

Total Body Meltdown & The 65 Reasons Why



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INTRODUCTION

Total Body Meltdown: Where Nothing Works and Everything Hurts describes the current state of health of many of our customers who are trapped in a health care system that is more about the system than about the care. Traditionally, when you are suffering *Total Body Meltdown*, you are shunted into a system that separates you into body parts, treating each part individually with an FDA-approved drug or surgery.

As you will see, we put the “care” back in Health Care with my *Total Body ReSet*, which is designed to relieve you of the stress of thinking that your *Total Body Meltdown* is due to a dozen different health conditions; that your genes are malfunctioning; or that you need extensive medical testing; and dozens of drugs and supplements.

In the following pages I’m going to discuss how to ReSet Your Body to its Default Setting of Total Health; The Layers of Illness; The Downward Spiral; and The Sixty-Five Magnesium Deficiencies that are often misdiagnosed as individual diseases. I will also show how each of these symptoms begins at the same starting points – Magnesium Deficiency and Yeast Overgrowth.

With a combination of luck, commonsense, and decades of research, I’ve come to this conclusion and managed to implement a protocol that ReSets the body at the cellular level and allows its natural healing power to “be in the driver’s seat.”

My approach is the opposite of allopathic medicine. I seek natural, commonsense solutions to illness. In contrast, allopathic medicine digs deeper into the minutia of the body – blaming genes, mitochondrial failure, lack of vaccines, and drug resistance for their failure to end the epidemic of chronic disease.

Even their newest offering, [Biologic Drugs](#), do not support the body's natural drive for wellness. Let me explain what I mean. Now that vaccines are under attack, Big Pharma is advancing what they call Biologic Drugs as their new Holy Grail. A Biologic Drug is a product that is produced from living organisms or contain components of living organisms. I suppose the word biologic is meant to assuage people's fears about synthetic drugs. But Big Pharma really has no control over these drugs that may go rogue at the drop of a molecule. More precisely, the body's surveillance systems and the trillions of microorganisms in the gut could turn these biologics into something quite dangerous.

The other downsides are that biologics are expensive, can only be given by injection, and are so new that we don't have proper long-term studies on them. Additionally, any "new" class of drugs in the beginning stages will benefit from the placebo effect of "newness." It's not until the dust settles that we truly know the fallout from any new class of drugs.

That's why I take the high road and support the body at the cellular level to have all the nutrients in play that will allow the body to make perfect cells and continue its mandate to keep us alive and healthy. Of course, this is something drug companies will never get behind because what I do is not patented and not controlled by Big Pharma, Big Medicine, and Big Money.

Another challenge in dealing with Total Body Meltdown is that some holistic practitioners mimic allopathic medicine instead of adopting these simple protocols. These are the doctors that are driving personal genetic testing, hair analysis, amino acid analysis, hormone analysis, nutrient testing, and extensive blood and urine testing on everything under the sun. This large scale testing, and the dozens of supplements and processes these practitioners recommend arising from the testing, are extremely expensive and only

complicate an already complex picture.

For example, genetic testing for the most part sets you up for failure because testers identify your top 100 gene variations. These tests are the very definition of “too much information” (TMI) and freak people out because there are no treatments for gene variations. Many of our customers have told us that the fear of succumbing to these conditions leaves them in shock and feeling they have lost control of their health. They wish they never had the testing.

I’m sure some people benefit from genetic testing – but without natural treatment protocols many people are misdirected down the medical rabbit hole. The new self-appointed genetic “specialists” are “making it up” as they go along because there has not been enough research and there is no consensus on how to counsel people with gene variations. To cover their “assets” these counselors recommend more medical testing, which often leads to more potentially scary findings. They offer preventive medications or preventive surgery to remove offending body parts “just in case”.

Another legal privacy issue is if you happen to have a rare genetic profile, they own that profile, because you signed away your rights to your genes. With a rare genetic profile, you could be recruited to be a lab rat, so they can experiment on your genome.

THE LAYERING OF ILLNESS

The first years of my Toronto practice, from 1979 to 1985, were spent identifying hypoglycemia and allergies in my patients. I urged my patients to avoid sugar and their allergy triggers. This trend continued until the mid 80s when I began seeing patients with Chronic Fatigue Syndrome (CFS) and Yeast Overgrowth.

Yeast evolved from overuse of antibiotics and a highly refined diet. Unbeknownst to most of the population, white flour and white sugar products - bread, donuts, bagels, cakes, and cookies -- caused hypoglycemic episodes and were also feeding intestinal yeast. Along with CFS came adrenal fatigue and hypothyroidism. Each condition and symptom added another layer, and very few doctors grasped the larger picture.

In 1993, when I moved to Manhattan and was involved in AIDS and CFS research, most of my patients had many layers of infection indicating that yeast toxins had decimated the immune system. It wasn't until the late 1990s that I realized magnesium deficiency along with yeast overgrowth were at the root of most chronic diseases. By the 2010s, early menopause, adrenal fatigue, and hypothyroidism became epidemic.

Total Body Meltdown is the obvious result of the progressive layers of all of these imbalances and co-infections remaining basically untreated in someone's body. At first, I wondered if people might think me insensitive to talk about their Total Body Meltdown, but I'm happily surprised that it's a term that everyone completely identifies with and feels that it accurately describes what they were going through.

BREAKING DOWN THE LAYERS

- Hypoglycemia – Caused by a high sugar and simple carbs diet.
- Allergies – Likely due to yeast overgrowth from exposure to sugar and antibiotics causing a leaky gut. Allergens and undigested molecules enter the blood stream through a leaky gut. Nasal and sinus membranes are also irritated by yeast and cause inhaled allergies.

- CFS – A combination of magnesium deficiency and yeast overgrowth caused by the Downward Spiral (see below).
- Fibromyalgia – A cousin of CFS but with more severe magnesium deficiency causing symptoms of muscle spasms and trigger points.
- Hypothyroidism – Yeast toxins block thyroid hormone receptors and magnesium deficiency interferes with temperature regulation. Read my book [Total Body ReSet for Your Thyroid](#).
- Adrenal Fatigue – The stress of illness and misdiagnosis creates a level of PTSD in a person and contributes to an ongoing magnesium deficiency that makes the adrenals trigger happy and depleted.

THE DOWNWARD SPIRAL

In a paper about Chronic Fatigue Syndrome and Fibromyalgia that I wrote in 1988, I identified an ongoing downward spiral of health that has become epidemic and leads to these chronic diseases. It astounds me how many people say that this downward spiral mimics their health decline.

- Diaper rash, caused by Candida - YEAST
- Childhood immunizations - TOXINS
- Childhood ear infections - YEAST
- Colic due to antibiotics and soy formula – YEAST - ALLERGIES
- Dairy allergy - YEAST
- Tubes in the ears – anesthetic – TOXINS – MAGNESIUM DEFICIENCY

- Tonsillectomy – anesthetic – TOXINS – MAGNESIUM DEFICIENCY
- Gas and bloating – soy formula – YEAST - ALLERGIES
- Eczema - cortisone creams – YEAST
- Allergies to foods – LEAKY GUT – YEAST
- Asthma - corticosteroid inhalers - YEAST
- Multiple colds and flus - more antibiotics – YEAST, WEAK IMMUNE SYSTEM
- Annual flu vaccines contain mercury preservative - TOXINS
- Cravings for sweets – YEAST
- Dental cavities – mercury - TOXINS
- Acne – antibiotics - YEAST
- Mononucleosis – YEAST, WEAK IMMUNE SYSTEM
- Bladder infections – antibiotics – YEAST
- Birth control pills – YEAST, B VITAMIN DEFICIENCY
- Pregnancy – YEAST, MAGNESIUM DEFICIENCY, B VITAMIN DEFICIENCY, ZINC DEFICIENCY
- Chronic sleep deprivation and insomnia – MAGNESIUM DEFICIENCY
- Irritable bowel syndrome – YEAST, MAGNESIUM DEFICIENCY
- Chronic sinus infections – antibiotics – YEAST, WEAK IMMUNE SYSTEM
- Hypothyroidism – MINERAL DEFICIENCY

- Chronic fatigue & Fibromyalgia – more drugs – TOXINS, MAGNESIUM DEFICIENCY, YEAST
- Environmental allergies – YEAST
- Dysmenorrhea, irregular, infertility, PMS – MAGNESIUM DEFICIENCY
- Infertility – fertility drugs – MAGNESIUM DEFICIENCY, TOXINS
- Depression, anxiety, panic attacks, and palpitations are treated with antidepressants and psychotherapy – YEAST, MAGNESIUM DEFICIENCY
- Early Menopause is medicated with synthetic hormones – MAGNESIUM DEFICIENCY, YEAST

NOTE: Every step of this spiral can be treated with drugs leading to multiple layers of side effects.

AUTOIMMUNE DISEASE

How does medicine define complex, multisystem conditions? They throw them into the autoimmune bucket or they blame your genes.

Medicine has a very limited understanding of Autoimmune Disease. One medical website says, "Your body's immune system protects you from disease and infection. But if you have an autoimmune disease, your immune system attacks healthy cells in your body by mistake. Autoimmune diseases can affect many parts of the body. No one is sure what causes autoimmune diseases."

The scary part about this statement is that nobody has a clue what causes autoimmune disease. Yet medicine acts like they know enough to treat

it with a barrel-full of drugs.

Here's my take on autoimmune disease. First of all, I don't think the body attacks a "healthy self" but it will attack a diseased self. So, you have to already be diseased or damaged to find yourself diagnosed with an autoimmune disease.

Our amazing [Radish Experiment](#) comes to mind when I think of autoimmune disease and a "diseased self." Click on the link above to see the webinar about RnA ReSet Drops and the video of our experiment using the "waste" product of the drops.

Our RnA ReSet Drops are squeezed out of 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 when dried look and feel like straw. We call it 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 the other had no additions. Both plots were watered daily. The Mash plot was also "watered" with Mash tea – Mash soaked in a drum of water that was sprayed onto the Mash plot twice a week.

On Day 25 both plots were harvested. The Mash plot produced 85 pounds of beautiful 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 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. We weaken ourselves with a poor diet, bad lifestyle, negative emotions and are told we have autoimmune disease. If we have the right building blocks from *ReMag*, *ReMyte*, *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.

Even before the *RnA ReSet Drops* and the Radish Experiment, I knew that the 178 toxins from yeast could trigger autoimmune reactions by cross-reacting with body tissues. This fact was proven by immunologist [Dr. Aristo Vojdani](#). Treating yeast overgrowth walks hand in hand with treating magnesium deficiency when overcoming autoimmune disease.

LOOKING FOR A REASON

When we fall ill we spend a lot of time, energy, and money trying to find out what went wrong. It's called, "Looking for a Reason." Finding out what's wrong can turn off that question and allow us to get better, but not finding out can hamper our healing.

If you have a number of symptoms listed in the Downward Spiral, do you take each of your body parts to a different specialist? Or do you realize magnesium deficiency and yeast overgrowth could explain the underlying reason why you are ill?

I tell people all the time that what they have been told is heart disease may in fact be magnesium deficiency. The latter is much less scary because you know you can saturate your body with magnesium. Moreover, when your heart symptoms are alleviated, that confirms magnesium deficiency as the underlying cause.

Dozens of different health conditions share common symptoms, which again implicates magnesium deficiency and yeast overgrowth. In *The Magnesium Miracle* (2017), I listed the following 65 conditions that can be caused by magnesium deficiency but are misdiagnosed as a medical condition and treated with drugs and/or surgery.

Even if you have been diagnosed with one or more of these conditions, be mindful that you may simply have magnesium deficiency and yeast overgrowth. The list is about magnesium deficiency, so I'll add the yeast overgrowth component where it applies.

Magnesium Deficiency Diseases

- 1. Acid reflux.** Spasm of the lower esophageal sphincter at the juncture of the stomach can leave the sphincter open causing acid reflux, GERD or heartburn. **Magnesium** relieves esophageal spasms. **Yeast** can grow in the stomach and produce gassy toxins and symptoms of heartburn.
- 2. Adrenal fatigue.** Adrenal fatigue follows after a time of chronic stress, anxiety, and panic attacks, and it seems to be occurring in epidemic proportions. Adrenaline, noradrenaline, and cortisol (elevated in chronic stress) deplete magnesium. Stress causes excess elimination of magnesium through the urine, further compounding magnesium deficiency. Stress is such an overworked word, but we all suffer physical, emotional, and mental stress every day, and every bit of it drains **magnesium**. Elevated cortisol can feed yeast and contribute to **yeast overgrowth**.

- 3. Alzheimer's disease.** Magnesium blocks the neuroinflammation caused by the inappropriate deposition of calcium and other heavy metals in brain cells. **Magnesium** is at work even before the inflammation appears, guarding cell ion channels and not allowing heavy metals to enter. Picometer, stabilized ionic magnesium (*ReMag*) easily enters cells and can help eliminate heavy metals and solubilize calcium. **Yeast** toxins can cause brain fog that can aggravate brain symptoms.
- 4. Angina.** The pain of angina is caused by severe muscle spasms in heart muscles, which are caused by **magnesium** deficiency. The heart ventricles have the highest levels of magnesium in the whole body; this is why it is so important for the pumping function of the heart.
- 5. Anxiety and panic attacks.** When the adrenals are no longer protected by sufficient **magnesium**, the fight-or-flight hormones, adrenaline and noradrenaline become more easily triggered. When they surge erratically, they cause a rapid pulse, high blood pressure, and heart palpitations. The more magnesium-deficient you are, the more exaggerated is the adrenaline response. Magnesium calms the nervous system, relaxes muscle tension, and lowers the pulse rate, helping to reduce anxiety and panic attacks. **Yeast** toxins can aggravate anxiety by producing brain fog.
- 6. Arthritis.** Magnesium can help dissolve calcium that builds up in joint spaces. It also can treat the pain and inflammation of arthritis as a safe substitute for pain medication. **Yeast** toxins can deposit in the joints.
- 7. Asthma.** Histamine production and bronchial spasms (in the smooth muscles of the bronchial tract) both increase simply as a result of magnesium deficiency. **Yeast** toxins can cause mucus build up in the lungs.
- 8. Atherosclerosis** with calcium deposits. **Magnesium** is necessary to help dissolve calcium and keep it soluble in the bloodstream. Magnesium, along with vitamin K2, helps direct calcium to the bones where it belongs.
- 9. Blood clots.** Magnesium does not act like a blood-thinning drug. Instead, it prevents the calcium build up that triggers clots. **Magnesium** naturally balances the blood clotting factors in the blood. **Yeast** toxins can thicken the blood, which can become worse with dehydration.

- 10. Bowel disease. Magnesium** deficiency slows down bowel peristalsis, causing constipation, which can lead to toxicity as well as symptoms of colitis, IBS, diverticulitis, and Crohn's disease. **Yeast** toxins can contribute to constipation and/or diarrhea.
- 11. Brain dysfunction.** You can obtain a free copy of the 355-page book, *Magnesium in the Central Nervous System* (2011) online and read an extensive overview of the beneficial effects of **magnesium** on the brain. **Yeast** toxins cause brain fog.
- 12. Bruxism or teeth grinding.** Up to 80% of cases of bruxism occur during sleep and your dentist may be the first to notice that your teeth are being gradually worn down. Bruxism is related to clenching of the jaw muscles during the day and is usually associated with stress or anxiety. Any muscle tension can be the result of **magnesium** deficiency.
- 13. Cholesterol elevation.** When I was in medical school in the mid-1970s, normal cholesterol levels were around 245 mg/dL. In the first edition of *The Magnesium Miracle*, I reported allopathic medicine's "normal" value of cholesterol at 180–220 mg/dL. Now, doctors are advising that cholesterol should be below 200 mg/dL (5.2 mmol/L) to be considered normal. What doctors don't seem to know is that **magnesium**, bound to ATP Mg(2+)-ATP, is the controlling factor for the rate-limiting enzyme in the cholesterol biosynthesis sequence that is targeted by the statin pharmaceutical drugs. Thus, magnesium is responsible for naturally slowing down HMG-CoA reductase activity when cholesterol is present in sufficient quantities. To repeat, this is the same enzyme that statin drugs target for destruction, while creating magnesium deficiency.
- 14. Chronic fatigue syndrome.** It is remarkable how much **magnesium**, especially *ReMag*, can help people get their energy back and get back on track by taking therapeutic magnesium. We still don't know what causes CFS but I wonder if calcium excess and magnesium deficiency could be the underlying cause of mitochondrial dysfunction that many natural medicine practitioners say can trigger chronic fatigue syndrome and other chronic diseases. **Yeast** overgrowth is the second reason for the epidemic of CFS. And along with the yeast come the many other layers of infection that are common in CFS. I would follow the yeast protocol in *ReSet The Yeast Connection* paying special attention to Pico Silver.
- 15. Cystitis.** Magnesium deficiency causes bladder spasms, which can cause urinary frequency often misinterpreted as a bladder infection. Magnesium deficiency can also allow calcium to build up in the lining of the bladder and urethra causing irritation that mimics

cystitis. We've had reports from elderly women who have thrown away their adult diapers because, apparently, *ReMag* dissolves bladder tissue calcification and eliminates incontinence. **Yeast** toxins discharging from the bladder can mimic the irritation of a bladder infection.

- 16. Depression.** Serotonin, a neurotransmitter that elevates mood and depends on magnesium for its production and function whether it's made in the brain or in the intestines. Dopamine, a neurotransmitter that helps control the brain's reward and pleasure centers utilizes **magnesium** in several steps in its biochemical pathway. A magnesium-deficient brain is also more susceptible to allergens and foreign substances, which in some instances can cause symptoms similar to mental illness. **Yeast** toxins can invade a susceptible brain.
- 17. Detoxification.** Magnesium is crucial for the removal of toxic substances and heavy metals such as mercury, aluminum, and lead from the cells. **Magnesium** is a cofactor in both the production of glutathione and the function of the P450 detoxification systems in the liver. Yeast toxins are part of the total toxin load.
- 18. Diabetes.** Magnesium is necessary to make and secrete insulin; it facilitates carbohydrate metabolism; and allows insulin to transfer glucose into cells. Otherwise, glucose and insulin build up in the blood causing various types of tissue damage. Tyrosine kinase, an enzyme that allows glucose entry into the cell (along with insulin) is **magnesium-**dependent. Seven of the ten enzymes needed to metabolize glucose in the process called glycolysis are also magnesium-dependent. This cycle functions in the cytosol – the watery component of the cytoplasm. **Yeast** is fed when the blood sugar is elevated.
- 19. Fatigue.** Magnesium-deficient patients commonly experience fatigue because dozens of enzyme systems are underfunctioning. The most important factor in energy production is ATP, which must be bound to a **magnesium** ion in order to be biologically active. ATP is produced in the Krebs cycle, which requires magnesium in 6 of its 8 steps. The Krebs cycle begins by using pyruvate from the glycolysis cycle and functions exclusively in the mitochondria. One of the symptoms of **yeast** overgrowth and an effect of **yeast** toxins is fatigue.
- 20. Headaches.** Muscle tension and spasm in neck and head muscles can be alleviated with **magnesium** therapy, which can be applied locally and taken orally. **Yeast** toxins can cause headache.

- 21. Heart disease.** The heart, specifically the left ventricle, has the highest amount of **magnesium** in the whole body. Magnesium deficiency is common in people with heart disease, and taking magnesium can reduce that risk. IV magnesium can prevent myocardial infarction damage and cardiac arrhythmia if given at the onset of a heart attack. Most drugs used in treating heart disease drain magnesium from the body.
- 22. Hypertension.** With insufficient magnesium and too much calcium, the smooth muscles lining blood vessels can go into spasm and cause high blood pressure. If cholesterol is elevated, which can also be due to **magnesium** deficiency, cholesterol can bind to calcium causing atherosclerosis in the blood vessels, worsening high blood pressure.
- 23. Hypoglycemia. Magnesium** balances the release of insulin so that inappropriately large amounts aren't released, which would cause the blood sugar to drop suddenly, resulting in symptoms of low blood sugar.
- 24. Indigestion.** The gastric proton pump that acidifies the contents of the stomach for proper digestion is dependent on **magnesium**.
- 25. Inflammation.** Most drug companies are now embracing inflammation and not cholesterol as the cause of heart disease. They don't know what causes inflammation, but that doesn't stop them from producing drugs to suppress it. They don't acknowledge that calcium is extremely proinflammatory and **magnesium** is very anti-inflammatory. The entire inflammatory cascade (substance P, interleukins, tumor necrosis factor, chemokines, and cytokines) escalates when magnesium is deficient. The bottom line is that inflammation is triggered by magnesium deficiency and relative calcium excess.
- 26. Insomnia.** Magnesium relieves the muscle tension that can prevent restful sleep. Also, sleep-regulating melatonin pathway production is disturbed without sufficient **magnesium**. Magnesium is so effective as a sleep aid that if someone is taking magnesium and their sleep is not improved, I say, "Take more magnesium." You may have to take *ReMag* to get the therapeutic effect without the laxative effect. **Yeast** roiling about in the intestines and **yeast** toxins can interfere with a restful sleep.
- 27. Irritable bowel syndrome.** In my book *IBS for Dummies*, I describe the importance of **magnesium** in the treatment of pain and spasm in IBS. **Yeast** stimulated by a high sugar and carb diet can cause symptoms of IBS.
- 28. Kidney disease.** Magnesium deficiency contributes to atherosclerotic kidney failure because calcium builds up in the kidney arteries. **Magnesium** deficiency leads to

abnormal lipid levels and worsening blood sugar control in kidney transplant patients. It's important for kidney patients to receive picometer, stabilized ionic magnesium (*ReMag*) that is absorbed directly into cells and therefore does not build up in the blood to cause electrolyte imbalance and rhythm disturbances.

29. Kidney stones. There is conclusive evidence of **magnesium's** ability to prevent and treat kidney stones, especially when combined with its partner, vitamin B6.

30. Migraine. Deficiency of serotonin can result in migraine headaches and depression. Serotonin depends on **magnesium** for proper balance. Also, tiny blood clots can block capillaries in the brain, leading to migraines. Magnesium prevents calcium from causing excessive blood clotting. It is well known that IV and oral magnesium can treat and prevent migraine headaches.

Musculoskeletal conditions. Insufficient **magnesium** and a relative excess of calcium will cause sustained muscle contraction in any muscle group in the body. **Yeast** toxins can deposit in joints and cause symptoms. The following musculoskeletal conditions are amenable to magnesium therapy:

31. Muscle cramps
32. Fibrositis
33. Fibromyalgia
34. GI spasms (chronic pain from undiagnosed spasms can lead to inappropriate exploratory surgery)
35. Tension headaches
36. Muscle spasms or muscle contractions in any muscle of the body
37. Chronic neck and back pain
38. Jaw tension

Nerve problems - Neuralgia, Neuritis, Neuropathy. Insufficient **magnesium** and a relative excess of calcium will cause sustained nerve excitation in any nerve cells in the body. **Yeast** toxins can cause irritating nerve symptoms. Magnesium alleviates the following nerve disturbances that can occur:

39. Burning pain
40. Muscle weakness

41. Numbness
42. Paralysis
43. Pins-and-needles sensations
44. Seizures and convulsions
45. Skin sensitivity
46. Tingling
47. Twitching
48. Vertigo
49. Confusion

Obstetrical and gynecological problems. Magnesium helps prevent and treat the following:

50. Premenstrual syndrome
51. Dysmenorrhea (cramping pain during menses)
52. Female infertility (by relieving fallopian tube spasm)
53. Premature contractions (which can be triggered by magnesium deficiency muscle spasms)
54. Preeclampsia and eclampsia in pregnancy (treating fluid retention, high blood pressure, and seizures)
55. Cerebral palsy
56. Sudden infant death syndrome (SIDS)
57. Male infertility (**magnesium** and zinc - are present in significant quantities in healthy semen).

58. Osteoporosis. Low **magnesium** in the presence of elevated calcium, with or without vitamin D, triggers a cascade of events leading to bone loss.

59. Parkinson's disease. Dopamine deficiency results in Parkinson's disease and **magnesium** is a required cofactor in the production of dopamine. Magnesium blocks the neuroinflammation caused by calcium deposits in the brain.

60. Raynaud's syndrome. Magnesium helps relax the spastic blood vessels that cause pain and numbness of the fingers.

61. Sports injuries. Pain, inflammation, muscle spasm, muscle tension, and scarring can all be treated with **magnesium**.

62. Sports recovery. Magnesium reduces lactic acid buildup and replaces **magnesium** sweat loss that can result in post-exercise pain.

63. Temporomandibular joint syndrome (TMJ). This hinge joint connects the jawbone to the cheek bone. The joint can become irritated and inflamed due to arthritis, gum chewing, injury to the teeth or jaw, misalignment of the teeth or jaw, poor posture, stress, and teeth grinding. Most of these factors are aggravated by **magnesium** deficiency.

64. Tongue biting. In a **magnesium**-deficient person, while eating, the muscles of the tongue and the muscles lining the inside of the mouth can go into spasm causing the teeth to suddenly and inadvertently clamp down on the tongue or the lining of the inside of the mouth.

65. Tooth decay. **Magnesium** deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages the teeth.

THE FOUR HORMONES OF THE APOCALYPSE

This section on the four major hormones of the body is edited from my ReMyte & ReCalcium book.

Minerals play a huge part in the rehabilitation of the major hormone systems in the body. The three major hormone systems in the body are the adrenals, thyroid, and sex hormone systems, which I've always referred to as a three-legged stool. When one of the legs of the stool is shortened, it affects the other two. This can be seen in blood testing: when cortisol levels go up, thyroid hormone levels go down.

THE PANCREAS AND INSULIN

Recently I've reconsidered the above hormone triad. I realize I should include another player to make it a quartet by adding the hormone insulin produced by

the pancreas. Let me explain why.

In the fall of 2017, I began experimenting with the Ketogenic Diet, the main premise of which is to curb carbs to the extent that insulin is not called into play. Diabetologists all know that insulin causes weight gain. But it took a few doctors with commonsense to theorize that if you restrict carbs, you lower insulin and lose weight because the body switches to fat-burning mode away from a continuous cycle of feeding carbs, raising insulin, and transforming a portion of those carbs into fat.

Here is what Nephrologist Dr. Jason Fung says in his book *The Diabetes Code*.

“At its very core, type 2 diabetes can be understood as a disease caused by too much insulin, which our bodies secrete when we eat too much sugar. Framing the problem this way is incredibly powerful because the solution becomes immediately obvious. We must lower our insulin levels by reducing our dietary intake of sugar and refined carbohydrates (a form of sugar).”

Dr. Fung also reports on a study using a very low carbohydrate diet for diabetics.

As of this writing, at least one trial, involving some 330 people, is underway for the treatment of the disease with a very low-carbohydrate diet. At the one-year mark, researchers found that some 97 percent of patients had reduced or halted their insulin use, and 58 percent no longer had a formal diagnosis of diabetes.

In other words, these patients successfully reversed their diabetes simply by restricting carbohydrates—findings that ought to be compared to the

official standard of care for diabetics, which states with 100 percent certainty that the condition is “irreversible.”

The trial is now complete and accessible online.

[“A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes.”](#)

THE ADRENALS

I’ll spend more time on the adrenals here because I don’t have a book dedicated to this topic, whereas I do have a on thyroid disease: [*Total Body ReSet for Your Thyroid.*](#)

When I did an online search for adrenal fatigue, the first links that came up were allopathic websites warning me that adrenal fatigue isn’t a real condition and there is no “evidence” that it exists. *Endocrine News* in its article blatantly called “[The Myth of Adrenal Fatigue](#)” states that “A literature review published last year (2016) in *BMC Endocrine Disorders* found “no substantiation that ‘adrenal fatigue’ is an actual medical condition. Therefore, adrenal fatigue is still a myth.”

It’s important to note that allopathic medicine does not recognize a new ‘disease’ until and unless it has a drug to treat it.

This literature review gives allopathic doctors all the ammunition they need to doubt and ignore patients when they describe their adrenal fatigue symptoms. Once again this dismissive attitude by doctors about anything that they did not learn in medical school leaves patients without any support.

The “Myth of Adrenal Fatigue” article reports that stress does not cause adrenal fatigue because the adrenal hormone cortisol is actually elevated in people with stress. What they leave out is the fact that cortisol is the hormone of chronic stress and in adrenal fatigue cortisol levels are erratic. The article gives the following comments on testing advising against saliva tests that are performed by alternative medicine doctors and naturopaths:

The patients have often been given saliva tests for cortisol, so Nieman tells her patients that saliva tests are not considered reliable. She explains that the standard test is the corticotropin (ACTH) stimulation test — and that if the adrenal glands can respond to the stimulation by releasing cortisol, it disproves that theory that the glands are burned out.

I performed a lot of ACTH stimulation tests in my practice in Toronto back in the 1980s and I found that most people could not mount a proper cortisol release. So, I don’t know what criteria these doctors are using. It’s probably like most lab tests – they compare your test with the range of the sick population and say you are normal.

All the above may be TMI (too much information), but some of our more avid Googlers may be confused by the contradictory messages they read. Suffice it to say that the adrenals, thyroid, ovaries, and pancreas are irrevocably intertwined and the best approach is to support them all together.

Treating disease in a linear format, one thing at a time, like allopathic medicine dictates, is not consistent with the way the body works, where everything is interrelated and happens synergistically.

I say this knowing that there is an ongoing debate among natural medicine practitioners about what comes first, adrenal fatigue or thyroid

insufficiency, and what do you treat first? I think it's a moot point, because they are often not looking at one of the main causes of both conditions, mineral deficiency, which means you should treat the two conditions simultaneously.

The Adrenals & Yeast

I never see anything written about how yeast overgrowth affects the adrenals. It's usually agreed that the most common reasons for adrenal fatigue and dysfunction are poor diet, mineral deficiency, intense emotional stress, chronic inflammation, and an underactive thyroid. The real question is what's causing the inflammation and underactive thyroid, and what diet is feeding into the problem?

Since I've worked closely with Candida (yeast) overgrowth for decades, I know it's a diet of refined sugars, high gluten wheat, and processed dairy that feeds yeast and causes inflammation. A poor diet along with antibiotics and cortisol from acute and chronic emotional stress causes yeast overgrowth.

There are 178 different yeast toxins that are produced by yeast in its life cycle. These toxins are absorbed into the bloodstream and lead to a chronic inflammatory state, which can cause arthritis, chronic fatigue, and pain. Magnesium (*ReMag*) and molybdenum (in *ReMyte*) help detoxify yeast toxins. Some yeast toxins can directly block thyroid function, and possibly adrenal function, as well. The best anti-inflammatory agent available to the body is magnesium. When magnesium is depleted, whether due to overuse or elimination, adrenal fatigue symptoms continue unabated.

Treating Adrenal Fatigue

The treatment for adrenal fatigue begins with sodium, which is vitally important

for proper adrenal function. If your adrenal glands are weak or depleted, as indicated by exhaustion, low blood pressure, and chronic stress, there is a combined sodium and magnesium depletion. If you start taking large doses of magnesium without replacing sodium, you may feel even worse. That's why I recommend ¼ tsp of sea salt in every quart/liter of drinking water. How much water? Measure your weight in pounds and divide by half – drink that many ounces of sea-salted water daily. I've written about the importance of sea salt and to avoid table salt in many blogs. Just Google salt and my name to find them.

Of course I recommend the *Completement Formulas* as the best way to support the structure and function of the whole body, including the adrenals. The adrenal glands are supported with *ReMag*; methylated vitamin B complex, which you can obtain from *ReAline*; *Whole C Reset*; the various minerals in *ReMyte*. Sodium from drinking your sea-salted water is very important for the health of your adrenal glands. Don't forget that taking care of your thyroid with *ReMyte* helps keep your adrenals balanced.

The best diet for the adrenals is a yeast-free diet or a Keto diet avoiding sugar, gluten, and dairy to help cut down on the body-wide inflammation that yeast produces when you are under stress. However, be sure and eat lots of low carb greens for fiber and nutrients. *ReMag* will also treat inflammation.

The other key ingredient to adrenal health is plenty of rest. I call it "[Lying Down Therapy](#)" in one of my blogs. Please don't think you can "take action" to fix your adrenals. You can't "tough it out" or "muscle your way through" adrenal fatigue. It's the worst thing you can do. The Type A personality approach will be your undoing. You may require 8-10 hours of sleep and naps to fully recover. It's extremely important to take care of your adrenals, because they are responsible for the production of more than 50 hormones, all of which are essential for proper body function.

Extra sleep, rest, Celtic salt/Himalayan salt/sea salt, and high dose *ReMag* work to help alleviate adrenal fatigue, but it's also important to face the cause of your stress and realize your body may be producing physical symptoms as a result of this stress.

Let me repeat that adrenal stress causes a loss of minerals, across the board, that have to be replaced. I recommend *ReMag* for magnesium and *ReMyte* for its 12 minerals. As noted above, I also recommend ¼ tsp of Celtic salt or Himalayan salt in each pint of drinking water for the dozens of trace minerals it contains. If you aren't able to eat enough greens, I've included a recipe for [Potassium Broth](#).

Some practitioners suggest that you have to take DHEA, pregnenolone, and desiccated adrenal animal tissue for adrenal repair, but I have some simpler suggestions. Instead of immediately jumping to hormone replacement, let's use the proper building blocks to make our own hormones. For example, Dr. Norm Shealy tells us that transdermal magnesium will stimulate DHEA receptors. Therefore, you can apply *ReMag* Lotion transdermally to support DHEA production. It may take longer, but you won't be forcing your body to make hormones using synthetic chemicals.

You need cholesterol to make hormones like pregnenolone, as well as all the other hormones in the body. For cholesterol, you need to eat good fats, such as olive oil and coconut oil. The third requirement for making your own hormones is properly functioning enzyme systems, and we know that, in order for enzyme systems to function properly, you need lots of bioavailable magnesium.

An underactive thyroid, as one of the triggers for adrenal fatigue, has its own list of causes, including thyroid receptor blockage due to yeast toxins.

Thus, the diet for an underactive thyroid is the same as for adrenal fatigue.

The ovaries are also supported by minerals and the proper functioning of the thyroid and adrenals. As mentioned above, waking up DHEA receptors with transdermal magnesium will stimulate the production of hormones, including the sex hormones estrogen, progesterone, and testosterone. I've had clients tell me that, when they started taking *ReMag* and *ReMyte*, their bioidentical hormone prescription started working better. Some women have said they no longer needed to take oral or transdermal hormones when they had enough magnesium and other minerals from *ReMag* and *ReMyte*. That makes sense, because those minerals are supporting the thyroid and adrenals and taking the pressure off the ovaries.

HYPOTHYROIDISM

The standard treatment for the thyroid, even for natural medicine practitioners, is to give thyroid replacement therapy. It may be the more natural form of Armour thyroid, but it's still replacing hormones, instead of treating the reason the thyroid became weakened in the first place. In my experience, most low thyroid conditions are caused by mineral deficiency. *ReMyte* has the nine minerals necessary for the creation, conversion, activation, and transportation of thyroid hormones. They are: iodine, selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium.

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, because you no longer need as much thyroid medication as you have been taking. Besides being a bit "speedy," you may find your pulse has increased by 5-10 points. Your blood tests will show

a lowering of your TSH as your pituitary no longer has to produce thyroid stimulating hormone to push your thyroid into action. Be sure and check with your doctor about reducing your medication.

I was the first person to feel the thyroid benefits of *ReMyte*. After about six weeks of taking it, I began to feel a bit “sped up,” and my pulse was slightly elevated and my hands and feet were finally warm. I was aware that those symptoms can be due to too much thyroid hormone. Since I was on 60mg Armour thyroid, I decided to stop taking it. Within a couple of days, my thyroid hormones settled down, and I feel great to this day, many years later.

NOTE: I do not for a moment recommend that you stop your hormones cold turkey. Please work with your doctors and your hormone blood tests before you start weaning your meds.

Here’s another effect of *ReMyte*. After eight weeks, I began getting a slight laxative effect from *ReMag* and I realized I must be saturated. By this time I was taking 3 tsp a day of *ReMag* and I was able to cut my dosage in half to ½ teaspoon three times a day. I realized that the extra magnesium I seemed to need, before *ReMyte* was trying to treat symptoms of other mineral deficiencies. When I treated those mineral deficiencies with *ReMyte*, I didn’t require as much *ReMag*.

NOTE: Equating the laxative effect of *ReMag* to magnesium saturation has several caveats. First, very toxic people can have the laxative effect immediately – they are obviously not saturated. This small group may have to start with just a few drops of *ReMag* a day to lessen the detox being caused by taking magnesium. Second, if after several months you get the laxative effect but you are still having magnesium deficiency symptoms then you might not be taking your *ReMag* properly. It is important to sip it through the day

and not take it in one or two large doses a day. Third, it's usually only after 9-18 months that a person can achieve saturation and start to get a slight laxative effect that they curtail by cutting back on their *ReMag* by ¼ - ½ tsp.

Thyroid weakness is epidemic but most doctors ignore the clinical signs of hypothyroidism and depend on inaccurate blood tests to guide treatment. Doctors only treat your thyroid when your hormones hit rock bottom. Instead of natural mineral building blocks to keep the thyroid from getting depleted, they use synthetic hormone replacement.

Even integrative doctors usually only treat with desiccated thyroid or Armour thyroid. Even though they are natural hormone replacements, it's not the best way to treat the thyroid. Some doctors recommend high doses of iodine to force the thyroid into action. As I mentioned above, the thyroid requires 9 different minerals for proper function, not just iodine. Also, I'm seeing a rash of people who have developed iodine "sensitivity" from having taken high dose iodine therapy. I find this quite tragic since it makes them unable to take any form of iodine – which everyone absolutely requires for good metabolic function.

ReMyte also supports the adrenal glands, ovaries and all other tissues and organs of the body. Giving the thyroid the proper building blocks allows it to make its own thyroid hormones and not need hormone replacement therapy. Please read my book, [*Total Body ReSet For Your Thyroid*](#) for a more detailed account of Hypothyroidism – what causes it and how to treat it. You may also enjoy my webinar on the thyroid. It's called [Boost Your Energy and Clear Your Brain: A Total Body Approach to ReSet the Thyroid.](#)

Thyroid & Magnesium Research

After reading the previous version of [ReMyte & ReCalcia: Invisible Minerals II](#), a customer asked if I'd heard about the work of Drs. Roy and Helen Moycayo in Australia. They are very keen on magnesium and its ability to support thyroid function. I urge you to go to www.scholar.google.com and search their names. I just put in "Roy Moycayo" and "magnesium" and came up with 84 papers.

These astute researchers show how magnesium, along with zinc and selenium can lower TSH and improve thyroid function. So, they just proved why *ReMag* and *ReMyte* work to heal the thyroid and produce thyroid hormones. *ReMyte* contains zinc and selenium.

They also wrote a paper about the importance of mitochondria in thyroid function. Many of you may have heard me talk about the crucial requirement for magnesium in 6 of the 8 steps in the Krebs cycle that produces energy in the mitochondria.

THE OVARIES

In 2005 I wrote a book called *Hormone Balance: A Woman's Guide to Restoring Health and Vitality*. It is mostly about the ovaries and sex hormones but even then I knew the orchestration required to keep all the hormones in balance. Here is an excerpt from the book:

- **The Hormonal Sextet: Hypothalamus-Pituitary, Thyroid, Parathyroids, Adrenals, Ovaries, Pancreas**

To create sex hormones, women need a sextet of endocrine glands working in concert, with the right amount of hormone reaching the right destination at the right time. Because hormones are secreted into the general blood

circulation and reach all parts and all cells of the body, a cell must have a way to attract the specific hormone that it needs. When that happens, the right hormone reaches the right cell, and it gives the right message to parts of the cell called *receptor sites*. For example, when estradiol finds its corresponding receptor sites, it is able to do its job of increasing cell division. When it reaches receptor sites on the uterus, estradiol causes the endometrial lining to thicken; when it reaches breast receptor sites, it stimulates breast cells to grow. Basically, in order for any hormone to work it must be able to attach to a receptor in the targeted tissue. If one or more aspects of this orchestration are out of kilter, the message is lost—or, even worse, the message is distorted, resulting in an aberrant response.

According to Dr. Candace Pert, the author of *Molecules of Emotion*, a receptor is a molecule, made of protein that is anchored in a cell's outer membrane in a site accessible to the environment external to the cell. The function of the receptor is to bind with *ligands* such as hormones, antigens, drugs, peptides, or neurotransmitters called "informational substances." Dr. Pert has found that the receptor is the key player in the body's communication network, because it is only when the receptor is occupied by the ligand that the message encoded in the informational substances can be received by the cell. (The word "ligand" is from the Latin word *ligare*, meaning "that which binds." It refers to a variety of small molecules that bind specifically to a cell receptor site and convey information to the cell.)

The way receptor sites act as guardians for any information getting into the body will be of particular importance when we later talk about xenoestrogens. These substances, as well as some other chemicals, can jam up receptor sites and pass along chaotic messages to the cell or make the cell receptors unavailable to receive the

messages they need for survival.

To restore hormone balance involves the *Completement Formula protocols* that I've developed to support the structure and function of the body no matter the degree of wellness or illness.

Of course *ReMag* is a big part of treatment. In my 2005 *Hormone Balance* book, I mention magnesium 108 times, but I still hadn't created my non-laxative *ReMag* that is helping so many people overcome their Total Body Meltdown.

In my *Magnesium Miracle* book, I discuss the importance of magnesium in a dozen women's health problems but in this book I'll just include the excerpt about menopause.

- **Magnesium & Menopause**

At a time when menopausal women are told to take lots of calcium supplements, the following report offers great hope.

A reader of my blog wrote to me about her experience with magnesium and menopause. She said that in her research she found that most of the thirty-four symptoms of menopause are actually identical to the symptoms of magnesium deficiency. So she put herself on a magnesium supplementation regime.

Within three days she began to feel more normal. Her daytime hot flashes had dropped from twenty or so a day to fewer than ten, and they were milder. Her episodes of night sweats fell from more than ten per night to three or less. Her insomnia disappeared and her terrible anxiety, rapid heartbeat, and depression all started to fade away, as did skin-crawling sensations and aches and pains. Having suffered

progressively with worsening symptoms since entering menopause three years prior, she said that ten days after starting supplementation she was basically symptom free. She ended by saying, "Magnesium is a miracle, and everyone, particularly menopausal women, should be made aware of it." Unfortunately, when women of menopausal age are prescribed calcium and no magnesium, their menopausal symptoms can become worse.

SHOULD WE AVOID COPPER, IRON, HISTAMINE, OXALATES

My thoughts on the alternative medicine trend to avoid copper, iron, histamine, and oxalates is that it is overkill. As I mentioned in *The Layering of Illness*, there was a similar trend back in the 1980s to avoid anything that seemed to be toxic or allergenic. I saw how difficult that became for a certain segment of people who ended up having a very limited diet and living away from civilization to avoid air, food, water, and electrical pollution. I realized avoidance wasn't a viable therapeutic option, which is why I propose saturating the body with stabilized mineral ions and food-based and methylated vitamins and allow the body to adapt to the changing environment.

It's been quite amazing to see people climb out of their bunkers and embrace life again as their genius bodies respond to the building blocks that inform the whole body of its perfection.

Copper

I learned about copper toxicity in my Naturopathic training in the Late 1970s. Copper toxicity comes from copper water pipes, copper IUDs, and copper

fungicides contaminating water supplies. Copper compounds jam up copper receptor sites and cause toxicity and copper deficiency at the same time. The solution is to use bioavailable copper in the form of stabilized ions that you can find in our *ReMyte* formula. Also copper ions will displace toxic copper compounds eliminating them and their negative effects.

Iron and Copper

Iron and copper are associated through ceruloplasmin, the transport protein for copper. When you have normal amounts of ceruloplasmin, copper is bound properly and cannot become toxic.

Ceruloplasmin has another important function besides ferrying copper around the body. It's a lifesaver because it binds up free iron so that it can't be used to feed infectious organisms that want to increase their territory in your body. In general, bioavailable copper is crucial to keep iron regulated, and iron is essential for proper thyroid function. There is a mechanism in the body that hides iron away from infectious organisms but keeps the iron in storage as ferritin or hemosiderin. However, you can boost your immune system against infectious organisms with our Pico Silver and avoid trapping iron and potential tissue damage.

I always like to promote the building blocks for maintaining important body chemicals. The building blocks for ceruloplasmin are food-based vitamin C complex, vitamin A, and copper. Our *Whole C ReSet* provides food-based vitamin C and *ReMyte* will supply bioavailable copper. *ReStructure* also contains the RDA for food-based vitamin C in each serving. I also recommend *Blue Ice Royal* for its vitamin A, D, and K2, we make this supplement available on our website.

Thus, with Pico Silver, Whole C Reset, ReStructure, you are protected from copper toxicity and iron overload. I'm sure ReMag plays a role as well since it's responsible for 80% of known metabolic functions in the body.

Histamine

Basophils and mast cells defend against parasites, viruses, and bacteria by producing two chemicals: heparin and histamine. Heparin is a blood-thinning substance, which most people don't realize is naturally produced in the body. Histamine widens blood vessels and increases blood flow to infected tissues to help move out toxins.

Histamine intolerance is an increasing problem in chronically ill individuals. It can occur when there is an overgrowth of bacteria that encourage basophils to overproduce of histamine. The amount of histamine may overwhelm the body's enzymes to break down.

There are two ways that you can control histamine without having to avoid all histamine foods. Magnesium is a natural antihistamine, especially well-absorbed ReMag. Also basophil function can be balanced with Pico Silver because silver ions attach to white blood cell membranes and help fight infection. The less infection, the less histamine release and the less chance of histamine overload.

Instead of using natural means to control histamine production, allopathic medicine says that basophils are implicated in multiple human diseases including autoimmune disorders, inflammatory disorders, cancer, allergies, and asthma. They imply that basophils may be problematic in these conditions but I say that if basophils are working properly, which includes having silver ions (Pico Silver) to assist them, they are likely to be very helpful

in the above named conditions.

Oxalates

We've had a few customers complain of oxalate sensitivity and ask what can be done about it. We know from clinical studies that increasing the intake of magnesium to bind oxalate in the gut can decrease oxalate absorption. We also know that magnesium can help bind oxalates to help prevent oxalate kidney stones. Customers have reported that taking ReMag has reduced their sensitivity to oxalate food.

TOTAL BODY RESET

Instead of a cupboard full of drugs or supplements, or more words, my *Total Body ReSet* approach to balance your body focuses on the 5 ReSet Formulas designed to feed your body sufficient minerals and vitamins, thereby creating optimum structure and function of your cells. They do this by:

1. Supplying minerals that work (*ReMag* and *ReMyte*)
2. Gently detoxing the body, including yeast detox (*ReAline*, *ReStructure*)
3. Making perfect cells (*RnA ReSet Drops*)

What drives the ReSet Formulas and makes them so effective 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 while maximizing this synergism.

We offer you a simple, workable set of products that has been successful in improving cellular structure and function for thousands of patients and

customers. As we say on the [Dr. Dean Live Radio Show](#) – The Worst Is Over! We also ask you to “Partner up and do your own research,” and we provide you with all the research material you will ever need!

Nutrition for the Body

The physical/chemical/mental body wants – protein, carbohydrates, fats, minerals, and vitamins. Let me show you how the ReSet Formulas link with each other to give your body the nutrients it requires to get healthy and stay healthy:

Protein: *ReStructure:* Whey, Pea, Rice Powders Carbohydrates: *ReStructure:* Tapioca, Pea, Rice Powders Fats: *ReStructure:* Flaxseed, Marine Algae Oil, Whey Fats

Minerals: *ReStructure:* Dozens of vitamins and minerals in trace amounts in the various ingredients of this protein powder; *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. *ReAline:* Methylated B Vitamins.

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

TOTAL BODY RESET PROTOCOL

ReStructure, ReAline, ReMag, ReMyte, RnA ReSet Drops

For your convenience, we have bundled all 5 of these formulas together into one

package, the [Total Body ReSet Bundle](#), available exclusively at [RnAReSet.com](#). The following is the step-by-step protocol for implementing the program.

1. Water Intake Guidelines

While waiting for your ReSet Formulas to arrive, begin hydrating your body by increasing your water intake and adding sea salt or Himalayan 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 1/4 – 1/2 tsp to every quart of drinking water – to one of those bottles, you will later add *ReMag* and *ReMyte*.

2. ReAline®

When the products arrive, begin taking these capsules to assist in detoxing/taking out the trash.

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-containing amino acids, which lend sulfur to the liver's sulfation detox pathways. The B vitamins in *ReAline* work synergistically with magnesium and methionine. Four are methylated to transfer a methyl group to the liver's methylated detoxification pathways. The rest of the B vitamins are food-based, which makes them easily absorbed and effective. They are essential to support our neurological health.

3. ReStructure®

You can also start to take [ReStructure](#) as soon as it arrives. It comes in a 22-Serving Pouch. We often carry individual packets for traveling or to determine if

you love the product enough to purchase the Pouch. (Check the [website](#) for availability). 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 *ReAlign* capsules with my *ReStructure* drink.

Product Description: is a highly digestible protein powder for athletes and Paleo dieters as well as meal replacement for losing weight and balancing blood sugars. Protein is the main ingredient but carbs and fats are also part of the formula for the appropriate macronutrient balance. It's also the perfect meal if you are on a yeast elimination diet. *ReStructure* contains a "secret ingredient," the concentrated, dehydrated RnA ReSet Drops that makes *ReStructure* the most unique meal replacement you will ever find. Mix with water, coconut milk, or almond milk for a delicious healthy beverage charged with the power of RnA ReSet Drops! Note the Radish Experiment above in the Autoimmune Disease Section.

4. RnA ReSet Drops®

You can also add RnA ReSet Drops at any time in your beginning protocol. Dosage: 1 drop under the tongue twice a day. Add 1-2 drops every week, until you reach 10 drops twice a day, which is the average dose. Take RnA ReSet Drops 15 minutes away from food or drink. Of course, you can begin with RnA ReSet Drops alone or add it at any time in your ReSet Formula protocol. However, some people like to do things in sequence.

Product Description: RnA ReSet Drops are the catalyst for the Completement Formulas providing the impetus for RNA to make perfect copies of DNA for new cell development using the ionized minerals in *ReMag* and *ReMyte*. Note the Radish Experiment above in the Autoimmune Disease Section.

5. ReMag®

After 4 days of *ReAlign* and *ReStructure*, add *ReMag* starting with 1/4 tsp per day in a quart of water and sipping it through the day. Every 2 days, add another 1/4 tsp. Work up to a saturation dose of 2-3 tsps. a day if you are trying to overcome a magnesium deficiency, if you are on medications, or if you are participating in athletic and work activities where you need to enhance muscle performance. For more information, read the free eBook, [Invisible Minerals: Part I – ReMag](#). Note: If you are already taking *ReMag*, don't worry, just skip to #6 and begin adding *ReMyte*.

Product Description: is a unique 60,000ppm concentrate of stabilized magnesium ions where 1 tsp equals 300mg. It works synergistically with *ReMyte*.

6. ReMyte®

After a week of slowly building up *ReMag*, add 1/4 tsp of *ReMyte* into the same quart of water and sip it through the day. Every 2 days, add another 1/4 tsp. Work up to 1 1/2 -2 tsp a day.

For more information, read the free eBook, [Invisible Minerals: Part II – ReMyte & ReCalcia](#).

I have several other products that you will find useful in your quest for optimum health.

Product Description: *ReMyte* is a multiple mineral where 9 of the 12 ingredients improve the structure and function of the thyroid and the adrenals – and dozens of other body systems. Instead of purchasing a dozen different bottles of minerals you just need one bottle of *ReMyte*.

ADDITIONAL RECOMMENDATIONS

The following products are not in the RnA ReSet Bundle but they will definitely help in supporting the structure and function of your body as it overcomes Total Body Meltdown.

Pico Silver is a very powerful addition because of its incredible ability to support the immune system against any type of infectious organism – bacteria, virus, or fungus. I decided to have Pico Silver made with the same stabilized ionic technology as *ReMag*, *ReMyte* and *ReCalcia* so all our minerals would be compatible. I was thrilled that the first time I used it for an “airplane cold” that 6 tsp throughout the day knocked it out overnight.

Dosage varies from 6 tsp a day for an acute infection to 1 tsp a day for maintenance. Read [The Silver Report](#) for more a real education on the power of picometer silver.

Whole C ReSet™ is a Vitamin C comprising 8 different complexes not just an ascorbic acid. It is made from a combination of organic acerola, organic tart cherry and whole fruit complex. *Whole C ReSet* provides an array of full spectrum phytochemicals, polyphenols, including bioflavonoids, anthocyanins, proanthocyanins, ellagic acid, chlorogenic acid, resveratrol and quinic acid.

Dosage: one capsule twice a day with or without food.

Flora ReVive™ is a probiotic, prebiotic product containing:

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) is 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. It is high in oxygen and antagonistic to *Candida albicans* and biofilms.

3. Inulin (100mg) As a complex sugar from plant roots, this prebiotic stimulates the growth of beneficial bacteria, which helps improve digestion, immunity and overall health.

Dosage: 1 capsule twice a day. Can be taken with or without food.

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, [Invisible Minerals: Part II – Multiple Minerals](#). On the days you are not getting enough 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. Your magnesium to calcium ratio may be 2:1 or even 3:1.

ReNew

[ReNew Serum](#) provides leading-edge skin enrichment. It's 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 and discovered iCell. Like the RnA ReSet Drops, ReNew benefits from having all of the previous generations blended together.

Blue Ice Royal - Vitamin A, D3, K2

Get 20-30 minutes of sun exposure per day and/or [Blue Ice Royal from Green Pasture](#) for a proper balance of vitamin D, vitamin A and vitamin K and essential fatty acids. Dosage: one capsule twice per day.

RESOURCES

For those of you who love researching and want more words, I've written 12 free eBooks that are available for download at my [DrCarolynDeanLive](#) website. Here are descriptions of 6 of them.

[*Invisible Minerals Part I: ReMag*](#): In this book, I explain the basis of all health rests with optimum magnesium saturation of all the cells and tissues of the body. Every deficiency symptom can respond to therapeutic levels of stabilized ionic magnesium from *ReMag*.

[*Invisible Minerals Part II: ReMyte & ReCalcia*](#): In this book, I emphasize the body's need to balance the sex hormones, along with the thyroid and adrenal hormones, by saturating your body with needed minerals.

[*Total Body Reset for Your Thyroid*](#): In this book, I focus on the thyroid, but I repeat the information from my *ReMyte* book about balancing all three sets of hormones, by saturating your body with needed minerals.

[Magnesium-Deficient Anxiety](#): This book places emphasis on the role of the adrenal glands in keeping us calm, and if they are stressed, overworked, and fatigued, they can make us feel anxious. The supporting nutrients for the adrenals include sea-salted drinking water, *ReMag*, *ReMyte*, *ReAline*, *ReStructure*, and *RnA ReSet Drops*.

[Atrial Fibrillation: ReMineralize Your Heart](#): This book emphasizes the need for magnesium and other electrolyte minerals to help smooth out the electrical conductivity of the heart.

[ReStructure: A Completement Formula to ReSet Your Body](#): This book describes a unique meal replacement/protein powder that helps complete the Completement Formulas in the Total Body ReSet program.

RnA ReSet Customer Service

Call: 1-888-577-3703

E-mail: support@rnareset.com

<mailto:support@rnareset.com>

LISTEN to: Dr. Carolyn Dean Live!

Call in to Dr. Dean's 2-hour Radio Show every Monday on Achieve Radio, 4pm PST / 7pm EST.

Show archives are available at: [The RnA ReSet Blog](#) where you can do search for topics.

THE DOCTOR OF THE FUTURE ®



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 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, ReNew, ReStructure, Pico Silver, Flora ReVive, and Whole C ReSet. 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.