spice to the formula. According to Chinese Medicine, cinnamon's attributes are sweet, spicy, and warming, making it particularly useful in a cold protein smoothie. Western medicine has investigated it for its ability to balance blood sugar, settle heart arrhythmia, reduce inflammation, enhance immunity, and improve neurological health. Its ability to accomplish all this lies in the fact that it's a super antioxidant. The essential oil of cinnamon is a powerful anti-infective agent, able to treat both bacteria and yeast.

Cinnamon's action on blood sugar occurs by stimulating insulin receptors to have greater sensitivity to insulin, allowing the pancreas to cut back on the production of insulin and still have the same effect. Less stress on the pancreas improves metabolism and decreases inflammation.

13. GERMINATED BARLEY SEED POWDER (GBSP)

As mentioned above, the "secret ingredient" in *ReStructure* that you will find in no other meal replacement is GBSP, derived exclusively from the *RnA ReSet Drops*. What's exciting about the GBSP is the iCell, our own proprietary ingredient, which has been written about in our many blogs and shown in slides on our website. The iCell is harvested through the barley germination process and, along with enhanced amino acids, allows the body to replicate healthy cells more perfectly. Amino acids have an influence on the function of organs, glands, tendons, and arteries. They are, furthermore, essential for healing wounds and repairing tissue, especially in the muscles, bones, skin, and hair, as well as for the removal of all kinds of waste

deposits produced in connection with the metabolism.

Our germinated barley seed powder comes from dehydrated *RnA ReSet Drops* made with the following specifications:

- Certified organic barley that is grown in the United States and sprouted in a controlled, hygienic environment.
- Free of fillers, additives, and artificial sweeteners.
- Free from genetically modified ingredients.
- Vegan and kosher.
- Produced according to detailed specifications and lab procedures. Additionally, GMP best practices are used in lab documentation and testing, as well as all growing, production, and bottling processes.
- Made in the USA.
- No animal testing is used in creating GBSP.

Resources

For more information on *ReStructure* or our other products (*RnA ReSet Drops*, *ReMag*, *ReMyte*, *ReAline*, *ReCalcia*, *Pico Silver*, *Flora Revive*, *Whole C ReSet*, and *ReNew*), go to www.RnAReSet.com. If you have questions, email **Customer**

Service at support@rnareset.com. If you wish to place an order by phone, call 1-888-577-3703.

The next section contains general information about diet and health that may answer questions that you didn't even know you had!

THE IMPORTANCE OF PROTEIN

Protein is derived from the Greek word *prota*, meaning “of primary importance.” Protein is primarily used to build, maintain, and repair body tissues. Protein is second only to water as the most plentiful substance in the body and is the principal constituent of the protoplasm – the living part of the cell.

A good source of protein is very important to make the perfect cells we initiate with *RnA ReSet Drops*. Magnesium and multiple minerals in our *ReMag* and *ReMyte* help form the structure of cells and act as cofactors in thousands of body processes. There are magnesium receptors on protein that are only now being recognized and studied. We also pay a great deal of attention to hydration. As minerals enter the cells, they pull in water and hydrate the cell; the two together allow for perfect cell function.

Body cells are in a constant state of buildup and breakdown – building blocks are needed to make new cells, and an intact detox system is necessary for clearing out the trash as the cells break down. Because of this constant breakdown, if your diet doesn't have high-quality protein, your muscle and tissue will be scavenged to make those new cells.

Biological Value of Protein

Biological Value (BV) is a measurement for the amount of protein from a particular food that is bioavailable and becomes incorporated into the body. BV relates to how quickly your body can actually use the protein you eat. The measurement is based on nitrogen uptake versus nitrogen excretion, since nitrogen is a major part of protein. Theoretically, the highest BV of any food source is 100%.

BV doesn't measure an individual's digestion or absorption. Therefore, even if a protein has a high BV, it doesn't necessarily mean you will achieve that BV. Manufacturers of protein powders have tried to use the BV to their advantage in

their marketing and PR. I still say, though: to get the best out of your protein sources, remember to chew well to enhance your natural digestive enzymes.

Here are some BV values that you can take with a grain of salt or a swig of apple cider vinegar. The best way of knowing what's best for you is to try it and see!

PROTEIN SOURCE	BIOLOGIC VALUE
Whey Protein Concentrate	104
Eggs (whole)	100
Eggs (whites)	88
Casein	77
Brown Rice	57
Peas	55

Digesting Whey

Whey contains all of the essential amino acids and is particularly high in the branched-chain amino acids (leucine, isoleucine, and valine) and glutamine (an immune-boosting amino acid). Whey is considered a "fast-acting" protein. If you consume a serving of whey on an empty stomach, your levels of blood amino acids peak about 1 hour afterwards and return to pre-meal levels within 3-4 hours. A whey protein meal produces a 68% increase in protein synthesis, which is exactly what you want to happen.

WHAT IS PROTEIN

In my [Completement Now](#) Online Wellness Program, I made the following analogy about protein: where I'm from, The Great White North, some folks still use dog sleds for transportation. Think of your body as the sled and the protein making up your muscles as the dogs. One or two dogs pulling your sled is nothing compared to four or six dogs – basically, the more protein you have, the more muscle you grow, and the more energy you can use.

If you're not getting enough protein, you don't have enough muscle with which to expend energy. It doesn't matter how many carbohydrates or fats you consume – you need muscle to utilize that energy. This explains why people who have little muscle tone can eat a high-calorie diet and feel lethargic all day.

Vice versa, too much protein can be a problem, but not as serious a problem as too little. You want a balance, not too much or too little. If you are eating a well-rounded diet containing plenty of vegetables and fruits, it's difficult to overeat protein, and if you make sure on most days that you're including enough protein-rich foods, you shouldn't find it difficult to get the relatively meager amount of protein you need to thrive.

Still, surprisingly, people in developed countries are often deficient, either because they eat too much high-carb junk food, follow a vegetarian diet without adequate amounts of non-meat protein, or have trouble absorbing protein. Another reason is that when money is tight, people will fill up on rice or bread since it's much cheaper than most protein sources (except legumes).

A curious reason for not eating enough protein can be the fast-paced lifestyle that many people live these days. If you rush out of the house in the morning, you're likely to have a coffee and a donut in your hand rather than a forkful of scrambled eggs. In fact, most fast foods are sweet carbs and fats that entice your taste buds. You can go for days without eating good sources of protein.

ReStructure provides you with a quick and nourishing protein meal that can become your standard breakfast and your bedtime snack – that’s how I use mine!

Our Bodies Are 16% Protein

Muscle, hair, skin, and connective tissues are mainly made up of protein. Protein is not only critical to every single cell in your body, but is also critical to the hormones and enzymes your body produces. Protein allows the neurotransmitters in our cells to communicate with each other.

A lack of protein can affect everything, from your ability to digest food to the way your genes express themselves to your libido.

What Protein Can Do for You

- Motion depends on proteins through our muscles.
- All biochemical reactions require catalysts, called enzymes, which contain protein.
- The structure of cells and their extracellular matrix is largely made of a protein called collagen.
- The transport of materials in body fluids depends on proteins in the blood.
- Hormone receptors and other signaling molecules are proteins.
- Proteins are essential nutrients for humans.
- The transcription factors that guide cell differentiation, respond to signals, and turn genes on and off are proteins.

Signs That You Are Protein Deficient

- Apathy, irritability, and a spaced-out feeling

- Weakness and lack of muscle mass
- Low blood sugar (or constant high and low blood sugar)
- Diarrhea and intolerance to dairy products
- Lack of stomach acids
- Low body temperature
- Cravings for meat, peanut butter, eggs, dairy, nuts, or beans
- Poor condition of nails and/or hair

Rarely do medical doctors even consider lack of protein as a possible cause of people's ailments. There was a time when your typical North American was getting far too much protein in their diet. Now, things have sort of gone to the opposite extreme — especially amongst "health nuts" and vegetarians who think a green salad is a suitable replacement for a steak dinner. I find that many people are scared into thinking that a vegetarian diet is healthier than an animal protein diet, but they don't know how to eat a proper and healthy vegetarian diet.

Signs You Are Eating Too Much Protein

- Your meals consist almost exclusively of meat, eggs, or dairy
- Osteoporosis
- Kidney problems
- Kidney stones
- Dehydration, even when you are drinking lots of water
- Ketones in your urine
- Chronic bad breath

- Joint pain
- Constipation
- Indigestion

How to Calculate Your Protein Needs?

Here's how you can determine the grams of protein you need to eat each day to stay balanced:

- **Metric Version:** Multiply your ideal body weight in kilograms by 0.8. If a healthy weight for you would be 70kg, you need $70 \times 0.8 = 56$ g of protein a day. Multiply by 2 for growing infants. Multiply by 1.2 for growing adolescents.
- **Imperial Version:** Multiply your ideal body weight in pounds by 0.36. If a healthy weight for you would be 154.3 lbs, you need 56g of protein a day. Multiply by 0.9 for growing infants. Multiply by 0.54 for growing adolescents.

Portioning Out your Protein

Let's say you just did the math and found that you need to consume 45 grams of protein a day. You can simply divide it by three and have 15g at each meal. If you want, though, you can have two heavy-protein meals and skip having protein with the third meal.

Maybe have a fruit smoothie with two scoops of protein powder for breakfast, meat and salad for lunch, and then just cooked vegetables and rice for dinner.

Some people find they don't digest protein well at breakfast or dinner. I'd recommend you eat your highest amount of protein at lunch, because this is when your protein-digesting stomach acid is at its best.

Protein Rich Foods

Almost all foods have protein, but most vegetables and fruits have so little that it's not worth counting (avocados and olives are exceptions). Grains tend to have more protein (especially quinoa and millet), but they are not complete proteins containing all essential amino acids. I wouldn't recommend you count on them entirely for your protein needs.

That's why I have concerns for people who follow vegetarian, vegan, or raw food diets that shun animal protein. There is a food fascism afoot that has some people convinced that the only healthy diet is a vegetarian diet.

Getting enough protein if you are a vegan requires focus and planning. If you are relying on legumes for some of your protein requirements, make sure you are eating at least one meal with an equal serving of grains (such as rice or bread). It doesn't have to be in the same meal, but it's best to be on the same day. Legumes and grains together are a complete protein, covering all the essential amino acids.

The list provided below is a reference for calculating your daily protein requirements.

Protein Source	Metric Quantity	Imperial Quantity	Protein Content
<i>ReStructure</i> Protein	25 g	0.88 oz	11g
Ground beef	115g	4 oz	28g
Steak	170g	6 oz	42g
Cut of beef	30g	1 oz	7g

Chicken breast	100g	3.5 oz	30g
Chicken thigh	(average size)	(average size)	10g
Chicken drumstick	(average size)	(average size)	11g
Chicken wing	(average size)	(average size)	6g
Chicken meat	115g	4 oz	35g
Fish fillets or steaks	100g	3.5 oz	22g
Canned tuna (1/2 can)	170 g	3 oz	20g
Pork chop	(average size)	(average size)	22g
Pork loin or tenderloin	115g	4 oz	29g
Ham	85g	3 oz	19g
Ground pork, raw	30g	1 oz	5g
Ground pork, cooked	100g	3 oz	22g
Bacon slice	(average size)	(average size)	3g
Back bacon slice	(average size)	(average size)	6g
Egg, large	170	6 oz	6g
Milk	250ml	1 cup	8g
Cottage cheese	125ml	½ cup	15g
Yogurt	250ml	1 cup	8-12g
Soft cheeses	30g	1 oz	6g

Medium cheeses	30g	1 oz	7g
Hard cheeses	30g	1 oz	10g
Tofu (Volume)	125ml	½ cup	20g
Tofu (Weight)	30g	1 oz	2.3g
Soymilk	250ml	1 cup	6-10g
Most beans, cooked	250ml	1 cup	15g
Soybeans, cooked	250ml	1 cup	28g
Split peas, cooked	250ml	1 cup	15g
Peanut butter	30ml	2 TBSP	8g
Almonds	60ml	¼ cup	8g
Peanuts	60ml	¼ cup	9g
Cashews	60ml	¼ cup	5g
Pecans	60ml	¼ cup	2.5g
Sunflower seeds	60ml	¼ cup	6g
Pumpkin seeds	60ml	¼ cup	19g
Flax seeds	60ml	2 TBSP	4g
Average protein powders	2 scoops	2 scoops	15g (check label)

Protein Made Easy

1. Calculate your protein needs as described earlier.
2. Print out the chart above showing protein amounts.
3. Circle the foods you usually eat.
4. Now, take a typical day and figure out how much of those protein foods you eat at each meal (e.g., you may have 1 cup of milk with your cereal in the morning, or you might have half a can of tuna at lunch). Write it down.
5. Now use the chart to figure out how much protein those servings are providing.
6. You should now know whether you are getting too much or too little protein.
7. Simply increase or decrease your serving sizes to bring you to the amount you should be eating.

SAMPLE MENUS

Let's say you determined you need 60g of protein a day. Without giving any protein values to your salads, vegetables, or grains, you might divide up your protein intake like this:

If you are a meat-eater:

- *Breakfast: ReStructure* (11 g) or 2 eggs (12g)
- *Lunch:* A non-protein pasta dish or a 2.5 oz chicken breast (20g)
- *Dinner:* 3.5 oz fish fillet (22g)
- *Snack: ReStructure* (11 g) – especially important if you did not have protein at lunch

If you are a vegetarian:

- *Breakfast:* ReStructure (11 g), oatmeal cooked with 1 cup of milk (8g) and ¼ cup of soaked almonds (8g), or 2 eggs (12 g)
- *Lunch:* 4 slices whole grain or rye bread with 4 tablespoons of peanut butter (16g)
- *Dinner:* 1 cup of cooked lentils (16g)
- *Snack:* ReStructure (11 g) if you did not have protein at lunch

If you are a vegan:

- Breakfast: ReStructure (11 g)
- Lunch: 1 cup of beans in a salad (16g)
- Dinner: Nut pâté (14g)
- Snack: ReStructure (11 g)

Your Options

If you are a strict vegan, you can plan your protein meals utilizing nuts, seeds, legumes, and protein powders. If you eat meat, you have a greater range of variety. You can eat meat, dairy, and vegetarian sources of the protein foods listed.

It can be helpful to have a routine. Maybe for lunch, you can select tuna, salmon, cottage cheese, or hard-boiled eggs. For dinner, you can pick chicken, beef, fish, or Indian dhal made from legumes. Breakfast can be a protein shake, scrambled eggs, or oatmeal with soaked nuts.

Start thinking about protein being the essential part of each of your meals. It's your basic structure after all. On the side, include some vegetables. Have fruit for dessert. If you eat starch, just include a little. Ignore the government food pyramid

where breads and pasta comprise the bulk of each meal and create a flabby structural base.

MEALTIME TIPS AND STRATEGIES

Eat Slowly Until You Are $\frac{3}{4}$ Full

Protein powders make sense for people who tend to eat too much! If you get up from the table feeling full, you've probably eaten too much. The burping and flatulence later on convince you of that fact, but it's too late! Think of your washing machine. If you fill it right up to the top with clothes and turn it on, it has trouble doing its job. It may even break. The clothes stuck in the middle certainly don't get soaped, rinsed, and cleaned. The food in your stomach has to allow digestive juices to penetrate through and through in order to properly digest your meal.

Your stomach can become the weak link in your digestion. Its thin muscle lining can be stretched and weakened due to chronic overeating. Leaving some empty space helps the gastric juices mix with the food and makes it easier for your stomach to churn your food. This will allow you to get more energy and nutrients from less food.

Try enjoying leisurely European-style meals. Don't cut mealtime short and use the time to chew. Most often, we are chewing way too fast and too little. Chew more, chew slower, and you won't feel like you're missing out.

How do you know if you've eaten the right amount? You should feel fine 20 minutes after eating, even if you walked away feeling a little bit hungry. If you're still feeling hungry 20 minutes later, you probably didn't eat enough.

Eating slower will also help give your brain, your liver, and your gut time to communicate and say "Thanks a bunch, we got enough from this meal so you can put down your fork!"

Usually, eating fast and eating too much go together. You go on autopilot and only stop when your stomach is on “red alert.” Another way you can get into a fast-eating pattern is thinking you have to finish your food while it’s still hot. That puts you in a race against time. Hot food is no better than warm food. Actually, warm food might digest better than hot food. You certainly chew warm food more than hot food.

How Much Food Should You Eat at A Meal?

Generally speaking, if you cup both your hands together and pile your food into that space, you’d have a pretty good idea how much solid food you should be eating at one meal (of course, it all depends how high you pile the food!). The bigger your stomach, the bigger your hands will be. It would make sense, also, that our hands evolved to a size ideal for serving ourselves enough food.

Burning Your Food

There are basically four food groups, and they all “burn” differently:

1. Simple Carbohydrates (sugar, honey, fruit) burn like paper covered with oil.
2. Complex Carbohydrates (whole grains, legumes, yams) burn like paper.
3. Proteins (nuts, legumes, dairy, eggs, meat) burn like wood.
4. Fats (avocados, oils, butter, nuts, eggs, cream) burn like coal.

Breads, root vegetables, whole grain pasta, and potatoes fall somewhere in between simple carbohydrates and complex carbohydrates.

Most people need a balance of all four groups. However, proteins and fats are critical for life. That’s why we call them building blocks – essential amino acids

and essential fatty acids. There's no such thing as an essential carbohydrate. Your body can turn fats or proteins into carbohydrates if it needs to.

That's the biggest clue. If you're not getting enough protein or fat in your meals, you will feel deprived, even if your stomach feels full. In such cases, you are usually filling up on carbohydrates (either starches or fruits), or, more rarely, just eating vegetables. Depending on your metabolism, a high-carbohydrate diet will either burn up quickly, leaving you feeling drained, or it will be stored away as fat on your body. Neither sounds too desirable.

Our culture has moved to "quick" and "cheap" meals. Oftentimes, that means filling up on rolls for dinner or cereal for breakfast. The other scenario is the raw foodie, who is filling up on fruit salads and fruit smoothies. Such a diet may feel "light," but you are loading up on fruit sugar calories.

More infrequently you find people who just fill up on vegetables (usually very strict vegetarians). Such a diet may be fine for short-term cleansing; otherwise, vegetables alone are too low in calories, with insufficient amounts of fat and protein. A long-term vegetarian or vegan diet can feel like a starvation diet. While vegetables are a great way to add bulk to your diet, few people can subsist on them alone.

Consider this fact: only 4% of the American population is vegan/vegetarian, but one would think it is much higher based on the amount of press that the healthiest diet is a vegetarian diet.

Foods high in fats make you feel satisfied. Fat absorbs slowly, giving you time to burn it off before it gets stored on your hips. You just need to make sure you eat healthy, organic oils and butters. Also, don't be afraid of high-fat proteins like nuts, organic dairy, and grass-fed meats.

Many people do well with a meal consisting of a piece of fruit, protein, vegetables, and fat. Others need some heartier starches, like brown rice or yams, mixed in. Either way, you see the importance of keeping your meals balanced.

Optionally, you could load up on fat, starch, and vegetables at one meal and a high-fat and high-protein dish with vegetables at another meal. The key thing is relying on foods that release energy slowly as you fill up on nutrient-dense vegetables. The vegetables have plenty of fiber, which also helps slow down absorption.

You'll know your meals are more balanced if you find that you feel content for 4-6 hours after eating. You can eat breakfast at 8am and not think about food until noon. After dinner, you're not craving a bedtime snack. If you are craving too soon, then you may be eating too many high-glycemic starches. Unless you're a professional athlete or are doing a ton of heavy manual labor, you should be able to eat and forget about it for several hours.

The Fletcherism Fad

My favorite "fad diet" was spearheaded by Horace Fletcher (1849–1919). Fletcher was a rotund and wealthy businessman, and he was so overweight and sick that he retired in his forties, took to heavy exercise, and began to chew his food to a pulp.

His feats of strength in carnivals and his unusual philosophy even caught the attention of "the learned men" at Harvard, Johns Hopkins, Yale, and Dartmouth, where he was invited to lecture. He explained that poorly masticated solid particles could not be digested and would pass into the colon, where bacteria would convert them into poisons that were absorbed into the bloodstream, weakening you and shortening your life. Fletcher was perfectly correct on that point. He did become more fanatic and died of starvation, thinking that not allowing any food into the intestines would stop maldigestion!

Support Your Stomach Acid

Clinics that test stomach contents for acid using a tiny pH capsule that you swallow

find that most people with heartburn actually have an alkaline stomach pH. It's not acid at all. That means further suppressing stomach acid with GERD drugs is not a solution for this problem. In fact, the less stomach acid you have, the less digested your food will be. Food will sit in the stomach for a long time and won't flow through naturally into the small intestine. As the food sits in the stomach, it begins to ferment, causing burping, bloating, and a feeling of fullness. It is little known that magnesium is a necessary component in the production of stomach acid.

Further down the GI tract, undigested food feeds bacteria and yeast, giving them a chance to overgrow. In their life cycles, these organisms produce many by-products. Yeast produces 178 different toxic by-products. These toxins can irritate the intestines, causing gas, bloating, diarrhea, and/or constipation. If they are absorbed through the intestinal lining, which can easily happen, they become allergens to the immune system. It's just like Fletcher said 100 years ago.

Ban Water with Your Meals

I've had many clients tell me that my simple advice not to drink water with their meals "cured" them of their heartburn and indigestion. How so? If you drink water, especially cold water, with your meal, you dilute the stomach's hydrochloric acid. Food will then only be partly digested. Just as the scenario with acid-blocking drugs not allowing your food to be digested, your whole body can be affected. If you drink ice water, the cold will coagulate the fats in your meal and make them very hard to digest.

Our bodies love water; they are at least 70 percent water, after all. Here's an amazing fact: studies show that what many people interpret as hunger is really thirst! How crazy is that? If you find that an hour or two after you ate a good meal, you feel hungry, drink a large glass of water. If you hate water, you can dress it up with some sea salt or lemon juice. You can also try some flavored Stevia to delight your taste buds. I'm not really in favor of carbonated mineral waters.

Snacking on Your Liver

Wait, wait! I'm not talking about snacking on the organ itself (especially your own). Instead, I'm talking about snacking on your liver's natural storehouse of nutrients. One of your liver's most important jobs is to regulate energy in your body: the burning of fat and the balancing of your blood sugar. It does that by storing energy as glycogen (a form of glucose).

Most people's livers aren't doing a good job at regulating energy. That's why so many people find that their blood sugar is all over the place. They eat a meal and feel good. Two hours later, they feel low and think they need to reach for a snack just to get through the afternoon. The next thing you know, they become insulin resistant – they still feel low, but have super-high blood sugar after meals. This happens to people who eat perfectly healthy food – including vegetarians, raw foodies, and juice feasters.

These symptoms are classic signs that your liver isn't working properly. Your liver is supposed to deliver the snacks. After you finish digesting your food, it's your liver's job to start maintaining your blood sugar by using calories it has stashed away and also by burning fat.

Liver snacking is actually one of the reasons the Keto diet works. When you stop eating carbs, your body naturally turns to the glycogen in your liver and burns that off first. While that is happening, the body is gearing up for fat burning. That's what trims the fat from your belly!

Intermittent fasting follows the same principle. You stop eating and your glycogen burns up and then you are well into fat burning.

I believe frequent snacking and eating between meals is a big reason why most people's livers are not working properly. Liver snacking should really be Nutrition 101 in every school. Instead, this important information is ignored (largely

to the benefit of processed food manufacturers). Most alternative practitioners don't even know about it, which is really strange. All doctors should understand the basic biological functions of the liver: glycogen storage (and release) and fat burning.

It's really clear – as you'll soon see – that food snacking can be very detrimental to your health and cause congestion and confusion for your liver, because you don't give it a chance to release "pent up" glycogen and fat.

Whether you eat meat, are a vegetarian, or are vegan, it's not about what you eat; it's about how often you eat it. The strategy itself is very simple, but I think it's critical that you understand the "why" behind it first. I'm talking about snacking. Unlike most health proponents, I don't encourage it. At least, not the kind of snacking that involves putting food in your mouth at frequent intervals.

Some people cover up their snacking and call it eating many small meals a day. Many health gurus encourage it. It gained popularity as the "hypoglycemic diet," where you have six small meals a day instead of three. You may also have fruit and nuts in between meals, but this kind of frequent snacking may be doing more harm than good.

You Body's Design

1. You eat a meal (it takes 15–30 minutes).
2. You digest and absorb food into your bloodstream (requires about 3 hours).
3. Your pancreas releases insulin to manage the sugar entering your bloodstream.
4. Insulin helps store excess calories as glycogen in your liver. (In fact, 60% of the calories from any given meal are not used right away and become back up "snacks.")

5. Once your liver's glycogen storehouse is full, the remaining sugar is turned into fat.
6. When your gut has finished absorbing your last meal, your pancreas stops producing insulin. As insulin levels decline, another hormone, glucagon, slowly rises and tells your liver to slowly start releasing the stored sugar (glycogen) into your bloodstream.
7. During waking hours, in the second and third hours after a meal, about 60% of your energy comes from the liver's storehouse and the other 40% comes from fat burning. This reverses at night, with 60% of your energy coming from stored fat.

The problem is, most people just cycle between points one through five, and only manage points six and seven when they are sleeping. Many people eat right before bed, thus cancelling out most of their fat-burning opportunity at night. That's why I recommend that you eat less often, not more.

Instead of snacking on fruit or nuts, snack on the natural sugar supply in your liver. The beautiful thing about your liver is that it will release just the right amount of sugar you need – no more, no less – so you won't need any excess insulin. Because you are regularly using up your liver's sugar store, your body will keep replenishing it. Instead of storing fat, you'll start burning it.

How Strict Should I Be?

Don't be so strict about not eating certain foods that you feel deprived, starved, punished, or otherwise put in a position of feeling "less than."

Here's what you can do instead. If it's sugary treats that you think you "should" avoid, try just having a nibble and not a lot – or just settle for a small piece of fruit. If you tell yourself that it's okay to have a nibble every once in a while, then your body won't think it has to overdose on it. You take the pressure

off yourself with this simple tactic.

If you've read my [Magnesium Miracle](#) book, you know I say that a chocolate craving can actually mean you're craving magnesium. Taking care of your magnesium requirements often dissipates the intense desire for chocolate. If you are deficient in chromium and zinc, you can have sugar cravings. Our *ReMyte* minerals include zinc and chromium, and many people comment that they no longer crave sugar and carbs after taking *ReMyte* for a few weeks.

Yeast Warning

If you feel that your cravings for sugar and carbs are off the charts, and a nibble just makes your cravings worse, look at yeast overgrowth as a possibility. I tell my blog readers and radio show audience that yeast in the intestines can be like The Borg in Star Trek; they can have a mind of their own. Their group-mind is telling them that they want sugar, and they give you that signal. You can go to [The Yeast Connection](#) website for free information. Check [my website](#) for a book on yeast and a yeast treatment protocol called [ReSet The Yeast Connection](#). It's very common to find that after avoiding sugar and simple carbs on a yeast-free diet for about two weeks, you have lost your cravings because you've starved the yeast back to a normal amount.

Food as an Emotional Mirror

Yes, this is the part when I remind you that when you're stressed, sad, depressed, happy, or excited, you may "celebrate" those feelings by eating. After all, every holiday and birthday means a food bash. It's our conditioning to eat with our emotions. If you feel that's the case, start making a daily food diary. Simply being aware of this aspect of your eating habits brings you more in touch. You can do it on your computer or in a small notebook. Make the following headings at the top of the page:

Food

Was I Hungry?

Related Events

My Emotions-Before Eating

My Emotions-After Eating

BASIC DIETARY RECOMMENDATIONS

1. Eat only when you are hungry, and even if you think you're hungry, try drinking water first!
2. Wait 4-5 hours between meals to give your liver a chance to metabolize its stored sugars. It's called Liver Snacking!
3. Start the morning with a glass of salted water. *Water Intake Guidelines:* Drink $\frac{1}{2}$ your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces. Sea salt or Himalayan salt: Add $\frac{1}{4}$ - $\frac{1}{2}$ tsp to every quart of drinking water
4. When you think about eating a particular food, really consider how you "feel." Does it make you feel anxious, satisfied, bloated, or happy? Imagine what you will feel like an hour after your meal.
5. Eat slowly, savoring your food. This way, you will be more attuned to when you feel full. Actually, around 80% stomach fullness is desired; that way, you have room for your meal to mulch, mix, and digest with gastric juices.
6. Eat smaller portions – the amount you can hold in your two outstretched palms.

7. Leave leftovers rather than using your stomach as the trash bin that has to finish everything. Serving yourself smaller portions will solve the leftovers problem!
8. Like Fletcher, chew every bite until it's pulp and slides down your throat.
9. Don't drink water with your meals, but drink plenty of water between meals.
10. Plan to eat in a stress-free environment.
11. Try to eat with family, enjoying each other's company. (If eating with the family is stressful, find out why and try to remedy the problem.)
12. Nibble on sweets just enough to make sure you aren't feeling deprived, but don't make them your main meal.

PROTEIN Q&A

I find protein rich foods hard to digest. What can I do?

Your stomach may not produce enough hydrochloric acid (which helps break down protein). Ironically, protein is necessary to produce hydrochloric acid, so if you are already protein deficient, you may not have enough protein to produce the acid to break down more protein.

Try taking one tablespoon of apple cider vinegar in one or one-half cup of warm filtered water before you eat. You can sip it while preparing your meal. The acid in the vinegar will help break down the proteins and stimulate your stomach's ability to produce its own acid.

You'll be amazed at how inexpensive a cure this proves to be. You can vary the amount of water depending on how close to your meal you drink it and how much liquid is in your meal already. Digestion is usually better if you don't water

down your gastric juices.

You can also do an exercise called the Stomach Vacuum before meals. It will help stimulate your stomach acid. It's in my [Complement Now](#) Online Wellness Program, but you can also Google the exercise and see how to do it.

The friendly bacteria in fermented foods like yogurt and sauerkraut may also help break down the protein. If all else fails, try taking digestive enzymes that also include hydrochloric acid. Take digestive enzymes at the end of meals, after your stomach acid has done its part and just needs some help.

I find it hard to get enough protein as a vegetarian or a vegan. I don't want to eat meat, what can I do?

Even on a strict vegan diet, it shouldn't be too hard to get concentrated sources of protein. After all, people in various cultures have been doing it for centuries, but you have to work at it. Also, you have to be aware that not everyone can be a strict vegan. I have tried vegetarian diets over the years and find that I feel my best on an animal-based protein diet.

Soaked and pureed nuts or seeds can provide 20g of protein per meal, but they do have a higher amount of fat than a whey protein source. Organic peanut butter, grown in a dry climate free of mold, is a quick protein booster. A mold-free peanut butter source is MaraNatha® Brand. You can also buy or make your own butter from almonds, hazelnuts, cashews, macadamias, pumpkin seeds, and sunflower seeds.

Legumes are a good vegan protein source, but remember to eat grains at the same time or at another meal on the same day for their complementary amino acids. The popular dish of rice and lentils for vegetarians may not allow enough space in your stomach for sufficient amounts of protein-rich lentils. Legumes, like lentils, have starch themselves, so you may try eating them on their own with

cooked vegetables, in a salad, or in a stew.

Note: You don't have to worry about combining grains and legumes at the exact same meal to balance your protein because your brilliant body can piece together the amino acids later on in the day.

I don't recommend you consume too much in the way of soybean products like soy milk or tofu. They are modern processed foods created to sell what was, essentially, a waste product from the soy industry. A fermented soy product, like tempeh, is the exception, but traditionally, it is eaten as an appetizer rather than your main entree.

Soy sauce and miso are made from fermented soybeans, but you should consider the high amount of sodium in these condiments, which ranges as high as 900 mg per TBSP. Personally, when I lived in New York and would eat sushi dipped in soy sauce, I would wake up the next morning with puffy bags under my eyes from fluid retention due to the excessive sodium. (I did not eat raw sushi, only the cooked options like a California Roll.)

FINAL THOUGHTS

As I finish writing this booklet, I find myself very eager to dig into my *ReStructure*. I've been without my previous *Whey Too Good* product for a while now, and I really miss it. Maybe it's good to have a "wash out" period before starting *ReStructure*, because I know it's going to be amazing. Here's how my diet will look for the next several weeks!

- 2 servings of *ReStructure* per day (breakfast and dinner)
- Around 2pm, a large salad (healthy low glycemic carbs), with a side of protein (tuna, salmon, or chicken) and additional healthy fats – macadamia nut pâté (as a mayonnaise for mixing with my protein), avocado, and olive

oil/vinegar salad dressing.

- **Frozana Dessert** (recipe below) – 1-2 chocolate-coated frozen banana pieces per day.

Recipe:

Mix 1 TBSP cacao powder, ¼ tsp natural sweetener (Just Like Sugar, Stevia, or powdered maple syrup), with 3 TBSP coconut oil. Coat 4-6 2-inch pieces of frozen banana with the mix and place on a plate to eat immediately. Store the remainder in a closed container in the freezer for later enjoyment.

APPENDIX A

TOTAL BODY PROTOCOLS

There are now two Total Body Protocols: *Total Body ReSet* and *Total Body Immunity*.

1. Total Body ReSet contains:

ReMag, ReMyte, ReAline, ReStructure, RnA ReSet Drops

The Total Body ReSet Protocol can be paired with Total Body Immunity.

2. Total Body Immunity contains:

ReMag, D3-K2 ReSet, Whole C ReSet, Flora ReVive, Pico Silver, Pico Zinc

3. Additional recommendations include:

ReMag Lotion, ReCalcia, Pico Potassium, ReNew Serum, ReNew Face Cream, Blue Ice Royal, Mighty Mash

TOTAL BODY PROTOCOLS

The *Total Body ReSet Protocol* was devised to give hope to people suffering from what I term *Total Body Meltdown*. The protocol provides an effective starting point to put you on the path to wellness, but it can also keep you healthy and prevent any sort of "meltdown."

I will begin with *Total Body ReSet (TBR)* giving detailed, step-by-step guidelines for implementing the protocol. Then I'll outline the dosage instructions for *Total Body Immunity (TBI)*. Below these two protocols are *Additional Recommendations* that may be helpful for certain individuals as outlined in the Product Descriptions.

My basic theory is that most chronic disease is a combination of mineral deficiencies (mostly magnesium) and yeast overgrowth, and my *TBR Protocol* supports the structure and function of the body to overcome these conditions.

Currently, in 2020, we have come face-to-face with a breakdown in humanity's immunity and have become increasingly susceptible to viral assaults. As a result, I have implemented a *Total Body Immunity* protocol to address this assault using the following layers of protection: *Pico Silver, Whole C ReSet, Pico Zinc, and D3-K2 ReSet*.

I have written many in-depth books about various Completement Formulas and they are available for immediate download at DrCarolynDeanLive.

You can read more about these formulas in the (over) one-dozen free eBooks available for immediate download at DrCarolynDeanLive.

TOTAL BODY RESET **Implementing the Protocol**

1. Hydration Guidelines

Hydration is key to allowing your new minerals to work optimally in your cells. Our stabilized ionic minerals are fully absorbed into cells and they pull water in after them. This extra water is necessary for metabolic functions. Therefore, while waiting for your *ReSet Formulas* to arrive, begin hydrating your body by increasing your water intake and adding sea salt, Celtic salt, or Himalayan salt – choose a salt that retains the color of the minerals – not a pure white refined sea salt.

Water Intake Guidelines: Drink ½ your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces per day.

Sea salt or Himalayan salt: Add ¼ tsp to every quart of drinking water – to one of those bottles, you will later add *ReMag* and *ReMyte*. Note: You can also add *Pico Silver*, *Pico Potassium* to that same water, but *Pico Zinc* should be taken alone in water and with food.

2. ReAline®

When your bundle of products arrives, begin taking your *ReAline* capsules to assist in “taking out the trash” because as you begin changing your diet and taking *ReMag* and *ReMyte*, your body will begin to detox creating detoxification end products that have to be cleared.

Dosage: 1 per day with or without meals for 1 week, then take 1 capsule twice per day.

Note: If you are already taking *ReMag*, don’t worry, just continue to take it as you begin adding the other formulas.

Product Description: L-methionine and L-aurine are sulfur-based amino acids that lend their sulfur molecules to the liver's sulfation detox pathways. The B vitamins in *ReAline* work synergistically with *ReMag*, methionine, and taurine. Four of the B vitamins are methylated and transfer methyl groups to the liver’s methyl detox pathways. The rest of the B vitamins are food-based, which makes them easily absorbed and highly effective. They are essential to support our neurological health, the adrenal glands, sugar metabolism, and much more. Don’t be concerned that these are not high dose B vitamins. Most B vitamins are synthetic and have to be high dose to force their way into vitamin receptor sites. Methylated and food-based B vitamins have no such issues. An in-depth discussion of *ReAline* and all its

benefits can be found in my free eBook [ReAline: Building Blocks to Detox](#).

3. ReStructure®

You can start to take *ReStructure* as soon as it arrives. It comes in a pouch that contains 22 servings. We also carry convenient individual packets for the gym, for traveling, or to determine if you love the product enough to purchase the pouch. Simply shake one scoop or one packet of *ReStructure* into 8 ounces of the liquid of your choice and drink to your health. I swallow my *ReAline*, *Whole C ReSet*, and *Flora ReVive* capsules, with my *ReStructure* drink.

Product Description: *ReStructure* is a highly digestible energy boosting protein powder for athletes. It's also compatible with Paleo, Keto, and Yeast Free diets, as well as a meal replacement for losing weight and balancing blood sugar. Protein is the main ingredient, but carbs and fats are part of the formula for the appropriate macronutrient balance. Add raw eggs for more Paleo protein; blend in nuts or add heavy whipping cream to make it Keto. If you are looking to increase your vegetable intake, blend in one or two handfuls of greens such as spinach, chard, kale, arugula, etc. *ReStructure* contains a "secret ingredient": the concentrated, dehydrated *RnA ReSet Drops (AKA RnA Powder)* that makes *ReStructure* the most unique meal replacement you will ever find. We think it's the *RnA Powder* that makes customers feel they are getting much more protein than is disclosed on the label because it's so easily digested. Mix with water, coconut milk, or almond milk for a delicious, healthy beverage charged with the power of *RnA Powder*. More information can be found in my free eBook, [ReStructure – A Formula to ReSet Your Body](#).

4. RnA ReSet Drops®

You can add *RnA ReSet Drops* at any time in your protocol; you may already be enjoying them.

Dosage: 1 drop under the tongue twice a day. Add 1-2 drops every week until you reach 15 drops twice a day, which is the average dose. Take *RnA ReSet Drops* 15 minutes away from food or drink.

Product Description: *RnA ReSet Drops* are the catalyst included in several of the *Completement Formulas*. They provide the impetus for RNA to make perfect copies of DNA for new cell development using the ionized minerals in *ReMag* and *ReMyte* as building blocks. Each batch of the *Drops* is tested through FDA-certified 3rd party labs, which provide our Certificates of Analyses that reveal the quality and consistency of our product. We ensure that each batch is free of organisms, allergens, and heavy metals and reflects the beneficial nutritional assets of biological sugars, amino acids, and stabilized ionic phosphorus.

The Radish Experiment below describes the power and potential of the *RnA ReSet Drops*.

The Radish Experiment

It's been difficult to explain the *RnA ReSet Drops*, so difficult that I haven't been able to write a book about them like I have for most of our other products. So, in order to satisfy our scientific curiosity, we funded the [Radish Experiment](#). You can click on the link to see our *RnA ReSet Drops* Webinar that shows the video of our experiment using *Mighty Mash* the "waste" product of the *Drops*.

Let me explain the process of making the *RnA ReSet Drops* and how we obtain the *Mighty Mash*. Our *RnA ReSet Drops* are extracted from a few hundred pounds of barley seeds that are germinated in huge rotating drums for several days. There's a lot more going on, but that's the basic process. The leftover barley sprouts, after squeezing out the *Drops*, when dried look and feel like straw. We call this straw *Mighty Mash*, and we've been experimenting with as a living fertilizer.

The Radish Experiment consisted of digging the *Mighty Mash* into the soil and planting radish seeds. One plot used the *Mash* while the other had no additions. Both plots were watered daily. The *Mash* plot was also sprayed with *Mash* tea twice a week. The tea consists of *Mash* soaked in a drum of water.

On Day 25, both plots were harvested. We were shocked to find that the *Mash* plot produced 85 pounds of large, beautiful bright red radishes. The non-*Mash* plot only produced 3 pounds of radishes that passed inspection. The majority were wormy, small, and deformed!

Here's what I realized from this amazing experiment. Insects, worms, bacteria, and weeds are only programmed to "attack" weak, dying, or dead life forms. It's their prime directive – to take out the trash. Humans, animals, and plants are surrounded by similar invaders and only succumb when they are in a weakened state. *RnA ReSet Mash* infused the radishes with life and energy and made them incompatible with the organisms looking to cull out the weak plants.

I say the same happens with humans and is abundantly clear that is happening with our current viral pandemic. We weaken ourselves with a poor diet, bad lifestyle, drugs, and negative emotions and then we easily succumb to infections.

If we have the right building blocks from *ReMag*, *ReMyte*, and *ReAline*, and an infusion of life force from *RnA ReSet Drops*, we are no longer victims to predators. To me, it's that simple, and that's why I created the *Completement Formulas*.

5. ReMag®

You may already be taking *ReMag*, but if not, after 4 days of *ReAlign* and *ReStructure*, add *ReMag*, starting with ¼ tsp per day in a quart of water and sipping it throughout the day. By doing this you allow a slow infusion of *ReMag* into the cells, not an overload that may not enter into the cells but could be lost in the urine or through the bowels. Every 2 days, add another ¼ tsp. Work up to a saturation dose of 2-4 tsp a day if you are trying to overcome a magnesium deficiency, if you are on medications, or if you are participating in athletic and/or work activities where you sweat out your minerals yet you need to keep working.

Note: If you are already taking *ReMag*, remind yourself of the dosage instructions and move on to #6 and begin adding *ReMyte*.

Product Description: Magnesium is required in 1,000 enzyme processes in the body and is responsible for 80% of known metabolic functions. *ReMag* is a unique, non-laxative, 60,000 ppm-concentrate of stabilized magnesium ions where 1 tsp equals 300mg of elemental magnesium. *ReMag* works synergistically with *ReMyte*. For more information, read my free eBook, [ReMag: Invisible Minerals Part I](#). You can use *ReMag Lotion*, described below, to help boost your magnesium levels.

6. ReMyte®

After a week of slowly building up *ReMag*, add ¼ tsp of *ReMyte* into the same quart of water and sip it through the day. Every 2 days, add another ¼ tsp. Work up to 1½ tsp a day. However, if you are taking 4 tsp a day of *ReMag*, take 2 tsp a day of *ReMyte* to balance the minerals.

Product Description: Every enzyme reaction in the body requires a vitamin or a mineral as a participating cofactor. *ReMyte* is a multiple mineral made by the same process as *ReMag*, which stabilizes the minerals as ions. While all the minerals in *ReMyte* support hundreds of enzyme processes and are necessary for countless body processes, 9 of the 12 minerals specifically improve the structure and function of the thyroid and are required to make thyroid hormones. Instead of purchasing a dozen different bottles of minerals, you just need one bottle of *ReMyte*.

Note: When you take *ReMyte*, it can “wake up” your thyroid and improve your metabolism. However, be aware that if you are on thyroid medication, you may find yourself a bit hyperactive or a little bit warm because you no longer need as much thyroid medication as you are taking. Be sure to check with your doctor about reducing your medication. For more information, read my free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

TOTAL BODY IMMUNITY

The following abstract, from the journal *Nutrients*, defines the importance of nutrients in supporting the structure and function of the immune system against viruses as indicated by the title: "Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect against Viral Infections."¹ This article completely validates the use of all our *Completement Formulas* and *Total Body Immunity Formulas* to maintain your health.

Public health practices including handwashing and vaccinations help reduce the spread and impact of infections. Nevertheless, the global burden of infection is high, and additional measures are necessary. Acute respiratory tract infections, for example, were responsible for approximately 2.38 million deaths worldwide in 2016.

The role nutrition plays in supporting the immune system is well-established. A wealth of mechanistic and clinical data show that vitamins, including vitamins A, B₆, B₁₂, C, D, E, and folate; trace elements, including zinc, iron, selenium, magnesium, and copper; and the omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid play important and complementary roles in supporting the immune system. Inadequate intake and status of these nutrients are widespread, leading to a decrease in resistance to infections and as a consequence an increase in disease burden. Against this background the following conclusions are made: (1) supplementation with the above micronutrients and omega-3 fatty acids is a safe, effective, and low-cost strategy to help support optimal immune function; (2) supplementation above the Recommended Dietary Allowance (RDA), but within recommended upper safety limits, for specific nutrients such as vitamins C and D is warranted; and (3) public health officials are encouraged to include nutritional strategies in their recommendations to improve public health.

Note: I do not endorse the use of vaccinations for viral influenza. A 2018 Cochrane Report² concluded that in a series of 52 studies, there was only a 1-2% benefit from taking a flu vaccine. This is a scientific fact that is being ignored.

The above abstract says that we can be supplementing nutrients above the RDA and even up to the upper limits of safety for vitamins C and D. Note that all of the nutrients mentioned (except iron) are in our *Total Body ReSet Formulas* and *Total Body Immunity Formulas*.

Our Total Immunity Formulas include: *Pico Silver*, *Whole C ReSet*, and *D3-K2 ReSet* and are taken along with our Total Body ReSet formulas *ReMag*, *ReMyte*, *ReAline*, *ReStructure* and *RnA ReSet drops*).

My research and experience tells me that you shouldn't need any other supplements. Practitioners try to promote many high dose antioxidants, but each of the products I'm recommending has antioxidant, anti-inflammatory, and anti-

infective properties and they give you ample protection and support

1. ReMag

I include ReMag in the *Total Body Immunity Protocol* because it controls 80% of known metabolic processes, which means it probably controls 80% of the immune system. The description of *ReMag* can be found above or in my [ReMag](#) book or in *The Magnesium Miracle*.

2. D3-K2 ReSet™

Vitamin D3 has emerged as an important addition to our anti-viral protocol to support the structure and function of the immune system.

Dosage: Take one capsule per day. If you are exposed to a possible viral infection, take 2 per day. If infected with a virus, take 3-4 per day, depending on your blood levels. See the information about GrassrootsHealth In Home Lab Testing on our website under [Research Project](#).

Product Description: It may be a surprise that I'm manufacturing a vitamin D3 dietary supplement because for many years I've spoken out against high dose vitamin D because in order to metabolize this vitamin into the active form you need more magnesium. Too much vitamin D can deplete magnesium and cause magnesium deficiency symptoms.

However, I've been exposed to the vitamin D research at GrassrootsHealth and became involved when they declared they wanted to learn more about the role of magnesium in vitamin D metabolism, just as I wanted to learn more available vitamin D. The In Home blood testing kit from GrassrootsHealth tests for magnesium, vitamin D, omega-3 fatty acids, and TSH so that we can learn whether we are taking enough of these nutrients to support the structure and function of our body and support our immune system.

Magnesium is so important in vitamin D metabolism that saturation levels of magnesium may be more effective in producing active vitamin D than high dose vitamin D. In fact, magnesium is required in 8 crucial steps of vitamin D metabolism. We will be able to answer this question with the research we are undertaking with GrassrootsHealth. Mainstream research is catching on. An *American Journal of Clinical Nutrition* trial concluded: "Our findings suggest that optimal magnesium status may be important for optimizing 25(OH)D status."3

Based on their testing, the GrassrootsHealth Scientific Panel recommends a

level of 40-60 ng/mL (100-150 nmol/L). I've been recommending 30-40ng/mL. However, the testing we are doing with GrassrootsHealth will determine if we need to recommend higher levels of vitamin D.

D3-K2 ReSet contains 5,000iu of vitamin D3, 100mcg of Vitamin K2, and 11mg of *RnA Powder*, the catalyst that powers many of our *Completement Formulas*.

The K2 component in D3-K2 ReSet is K2-MK7, which is the most active form of K2 that works to increase bone density, decrease fracture risk, increase heart health by reducing artery calcification. It actively directs calcium to the bones and teeth and along with magnesium keeps calcium out of soft tissues. It has a positive effect on testosterone and fertility in men and conversely decreases androgens that create polycystic ovarian syndrome (PCOS) in women. It helps in the production of insulin, suppresses genes that can promote cancer, and help exercise endurance by enhancing energy utilization.

All these functions remind me of what magnesium can do: supporting bone health, reversing calcification, enhancing hormone production, including insulin, and Krebs cycle energy production. It's not that one or the other is the major factor in these functions but that magnesium, vitamin K2, and vitamin D all work together synergistically. In fact, I'd say that some of the activities of vitamins D and K2 may occur because of magnesium. I'll go into these functions in more detail in a book I'm writing called [*Total Body Immunity*](#).

3. Whole C ReSet™

This formula is an organic Vitamin C complex comprised of acerola, tart cherry, whole fruit complex, and *RnA Powder*. Each capsule provides 250mg of vitamin C and 1,346 mg of Vita-C Fruit Blend.

Dosage: Take 1 capsule twice daily with or without food. If exposed to viral infection, increase your dosage to 2 capsules 4 times per day.

Product Description: Vitamin C is still the most popular vitamin in the world. However, most vitamin C supplements consist of one ingredient, ascorbic acid, which is printed plainly on the supplement label. *Whole C ReSet* is an organic Vitamin C complex contains natural ascorbates, all of which occur in food, but only 8 of which have been identified. There is a synergistic effect of the multiple ascorbates working together with a number of inseparable phytochemicals and co-factors such as polyphenols, including, anthocyanins, proanthocyanins, ellagic acid, chlorogenic acid, resveratrol, quinic acid, rutin, bioflavonoids including vitamin P, Factor K, Factor J, Factor P, ascorbinogen, and certain structural proteins, and various enzymes like tyrosinase. Thus, a Vitamin C complex formula is much more inclusive than a simple ascorbic acid ingredient.

Vitamin C complex is essential to 8 enzyme processes in the body. It assists in the growth, maintenance, and repair of tissues, including skin, blood vessels, bones, and teeth. It is a powerful antioxidant necessary for wound healing and it helps eliminate bruising. High amounts of vitamin C complex are found in the adrenal glands and in the eyes.

In the book *Sugar Crush* by Dr. Jacoby I learned how Vitamin C complex specifically helps stabilize blood vessels and consequently prevent heart disease. Dr. Jacoby says:

Dr. John Ely developed the glucose-ascorbate antagonism theory. This theory stated that glucose and vitamin C compete against one another for the insulin they need to migrate into your cells and do their jobs. In that competition, glucose trumps vitamin C. This means that the more glucose circulating in the blood, the less vitamin C will enter the cells. When vitamin C is missing, your body will not convert L'arginine (an amino acid) to nitric oxide (a blood vessel vasodilator). Instead, it will convert to peroxynitrite, causing excessive constriction of the endothelium (in blood vessels) and reduction in blood flow (leading to hypertension).

Ascorbic Acid Antiviral Mechanisms:

Direct antiviral mechanisms

1. Disruption of viral capsid by structurally interfering with the sugar part of its glycoprotein envelope.
2. Damage of the viral capsid due to ascorbic acid's redox capacity when given in pharmacological doses.
3. Inhibition of viral replication when provided in pharmacological doses by creating a hostile environment for this activity to occur, in addition to inhibiting viral replication enzymes.

Indirect physiological mechanisms

1. Increases cellular Immunity (White blood cells, neutrophils, macrophages, lymphocytes, NK cells).
2. increases humoral immunity (B cells, antibodies).
3. Increases antiviral proteins (Interferon).
4. Increases energy by providing necessary electrons and electron movement for mitochondrial ATP generation.
5. Limits the main source of fuel of pathogenic organisms, sugar, when provided in pharmacological doses.

6. Potent, quick antioxidant action when provided in proper doses to prevent the dangerous and severe pathological cascade of the cytokine storm.
7. Maintains structural integrity of cells by favoring collagen formation.

4. **Flora ReVive™**

This product is our soil-based probiotic/prebiotic formula and is an important part of our *Yeast Detox Protocol*.

Dosage: 1 capsule twice a day taken with or without food. The ingredients in *Flora ReVive* do not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule.

Product Description: Each veggie cap of *Flora ReVive* contains:

- 1) *Saccharomyces Boulardii* – 5 billion CFU (colony forming units) per capsule. *S. Boulardii* is a type of yeast that helps keep *Candida albicans* and gut bacteria in balance. This is a hardy probiotic that survives stomach acid and does not require refrigeration.
- 2) Humic-Fulvic Acid (325mg), derived from high-carbon humus found in ancient compacted plant material that is broken down by soil bacteria. This rich plant material contains probiotics, prebiotics, phytochemicals, enzymes, and minerals, and is the basis for all soil-based probiotics. Humic-Fulvic acid is high in oxygen and antagonistic to *Candida albicans* and biofilms.
- 3) Inulin (100mg), a complex sugar from plant roots. This prebiotic stimulates the growth of beneficial bacteria, which helps improve digestion, immunity, and overall health.

I have written an eBook called [Flora ReVive](#) that will give you a tremendous amount of information about your intestinal microflora and how to bring it back into balance.

5. **Pico Silver™**

Pico Silver supports the structure and function of the immune system against any type of infectious organism – bacteria, virus, or fungus.

Dosage: Varies from 1 tsp a day for maintenance up to 6 tsp a day for an acute infection. *Pico Silver* can be taken directly off the spoon or in sea-salted water, or

mixed in with juice, or a smoothie along with *ReMag* and *ReMyte*. It is the only pico mineral that is tasteless.

Product Description: I decided to have *Pico Silver* made with the same stabilized ion technology as *ReMag*, *ReMyte*, and *ReCalcina* so that all of our minerals would be compatible. I was thrilled that the first time I used it for an "airplane cold," 6 tsp throughout the day knocked it out overnight.

The silver ions that make up *Pico Silver* attach to WBCs to seek and destroy bacteria, viruses, and fungi and augment the myriad of other functions of WBCs. *Pico Silver* ions can safely detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as they fight infection. *Pico Silver* stimulates stem cell production enhancing all cell tissue types in the body and participating in tissue regeneration including remarkable wound healing. *Pico Silver* does not build up in tissues and it does not kill off good bacteria; instead, it balances the intestinal microbiome.

Read my booklet [Pico Silver: Clearing up the Controversy](#) for a good overview and [The Silver Report](#) for a more in-depth report on the power of our silver ions.

6. Pico Zinc™

Zinc supports the structure and function of the immune system and has become more relevant in the current requirement for us to have a valid viral defense. We learned that clinically hydroxychloroquine acts as an ionophore that allows zinc to enter into the cells where it is an effective anti-viral. However, *Pico Zinc* is a stabilized ion of zinc which is its own ionophore and readily enters into cells without needing any help.

Zinc-containing enzymes are involved in many aspects of metabolism, many of them overlapping and intersecting with magnesium enzymes. Here are a few activities that relate to the immune system. For a more complete list, see my book [Total Body Immunity](#).

1. Blood formation
2. Vitamin A metabolism
3. Wound healing (zinc travels to wound sites: burns, abscesses, injury, and surgery)
4. Free radical protection with superoxide dismutase with zinc as a cofactor
5. Sensory functions (vision, hearing, smell, and taste)
6. Immune defense (cellular and antibody immunity)

Dosage: I considered recommending taking 1/2 tsp (20mg) of *Pico Zinc* with a

meal once daily for one week per month as a preventive measure. But, zinc does not have an efficient storage system so, it's best to take some daily. You are already doing that because there are 3mg of stabilized ions of zinc already in your *ReMyte* minerals per $\frac{3}{4}$ tsp dose.

However, during times of high viral activity with COVID-19, on top of the 6 mg of zinc in your 1.5 tsp of *ReMyte*, I recommend adding 5-10mg of *Pico Zinc* daily. I highly recommend that you take it with meals because it may cause some slight nausea if taken alone.

Label instructions show that $\frac{1}{2}$ tsp of *Pico Zinc* equals 20 mg, so for 5 mg you would take $\frac{1}{8}$ th tsp and for 10 mg you would take $\frac{1}{4}$ tsp. If you want to use a dropper – $\frac{1}{2}$ tsp equals 60 drops, $\frac{1}{4}$ is 30 drops, $\frac{1}{8}$ th is 15 drops.

If you are exposed to a viral infection, the protocol changes. Take $\frac{1}{2}$ tsp twice a day for 2 weeks. If you still have symptoms, take $\frac{1}{2}$ tsp per day for another 2 weeks, then go back to maintenance dose of $\frac{1}{8}$ th or $\frac{1}{4}$ tsp per day. Taken With Food.

Product Description:

Zinc, according to the NIH Office of Dietary Supplements, plays an important role in the structure and function of the immune system. It is cofactor for nearly 100 enzymes in the body. Zinc has a role in:

1. Protein synthesis
2. Wound healing
3. DNA synthesis
4. Cell division
5. Supporting normal growth and development during pregnancy, childhood, and adolescence
6. The sense of taste and smell.

Unlike many other minerals, daily intake of zinc is required to maintain these functions because the body has no specialized zinc storage system.

Pico Zinc[™] follows the tradition of our *ReMag*®, *ReMyte*®, *ReCalcia*®, and *Pico Silver*[™] as a stabilized picometer-ion of zinc. The source of *Pico Zinc*[™] is a pure zinc lactate.

I've known for decades of the importance of zinc but it recently came to public attention because of its interaction with hydroxychloroquine. This decades-old malaria drug acts as an ionophore, which opens up mineral channels in the cells

allowing zinc entry into the cells to kill viruses! Because our stabilized zinc ions are smaller in diameter than the body's cell mineral ion channels, *Pico Zinc* is readily absorbed and acts as its own ionophore and doesn't require hydroxychloroquine or the 6 transporter proteins that normally facilitate the movement of zinc.

One of the cautions about zinc is that if it is taken long term (for several months) and in high doses (over 40mg per day) it can cause copper deficiency. My *ReMyte* is low dose zinc and low dose copper to avoid even the most remote chance of having zinc lower copper levels.

ADDITIONAL RECOMMENDATIONS

The following products can be added to the *Total Body ReSet* or the *Total Body Immunity Protocols* according to individual requirements. They will all definitely help in supporting the structure and function of your body as it overcomes *Total Body Meltdown*.

1. ReMag Lotion

ReMag Lotion is a superior hydrator that smooths and softens the skin. The skin is hydrated from inside-out by drinking enough water with sea salt and *ReMag*. And from outside-in with *ReMag Lotion*. Together they support the structure and function of the skin – the biggest detox organ in the body.

Before I began using *ReMag Lotion* as a body cream, I had keratosis pilaris – that's a very fancy name for a common, harmless skin condition that causes dry rough patches and tiny bumps, mostly on the upper arms. The ability of *ReMag Lotion* to clear this decades-old condition proved to me its value in healing the skin.

ReMag Lotion can also clear, lighten, and brighten the skin, reducing redness, acne spots and blocked pores as it improves the function of skin cells. Magnesium help balance hormones that can affect the skin, including lowering the stress hormone, cortisol.

Many people use *ReMag Lotion* either for themselves or for their children to improve their magnesium levels.

2. ReCalcium®

ReCalcium is our calcium formula that you may want to add to your program if you are not obtaining sufficient calcium in your diet. I recommend 600 mg daily. See the calcium food list in my eBook, [ReMyte & ReCalcium: Invisible Minerals Part II](#).

Dosage: On the days you are not getting 600mg of calcium, you can take *ReCalcium* (1-2 tsp per day, the equivalent of 300-600mg per day). Also, pay attention to your intake of *ReMag*. Magnesium intake should be 1:1 with calcium. However, if you are very magnesium-deficient or if your body is trying to break down calcified soft

tissues, you may require more magnesium and less calcium in the first several months of treatment. During this time your magnesium to calcium ratio may be 2:1 or even 3:1.

3. Pico Potassium

Pico Potassium is a stabilized ionic form of potassium that is fully absorbed at the cellular level.

Product Description: I hesitated for years to make a stabilized picometer, ionic form of potassium because the FDA advises only 99mg per dose. With the RDA at 4,700, it made more sense to tell people to eat lots of potassium-rich foods. However, the recent diet fads of Paleo, Keto, and Carnivore mean a lot less vegetables and a lot less potassium. You can track your potassium intake with the [Cronometer App](#) and if you aren't getting 4,700mg per day, then you can take *Pico Potassium* to make up the difference. But since *Pico Potassium* has superior absorption you likely only need half of the amount indicated. Consult my *Pico Potassium* booklet for more information about the drugs, like diuretics, that deplete potassium and how you can also follow your blood tests to determine your potassium requirements.

Dosage: One 99mg dose of *Pico Potassium* is in ¼ tsp.

Remember, potassium and magnesium go together so you must continue to saturate with ReMag so that potassium can be properly absorbed and utilized.

4. ReNew Serum

ReNew Serum provides you with leading-edge skin enrichment. A labor-intensive process creates a 25X concentration of our *RnA ReSet Drops* formula. *ReNew* is superior to any serum presently on the market because it contains the unique and newly created iCell. Like the *RnA ReSet Drops*, it directs RNA to make perfect DNA copies in perfect cells.

ReNew benefits from having all of the previous generations of Drops blended together. We are now in our 170th generation of *RnA ReSet Drops*, which means no other formula will ever duplicate its properties. By using *ReNew* transdermally you will absorb the benefits of the *RnA ReSet Drops* through the skin – especially if you have any concerns about taking *RnA ReSet Drops* orally.

5. ReNew Face Cream

ReNew Face Cream is a unique cosmetic formula that is a synergistic blend of our healing *ReNew Serum*, our hydrating *ReMag Lotion*, and our antioxidant *Whole C ReSet*. It's a formula that I developed out of my personal desire to have a powerful face cream. I've been using *ReNew Serum* on my face for years but found it too heavy and flaky when it dries so I began mixing it with *ReMag Lotion*. When we developed *Whole C ReSet*, with its 8 Vitamin C Complex elements, I decided to include that as a potent antioxidant that goes far beyond the synthetic ascorbic acid that is in most high-end face creams.

Here are the ingredients of *ReNew Face Cream*:

- a. *ReNew Serum* has the *RnA ReSet Drops* property of directing RNA to make flawless copies of DNA and create perfect cells. View our *RnA ReSet Drops* Webinar [Radish Experiment](#) for a glimpse at the life force that emanates from the iCells in the *Drops*.
- b. *ReMag Lotion* is a superior hydrator that smooths and softens the skin. The skin is hydrated from inside-out as well as outside-in, therefore oral *ReMag Liquid* and transdermal *ReMag Lotion* doubly support the structure and function of the skin – the biggest detox organ in the body. *ReMag Lotion* can also clear, lighten, and brighten the skin, reducing redness, acne spots and blocked pores as it improves the function of skin cells. Magnesium help balance hormones that can affect the skin, including lowering the stress hormone, cortisol.
- c. *Whole C ReSet*, in addition to its antioxidant functions, regulates the synthesis of the structural protein collagen, which repairs damaged skin. How do we damage our skin? Let me count the ways: sun, chemicals in cosmetics, chemicals in our air, food, and water, lack of proper sleep, exercise. Poor diet and lack of proper hydration that includes sea salt.

ReNew Face Cream can be used on a daily basis to revive, restore, and brighten your precious skin.

6. Blue Ice Royal – Vitamin A, D3, K2

We do not make this product because Green Pasture has done such a great job of creating a food-based supplement that provides you with Vitamins A, D3, K2, and fish oil. It's food-based, made from fermented cod liver oil and butter oil. For additional Vitamin D, try to get 20-30 minutes of sun exposure per day. You can obtain *Blue Ice Royal* on our website, [RnA ReSet](#).

Dosage: One capsule twice per day.

Note: We are learning from our GrassrootsHealth research project that myself and many of our customers are below the optimum levels of vitamin D. Therefore, I recommend taking *D3-K2 ReSet* along with *Blue Ice Royal*.

7. Mighty Mash

Might Mash (MM) is a soil amendment formula that supports the structure and function of soil bacteria and the life and vitality of the soil. MM will help to reclaim the soil that has been depleted for a century. MM is composed of dried barley sprouts that are left over after we extract the *RnA ReSet Drops*. The Mash still contains the iCell and provides living nutrients to the soil. You can see the wonders of Mighty Mash by viewing our webinar called *RnA ReSet Drops*. At the 18-minute mark I describe the results of the [Radish Experiment](#), which used MM to produce amazing results. You can also read the description of the Radish Experiment under the [RnA ReSet Drops](#).

RESOURCES:

- For free eBooks visit [DrCarolynDeanLive](#).
- My live, 2-hour, call-in radio show is Monday's at 4pm Pacific Time on <https://dreamvisions7radio.com/dr-carolyn-dean/>
- You can listen to a live stream of my previously recorded shows on <http://achieveradio.com/carolyn-dean-radio/> or search my radio show archives by subject at [DrCarolynDeanLive.com](#).
- For RnA ReSet Customer Support: Call 1-888-577-3703 or Email support@rnareset.com.

THE DOCTOR OF THE FUTURE



Dr. Carolyn Dean is a medical doctor and naturopath. She's the author of over [35 books](#) including best seller *The Magnesium Miracle* (2017) along with *IBS for Dummies*, *Hormone Balance*, *Death by Modern Medicine*, and over 110 Kindle books. In 2011, she launched [RnA ReSet](#) and brought her 50 years of experience into her proprietary, unique formulations that give every individual at any stage of wellness or illness the necessary building blocks for sustained health, vitality and well-being. Dr. Dean's blog is at [Dr.CarolynDean](#). Free eBooks and her radio show archives are at [Dr.CarolynDeanLive](#).

Disclosure

Dr. Dean has a creative and economic interests in the innovative products of RnA ReSet, including, but not limited to: *RnA ReSet Drops*, *ReMag*, *ReMyte*, *ReAline*, *ReCalcia*, *Pico Potassium*, *ReStructure*, *Pico Silver*, *Pico Zinc*, *Flora ReVive*, *Whole C ReSet*, *ReNew Serum*, *ReNew Face Cream*, and our agricultural product, *Mighty Mash*. For more information regarding all the Completement Formulas, go to the product website [RnA ReSet](#). If you have questions, email Customer Service at support@rnareset.com. If you wish to place an order by phone, call 1-888-577-3703.

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