

# **Total Body ReSet For Athletes**



**Carolyn Dean MD ND**

**A Completement Formula Book**

## **TOTAL BODY RESET FOR ATHLETES**

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## **NO PAIN NO GAIN**

No pain, no gain is the mantra of most athletes – professional, CrossFit, or weekend warriors – and even those who infrequently visit fitness clubs and local gyms. But is it an effective strategy? No. It's actually a self-defeating strategy because when your muscles are engaged in strenuous physical exercise, if there is too little magnesium (which causes muscle relaxation), muscle cramps and a buildup of lactic acid can result. Because everyone thinks pain during heavy exercise is inevitable, nobody has looked at how to prevent it from happening. And it can be prevented. Here is a wonderful testimonial from Jovan about his experience with magnesium.

“My family and I are all athletes and we love your products! We take *ReMag* and *ReMyte* and they help fuel our bodies when we go on our long bike ride tours throughout the state of Michigan.

Both my adult children lift weights, run and cycle. They find that *ReMag* and *ReMyte* give their bodies the proper nutrition. Muscle cramping issues are well known to cyclists, but my wife and I never have cramps because of your products.

Your *ReMag* is a powerhouse of energy that keeps our bodies working in top peak condition even though we put so much stress on them cycling long distances from 30 to 100 miles.

*ReMyte* gives us the electrolytes our bodies burn through without having to take sugar and salt electrolyte drinks, which are nothing other than liquid poison, made with GMO corn syrup! *ReMag* keeps our hearts pumping like well-oiled clocks; never missing a beat, thank God!”

**NOTE:** *ReMag* is a stabilized ion of magnesium that I discuss in [Appendix A](#). *ReMyte* is a multiple mineral of 12 stabilized mineral ions that I also discuss in [Appendix A](#).

## **Three Things You Need To Know About Magnesium And Exercise**

1. Magnesium is lost during exercise through increased metabolism and sweat.
2. Lactic acid, which causes post-exercise pain is decreased by magnesium.
3. Magnesium deficiency may cause sudden cardiac death in healthy athletes.

Doctors say that intense physical activity causes the release of adrenaline, which triggers atrial fibrillation. However, an additional cause and a more persistent cause is magnesium depletion leading to an electrolyte imbalance that causes heart spasms and AFib.

Think about it; what could be worse for a 6.6-foot, 300-pound football player than to suffer frightening atrial fibrillation and humiliating panic attacks and have to give up a million dollar contract, when all he or she had to do was drink sea salted-water along with magnesium and multiple minerals?

Exercise is often prescribed therapeutically for anxiety and depression—to burn off steam, to increase the circulation, and to get your adrenaline pumping. But there can be such a thing as too much exercise, especially if lost minerals are not replaced.

Magnesium allows the body to burn fuel and create energy in an efficient cycle during exercise that does not lead to lactic acid production and buildup. For some individuals who exercise excessively or suffer from chronic fatigue syndrome, painful amounts of lactic acid build up in their muscles, making exercise an unpleasant experience. Exercise itself places stress on your body, to which your adrenal glands respond by pumping out adrenaline.

Heavy exercisers, especially long-distance runners, can build up lactic acid and suffer shin splints and painful muscles, but they keep on running because they may be addicted to the adrenaline rush they get when they reach “the wall” in their workout.

The wall feels like something you just can’t break through, but you keep on

pushing, and suddenly you get a burst of adrenaline and you're flying again. That's the power of your adrenal glands when pushed to the max. Yet that stress-induced high will be followed by a crash if you don't repair the damage to your adrenal glands with good nutrition, hydration with sea salted water, and the magnesium that is lost during exercise and that is required by your adrenals.

Many studies have shown that magnesium supplementation enhances the performance and endurance of long-distance runners, cross-country skiers, cyclists, and swimmers. It also reduces lactic acid buildup and post exercise cramps and pain.

A small 2019 but very important study looked at the benefits of magnesium for post exercise pain.<sup>1</sup> With evidence that magnesium supplementation regulates glucose metabolism and reduces inflammation, which could influence exercise performance and recovery, a team of researchers investigated the effect of magnesium intake on physical responses and performance during exercise and recovery. Participants consumed low magnesium diets and were supplemented with 500 mg/day of magnesium or placebo for 7 days prior to a 10 km downhill run. Before the run and 1 hour, and 24 hours after the run several measurements were made. 1) maximal muscle force; 2) interleukin-6 (IL-6); 3) soluble interleukin-6 receptor (sIL-6R); 4) creatine kinase (CK). Additional muscle soreness was measured at 48 hours and 72 hour post exercise. Glucose and lactate were measured during the run.

The study concluded that magnesium supplementation reduced inflammation as evidenced by a reduction in the IL-6 response. Magnesium enhanced recovery of blood glucose; and it reduced muscle soreness after strenuous exercise.

These results are very important to have been achieved with only 500mg of magnesium for only seven days. From my work with magnesium, I know that it can take months to years to achieve a level of magnesium saturation in the body and even more beneficial results. This study should teach athletes and coaches that

taking magnesium should be part of any sports protocol.

Since athletes undergo severe physical stress as well as the psychological drive to win, and most ingest suboptimal amounts of magnesium, they are vulnerable to magnesium deficiency.<sup>2</sup>

Magnesium deficiency may play a role in sudden cardiac death syndrome, which does affect athletes.<sup>3</sup> One study concluded that the sudden death of athletes and other intensely training individuals during extreme exertion is triggered by the detrimental effects of persistent magnesium deficiency on the cardiovascular system.<sup>4</sup> In a study of young, healthy, well-conditioned men, strenuous exercise was reported to give rise to persistent magnesium deficiency and a related long-term increase in cholesterol, triglycerides, and blood sugar.<sup>5</sup>

## **MAGNESIUM AND EXERCISE**

Let me repeat – when you exercise heavily, you sweat copiously, and you think you are sweating out sodium and have to replace the loss with salt tablets. However, what is not known is that magnesium is also lost and can be depleted in such quantities that it causes magnesium deficiency symptoms.

Magnesium depletion is very common in athletes because its loss is not actively replaced. Magnesium is not an ingredient of electrolyte drinks – they mostly contain sodium and sugar that shockingly can cause brain swelling in the short term and diabetes in the long term.

The [CDC reported in June 2018 that only 23% of US adults are getting enough exercise](#), yet that's still a whole lot of people – about 58 million. But, what kind of exercise are they getting and is it helping or hurting?

In my experience, exercisers and athletes are not in control of their workouts. They don't know how to balance electrolytes in order to avoid lactic acid build up, muscle cramps, heart palpitations, and even heart attack. Let me explain what I

mean.

One thing that athletes have in common is sweating – and lots of it. It's like a badge of honor. A friend of mine has to mop up his sweat off the floor after 2 hours on a stationary bicycle.

In my over 40 years of experience in the forefront of health care, I've found that the most important mineral for keeping muscles both strong and relaxed is magnesium. Doctors, coaches, trainers, and athletes don't know much about magnesium because there isn't a satisfactory blood test that will tell you how much magnesium in your cells. So, the standard serum magnesium test is ignored. You won't even find magnesium on a blood electrolyte panel even though it's the most important mineral in the body.

Maintaining healthy magnesium levels is vitally important because it is necessary for the proper working of 80% of known metabolic functions and it's a required co-factor in 1,000 enzyme processes in the body. Magnesium is involved in 6 of the 8 steps of the Krebs cycle to make ATP – the energy molecules of the body. Magnesium is also responsible for temperature regulation; the synthesis of protein; digestion of fats, carbs, and protein; and the production of RNA and DNA. As you can see, magnesium is not only an important electrolyte, but it's also an important health-promoting nutrient.

Unfortunately, magnesium is depleted in up to 80% of the population because it's no longer in the food supply. According to the USDA, a hundred years ago we obtained 500mg of magnesium from our diet, now we're lucky if we get 200mg a day. Instead, we eat a lot of calcium-rich foods such as dairy products and calcium-fortified foods and drinks. And calcium is a known antagonist of magnesium.

It's not just food that should contain our minerals, they also come from our drinking water but all that has changed as well. At one time you could follow the natural cycle of ice and snow from the mountains beginning to melt in the spring and scraping along the rocks to create mineral-rich waters that flood the plains

where crops are grown. That's not happening anymore – the rivers are dammed; flood plains are where we build houses, and water is chlorinated and run through rusty, lead or copper pipes. We've polluted our water to such an extent that we feel the need to filter it at water treatment centers as well as at the tap. This processing removes minerals as well as contaminants.

If we don't drink from a home water filter we buy bottled water, which is usually distilled or reverse osmosis, which means there are no minerals left in the water.

To replace some of these missing minerals, I recommend using sea salt in your drinking water! How much water? Weight yourself in pounds, divide that number in half and drink that many ounces of water a day. To each liter add ¼ tsp of a good sea salt. On exercise days – add another liter for every hour you work out.

It's bad enough that our magnesium is so depleted but there is also the problem of too much calcium in our diet from dairy and calcium-enriched foods and juices. This is an issue because calcium and magnesium are antagonists; the more calcium in the body the less magnesium. They have a push-pull relationship – calcium tightens muscles and sparks nerves; magnesium relaxes muscles and nerves. When you have too much calcium in relation to magnesium, your muscles and nerves can become hyperexcitable and cause dozens of symptoms: high blood pressure, muscle spasms, heart palpitations, angina, and heart attack. In fact, in my book [\*The Magnesium Miracle \(2017\)\*](#), I've listed 65 magnesium deficiency conditions that are routinely misdiagnosed as medical diseases. Those diseases are mistakenly treated with drugs, instead of magnesium.

While athletes know they have to replace sweat fluid loss, they often reach for so-called electrolyte drinks that are mostly salt and sugar. Then, they wonder why their muscles don't recover quickly or they experience magnesium deficiency symptoms.

Since what we eat and drink is deficient in magnesium, we must depend on magnesium supplements. However, not all forms of magnesium are properly absorbed by the body. A liquid picometer form of stabilized magnesium ions is the best. These ions are smaller in diameter than the body's cell mineral ion channels, so they are directly and completely absorbed into cells. This means the ions bypass a leaky gut; don't reach the large intestine, and do not have a laxative effect that is common with most other forms of magnesium. This form of magnesium is called *ReMag* and something that I've had to create in order to have available a well-absorbed, non-laxative product.

## **MAGNESIUM DEFICIENCY IN THE DESERT**

A veterinarian friend from Oklahoma read a blog I wrote about my visit to Dubai and he shared with me the following story:

I was talking with a family friend who has been an Air Force nurse for about 20 years with tours in Afghanistan and the Mid-East. She told me about the many cases of kidney stones she was seeing in soldiers returning from a Mid-East deployment and she had no idea why.

Of course, I told her it was easy and predictable. Soldiers have an incredibly high sodium intake. If not drinking bottled water, which only the rear echelon (those not in the field) are able to consistently have, they are drinking local water that has a pound of salt for electrolytes, and 1 cup of bleach for disinfecting, added to a 55-gallon drum.

In addition, most soldiers in the field eat many more MRE's (military meals) than they are supposed to. MRE's are extremely high in salt (which also cause constipation). All that sodium is pumping magnesium and potassium out in the urine, and a massive amount of minerals are lost in their sweat. Their T-shirts stand up, hard as boards when they dry with all those

minerals.

Therefore, there is no magnesium to balance out the calcium, and thus the high incidence of calcium oxalate stones. This, in my opinion, represents just the tip of the iceberg concerning how magnesium and mineral deficiency affects our soldiers. The problems just continue to roll on, and like a snowball rolling down a hill, it ends up an avalanche.

Previously my friend had told me that he thinks many of the “errors” in the field can be caused by brain swelling due to a lack of cellular minerals (too much water and not enough minerals in brain cells). That’s why it makes more sense to send gift packages of *ReMag* instead of candy to your loved ones stationed in the Middle East?

## **YOUNG ATHLETES AT RISK**

According to the “Interassociation Consensus Statement on Cardiovascular Care of College Student-Athletes,” written in 2016, and reported in “[Sudden Cardiac Death in Young Athletes](#),” cardiovascular evaluation and care of college student-athletes is gaining increasing attention from both the public and medical communities.

It seems that too many of them are suffering heart attacks that shouldn’t be happening in the younger age group. Sudden cardiac deaths (SCDs) are the most common non-traumatic cause of death among college athletes representing about 75% of fatalities in college student-athletes during sport and exercise.

The Consensus Statement was developed to try and prevent SCD. Were they successful? They talked about doing EKGs on all athletes and identifying the sports that were most at risk. For 30 pages they talked about everything except the main risk that all athletes face – mineral loss through intense sweating during heavy physical activity. There was not one mention of testing for magnesium or even sodium and potassium to help identify the cause of SCDs.

Presumably the best medical minds that are tasked to take care of your kid's health in a sports setting couldn't come up with any solutions. They just decided to keep measuring the problem using the wrong tools.

Here's a case report a high school football team's brush with magnesium deficiency from my *Magnesium Miracle* book:

Many years ago, the coach of a Florida high school football team was concerned about his players' frequent complaints of leg cramps, so he gave them a calcium supplement on a very hot day before a rigorous game. Early in the second half, eleven players became disoriented and had difficulty walking. Their speech was slurred, they complained of muscle spasms, and they were breathing very deeply. Within an hour, eight of the boys collapsed into full-blown seizures; two had repeated seizures. Those having the worst symptoms had been playing the hardest. Thirteen more players reported headaches, blurred vision, muscle twitching, nausea, and weakness.

Eventually all the boys recovered, but what happened to create such a frightening scene in this group of healthy young men? Consider the facts. Those that were affected had all eaten a pre-game magnesium-deficient fast-food meal consisting mainly of sodas (high in phosphoric acid), carbohydrates, and fats. With the increased magnesium loss from excessive sweating plus the calcium supplement, their magnesium stores had been driven dangerously low.

What is the fate of high school athletes who never learn about the importance of replacing their magnesium stores. Here are two very sad stories that fortunately have a happy ending.

Terry is 28 and has been competing in sports since age 14. The summer of 2015 he was working out heavily but when he was hit with some serious life stresses his body "shut down." His blood tests were perfect, so his doctors

said he just had anxiety. His symptoms progressed and he experienced insomnia, fatigue, and heart palpitations. When he developed eye twitching, he began to take calcium supplements and got even worse. After he took *ReMag*, his symptoms began to turn around and within 2 months, most of his symptoms were gone. When he read my blogs about calcium, he realized the mineral had made his symptoms worse, and the whole picture of his magnesium deficiency became abundantly clear.

Rosy had been figure skating since age 2 and more recently training for and running marathons. She felt she suffered from magnesium deficiency probably for 10 years. After the birth of her second child she had horrendously painful periods with intense cramping going down her legs into her ankles. Those symptoms went on for 10 years.

Two years ago, her hair started falling out, yet her thyroid blood tests were normal. She was unable to cope with stress and was shaky and nervous. She was told that medically there was nothing wrong.

She thought more exercise would help and increased her marathon training to running 4-6 miles a day and 10 miles on weekends. After one of her usual marathons she felt foggy and detached. Her husband to reassure her but 4 days later she couldn't turn her neck and her shoulders and arms ached for no reason. Her MRI and X-rays showed no injury or abnormality.

After 6 months she still had no answers and was told that \$5,000 stem cell injections might help. During her son's birthday dinner at a restaurant, she had a full-fledged panic attack, which she rode out. When she got home she fell apart and all her symptoms escalated and her eyelids started twitching.

She had tried taking anything that might help her relax and eventually found that magnesium helped her cramps. She googled magnesium

deficiency and found my book and *ReMag*. Within 20 days, her hair stopped falling out, her neck and arms were no longer stiff, and her headaches and muscle twitching were much less. She also took *ReMyte* to support her thyroid and is also treating her yeast overgrowth. Rosy is extremely grateful that she is getting her health and her life back.

Since doctors don't learn about minerals or mineral deficiency in medical school or in their drug-based journals; since they don't use proper testing to determine magnesium deficiency; and since they mainly look for drug solutions to health problems, you are the only person who can help the young athletes you know by telling them about spiking their drinking water with unrefined sea salt and taking magnesium and multiple minerals in picometer, stabilized ionic form.

An earlier task force, convened by the *National Collegiate Athletic Association* (NCAA), in 2014, addressed cardiovascular care in college athletes. The primary focus was sudden cardiac death. The results of the task force were reported in the *J Am Coll Cardiol*, in 2016.

To me, this publication highlighted what I've said all along – athletes are sweating out so much magnesium that they are developing early signs of heart disease, such as high blood pressure and palpitations and they die of seemingly mysterious heart attacks. However, nobody on the task force talked about magnesium deficiency as a possible cause. They just advised testing, testing, testing and drugs, drugs, drugs.

If exceptional athletes survive their college years and are picked up by a professional sports team, their magnesium deficiency symptoms of pain and inflammation are covered up by medically-prescribed drugs.

I've had professional athletes contact me when their symptoms escalate into anxiety attacks and heart palpitations but their doctors usually insist that they take heart medications instead of magnesium.

Here's what one professional ball player had to say:

“I'm a former MLB player and a 1993 world series champion with the Toronto Blue Jays and I understand the need for overall health during and after my career. I always have had trouble with muscle cramps and spasms in my legs and back from probably losing so many minerals from training, travelling, and playing. My body really never felt great, but since starting *ReMag* and *ReMyte* 3 months ago, my body has never felt better. And I no longer feel the stress and anxiety like I used too. I feel so grateful to my brother who told me about your website. I feel like I'm in my 20s again. Thank you, Rob Butler.”

Ironically, treating magnesium deficiency symptoms with drugs adds to the depletion of magnesium that is used in detoxification pathways. The abuse of drugs by organized sports came to a head in March 2017 when court documents released to the [Washington Post](#) revealed systemic abuse of painkillers and other drugs by NFL teams in violation of federal laws governing prescription drugs. Team doctors plied their players with powerful painkillers and anti-inflammatories each season, according testimony in a federal lawsuit filed by 1,800 former players!

It's not just the NFL that we have to be concerned about. When NBA star [LeBron James](#) was benched because of muscle cramping toward the end of Game 1 of the 2014, NBA Finals, I exposed how little sports doctors know about sports-induced magnesium deficiency.

That's why super-athletes demand multimillion dollar contracts because their bodies are burnt out and completely toasted while they are still young. Athletes by their training schedules, drug intake, and magnesium burn rate qualify as victims of Total Body Meltdown. The best treatment for TBM is my Total Body ReSet! You can read the details of implementing the *Total Body ReSet Protocol* in [Appendix A](#).

## **What About YIPS?**

The Medscape article "[When Athletes Fail: The Science Behind 'The Yips'](#)" caught

my attention because I'd never heard of this bizarre term "Yips" or its association with athletes. Apparently, Yips can be defined with this example: a state of extreme nervousness in a golfer that can be accompanied by an involuntary jerk, twitch, or shake that blows an otherwise easy putt.

Neurologists are trying to give this condition its proper due and remove the derogatory term "choking" or "failing to succeed" in the times of stress that occur in competitive sports. They are trying to determine whether Yips is psychological or neurological, and if Yips occurs in other stressful fields like music or surgery. Other sports that acknowledge Yips are baseball, basketball, and darts.

The possible neurological origin of YIPS was identified in a 1980 publication equating it with focal dystonia. But even if they "prove" it's a neurological condition, that doesn't tell us what is causing the nerves to react. In various publications over the years, I've mentioned that focal dystonia is a possible magnesium deficiency condition. We know that athletes lose minerals, especially magnesium, due to heavy sweating. Of course, the stress of competition depletes magnesium, as well. I can definitely say that whether the cause is neurological or psychological, the first line of intervention should be – magnesium.

## **MAGNESIUM: THE MUSCLE MINERAL**

I've already mentioned that magnesium is a necessary cofactor utilized by 1,000 enzyme systems that perform 80% of the vital metabolic functions of the body. Let's look at what it does specifically for the muscles making it the most important mineral for exercise.

Magnesium relaxes muscle cells and calcium contracts them. Magnesium allows a small amount of calcium into a cell to create an action and then forces it out to stop the action. It's a simple dynamic that occurs in our bodies every

millisecond of every minute. And it's via the muscles that most people learn about magnesium.

We have muscle spasms, muscle pain, muscle aches, muscle twitching, and painful charley horses that turn our calf muscles into rocks when we stretch. We learn to live with them. Then we read about magnesium or hear about it from a friend or a chiropractor and use Epsom salts in a bath or take a magnesium pill and our muscles sigh in relief.

Magnesium is to plant chlorophyll as iron is to human hemoglobin. In our body, chlorophyll—with its gift of magnesium—supplies the means to create life-giving energy in our cells. On a practical level, this means that magnesium helps oxygenate our muscles. Also, our cells utilize energy packets called ATP (adenosine triphosphate) with the help of magnesium.

Animal studies prove that decreased exercise capacity could be an early sign of magnesium deficiency. When given magnesium, endurance is restored. Most human studies confirm that any form of exercise depletes magnesium. We sweat it out and stress it out and need extra magnesium to neutralize lactic acid.

In fact, it is the most important nutrient for athletes to enhance performance, prevent lactic acid build up, and shorten recovery time. Overworked muscles produce free radicals, however, magnesium aids in the production of glutathione, the body's super antioxidant. If muscles are deficient in magnesium, they become irritated and on edge, developing tics, twitches, and outright spasms. If you are feeling generally irritated and on edge, magnesium deficiency may be the cause. This total body irritation can turn you into an insomniac and start an addiction to sleeping pills and/or alcohol to try to get some precious sleep. However, when you have sufficient magnesium, your muscles are relaxed and your whole body becomes calm.

Most athletes have sweated out and not fully replaced their magnesium stores in years. Even though they are strong competitors and stars in their field, they

become anxious and suffer panic attacks as their bodies develop a level of tension and irritability that they can't decipher. Taking their symptoms to a doctor, they are usually given a prescription of some sort, which could have been avoided if they had kept their bodies topped up with adequate levels of magnesium.

Here are some scary facts about magnesium deficiency. On my website RnAReset.com I uploaded a Magnesium Deficiency Survey that asks six questions. At the time of this writing we have approximately 15,000 completed surveys. Here are the results:

Do you experience Anxiety? YES - 65%

Do you experience Insomnia? YES - 63.2%

Do your Muscles Cramp often or easily? YES - 51%

Do you experience Heart Palpitations? YES – 47.4%

Do you experience Restless Legs? YES – 41.8%

Do you experience Headaches or Migraines often? Yes – 29.9%

Each of these conditions or symptoms can be mistakenly treated with a medication.

## **MAGNESIUM AND ENERGY**

One of the most amazing effects of magnesium on the neuromuscular system is that it produces energy, even though the mineral generally acts as a relaxant and not a stimulant. Energy is very much a buzzword with athletes who require energy to perform and expect that in the long term their activities will give them energy. What's the ultimate source of this energy? The mitochondria!

There are between 1,000 and 2,000 mitochondria in each cell in the body (except red blood cells). The mitochondria run the Krebs cycle that makes energy

molecules called ATP (adenosine triphosphate). Six of the 8 steps in the Krebs cycle require magnesium, otherwise the cycle grinds to a halt. ATP (adenosine triphosphate) energy produced under the influence of magnesium is a sustained outpouring of energy – but only if you have enough magnesium to keep the process going.

Some of the first studies investigating the relationship between magnesium and physical performance were done on animals and showed that decreased exercise capacity can be an early sign of magnesium deficiency. When the animals were given magnesium dissolved in water, their endurance was restored. Most human studies also confirm that both brief and extended exercise deplete magnesium. If you are magnesium-deficient, your energy level will be low because you aren't producing the necessary ATP to run your body. When you start taking magnesium, your energy level goes up because you are making more ATP.

A study in the journal *Magnesium Research* offers an overview of the importance of magnesium to the athlete.<sup>6</sup> The investigators outline the following:

Magnesium is involved in numerous processes that affect muscle function including oxygen uptake, energy production and electrolyte balance. Thus, the relationship between magnesium status and exercise has received significant research attention. This research has shown that exercise induces a redistribution of magnesium in the body to accommodate metabolic needs.

There is evidence that marginal magnesium deficiency impairs exercise performance and amplifies the negative consequences of strenuous exercise (e.g., oxidative stress). Strenuous exercise apparently increases urinary and sweat losses that may increase magnesium requirements by 10-20%.

Based on dietary surveys and recent human experiments, a

magnesium intake less than 260 mg/day for male and 220 mg/day for female athletes may result in a magnesium-deficient status.

Recent surveys also indicate that a significant number of individuals routinely have magnesium intakes that may result in a deficient status.

Athletes participating in sports requiring weight control (e.g., wrestling, gymnastics) are apparently especially vulnerable to an inadequate magnesium status. Magnesium supplementation or increased dietary intake of magnesium will have beneficial effects on exercise performance in magnesium-deficient individuals.

## **IT'S ALL ABOUT THE ABSORPTION**

People may not know much about magnesium but they often seem to know that it can have a laxative effect. This bad rap keeps people from using it or from using enough or from finding a non-laxative source of magnesium like *ReMag*.

I wrote about the best forms of magnesium to take in my 2017 edition of *The Magnesium Miracle*. Number one is my own *ReMag*, which is a picometer, stabilized ionic magnesium from magnesium chloride.

*ReMag* is fully absorbed and assimilated at the cellular level. The magnesium ions in *ReMag* are stabilized through a proprietary process, which allows them to be completely absorbed into the cells that depend on these important ions for 1,000 metabolic processes.

Since all the magnesium in *ReMag* is absorbed into the cells, this means you can take saturation amounts without reaching the laxative effect. There is little to none left over to reach the intestines. The ability to achieve therapeutic levels of magnesium in the cells is unprecedented. Other magnesium products seem to cause diarrhea well before saturation levels are reached. I know that is the case with me when I take any other magnesium except *ReMag*.

The application of saturation doses of magnesium is the single biggest discovery I've made in the 20 years that I've been researching this important mineral. Being able to take enough magnesium to fully treat magnesium-deficient health conditions without the laxative effect represents a major medical breakthrough.

Any health book or website about magnesium will tell you that magnesium treatment is limited by the laxative effect. Most medical references say you should only take 200-250 mg of magnesium per day. That's a far cry from the 600-1,200 mg of elemental magnesium that many people really need to treat their severe magnesium deficiency conditions.

In the creation of *ReMag*, magnesium chloride is broken down into picometer-size and delivered in a liquid ionic form. A proprietary process stabilizes the very reactive magnesium ions from magnesium chloride, making them "stand still" for long enough to be fully absorbed into cells. Lack of hydrochloric acid in the stomach, a leaky gut, a sensitive bowel, IBS, yeast overgrowth, weight loss surgery, intestinal surgery, a history of diarrhea, Crohn's, or colitis – none of these conditions hamper the complete absorption of *ReMag*. This is another amazing breakthrough because I've heard practitioners say that you shouldn't even bother taking supplements until your gut is healed because a leaky gut means you can't absorb nutrients! It's actually an absurd statement because you need nutrients in order to heal a leaky gut. In fact, magnesium deficiency can cause intestinal membranes to leak!

When I first wrote *The Magnesium Miracle*, I was mainly interested in educating people about magnesium itself. It was before I even realized the extent of my own magnesium deficiency, which was causing daily heart palpitations and nightly Charlie horse leg cramps. Initially I believed that magnesium supplements were much alike and I was committed to researching an exhaustive list of magnesium supplements and comparing their effectiveness. I quickly learned that absorption of supplements varies greatly. Magnesium oxide, for example, is only 4

percent absorbed. Even so, most magnesium research has been done using magnesium oxide.

With the creation of *ReMag*, everything we knew or thought we knew about magnesium supplementation changed overnight. We never really knew how far we could go with magnesium because people could never take enough. Now people are able to take high enough doses of magnesium to get relief from dozens of magnesium-deficient health conditions without the laxative effect. *ReMag* is able to meet the challenge of an increasing magnesium burn rate in our magnesium-depleted society.

If you get diarrhea when you take magnesium, you can end up losing most of that magnesium, which means your magnesium deficiency symptoms can get worse. If you realize your magnesium supplement is causing the diarrhea, you may stop taking it thinking it's not doing you any good or that it's even harmful. I shudder to think how many people have tried magnesium and gotten diarrhea and never touched it again. Symptoms that are due to magnesium deficiency will then be treated, ineffectively, with drugs.

Because *ReMag* is in liquid form, some people find it convenient to spray it on their skin to relieve pain or inflammation or to use our *ReMag Lotion*.

I know I've said a lot about the non-laxative effect of *ReMag* but there are instances of people who do get the laxative effect before they reach saturation. I explain these instances below in the section ["When Magnesium Makes Me Worse."](#)

## **MAGNESIUM DOSAGE FOR ATHLETES**

Dr. Seelig, an internationally recognized magnesium expert, recommends that athletes in training obtain at least 6–10 mg/kg/day (or 2.7–4.5 mg/lb/day) of magnesium to help replace the losses from exertion, sweating, and stress.

For a 220-lb man that would be 600–1,000 mg per day. For a 150-lb woman:

400–680 mg per day. In my clinical experience, athletes and people with magnesium deficiency conditions may require 10-15 mg/kg per day. These doses can be cut by 150 mg for people who exercise moderately (one to two hours a day).

As I note below in [“When Magnesium Makes Me Worse,”](#) to determine your magnesium saturation point, you can get a Magnesium RBC test through [Request A Test](#). The range is usually given as 4.2-6.9 mg/dL; the optimum level is between 6.0-6.5mg/dL. It’s not the definitive magnesium test, which is Ionized magnesium, but it’s a way to follow your magnesium saturation along with your clinical symptoms. However, I do place more emphasis on the improvement of clinical symptoms to determine saturation.

The dosage of *ReMag* is not One Size Fits All. However, you must go by your clinical symptoms of magnesium deficiency and your Magnesium RBC blood test to define your magnesium requirements – and be aware they can shift according to many variables.

## **WHEN MAGNESIUM MAKES ME WORSE**

In about 1 out of 100 people there can be a shift in symptoms that you don’t understand. Here’s how one reader put it. “My obvious magnesium deficiency symptoms, cramping, muscle aches, headaches, etc., are worsening slightly rather than getting better. Anxiety is the only thing that has gotten better. Is this normal? I’m using magnesium oil and magnesium citrate but not yet able to tolerate more than 200-300mg without getting diarrhea.”

For the side effect of diarrhea, I recommend switching to my magnesium product, *ReMag* because it’s fully absorbed at the cellular level and has no laxative effect. I also recommend its companion product, *ReMyte* (multiple mineral), a 12-mineral formula that is also absorbed fully into the cells and supports the thyroid and adrenals.

However, in “sensitive” people, even *ReMag* can rev people up too much, or trigger an irritable bowel. If you are chronically fatigued and in, what I call, Total Body Meltdown, feeling revved up may make you feel weaker in the beginning. If that’s the case, just cut back and take less *ReMag* and then work up slowly! Take 1/4 tsp of *ReMag* in a liter of sea salted water and sip it through the day and slowly build up. Some customers may have to take only a few drops of *ReMag* in sea salted water and slowly increase.

Below are 15 of the most common reasons why you might feel worse, or think you feel worse, after taking magnesium.

Actually, it’s not magnesium that’s making you worse but just the way you are taking it or other things you are or aren’t taking along with it or the amount of toxicity in your body. None of this means that magnesium is bad for you. You can think of magnesium – and *ReMag* – as a food that your body has been deprived of and desperately needs.

**1. You’re not taking enough:** When people feel worse with magnesium, I believe that the 700-800 enzyme systems that require magnesium just get jump-started and They Want More! Like everyone else, I used to write that magnesium was necessary in 325 enzyme systems but now, according to many researchers that number is more than twice what we previously thought.

In the above statement, my blog reader said she couldn’t take more than 200-300 mg. But all 800 enzyme systems want a piece of the action once they’re been woken up! And with each enzyme system pumping away they are using up the little magnesium you gave them and, like I said, They Want More!

This doesn’t mean that you’ll increase your magnesium ad infinitum! You will reach a saturation point of your magnesium stores and actually be

able to decrease your magnesium intake. However, my blog reader isn't going to get anywhere near the amount she needs if she keeps getting the laxative effect on 200-300mg. And getting the laxative effect so early will prevent her from getting the magnesium she needs to treat her magnesium deficiency symptoms. Some people think they have enough magnesium when they get the laxative effect and try to find other remedies for their symptoms.

That's one of the main reasons I decided to create and promote Pico-Ionic Magnesium, *ReMag*. It's absorbed 100% at the cellular level and has no laxative effect. So you can take as much as you require to eliminate all your magnesium deficiency symptoms. BUT, even with *ReMag*, if your bowels are "sensitive" just go slowly. Instead of the maintenance dose of 1/2 tsp twice a day or the therapeutic dose of 1-2 tsp twice a day, you can begin with 5-10 drops a day and take it with food. Then you increase by 10 drops every 2-3 days. To determine your magnesium saturation point, you can get a Magnesium RBC test through [Request A Test](#). The range is usually given as 4.2-6.9 mg/dL; the optimum level is between 6.0-6.5mg/dL. It's not the definitive magnesium test but it's something that you can use to follow your magnesium saturation.

**2. You're taking too much:** You can also feel worse on magnesium if you take too much, too soon. This usually happens if you have adrenal fatigue and weakness from magnesium deficiency. Anyone in this category should start very slowly on any new supplement or drug. If you take a high dose of magnesium right from the start it's like using muscles that powered a bicycle and expect them to power a jet. Your body might just be so weak that revving up 800 enzyme systems all at once makes you feel jangled and even anxious or depressed because you don't know what's going on. Please try to understand that this may actually mean that you really do need more magnesium. Start with one quarter of the recommended dose of magnesium

and work up as your body adapts.

**3. You have low blood pressure** from long-standing magnesium deficiency and adrenal fatigue. You may have heard that magnesium can lower your BP so you worry about that happening when your BP is already low. Here's what is likely happening: Magnesium deficiency can cause an under-active autonomic nervous system leading to low blood pressure and poor circulatory system performance. This is another instance where you must begin by supplementing at about one quarter the recommended dose of magnesium and slowly build up. The other minerals offered in *ReMyte* are important in this case as well to support adrenals and thyroid and improve potassium levels.

**4. You're on heart medications** and as your health conditions improve, your meds are becoming "toxic." That's because you may not require them anymore! Check with your doctor when you are using magnesium to treat health conditions and want to wean off your meds. For example, magnesium helps lower blood pressure. If you continue to take the same amounts of BP meds, your BP might get too low. This is not a "side effect" of magnesium. It's a side effect of taking drugs when you don't need them. Magnesium balances blood pressure. If you have low BP to begin with and are not on meds, start magnesium very slowly because, as I describe in #2, you want your body to slowly adapt to a mineral you may have been deficient in for a long time.

**5. You're on fluoridated medications** that bind up your magnesium and make you deficient even when you're taking magnesium. See a list of fluoridated medications at the [Fluoride Toxicity Research Collaborative](#). Many common drugs are fluoridated: Prozac, Paxil, Lipitor, Cipro, Diflucan to name a few.

**6. You've started taking iodine** (in doses above the RDA) that speeds up your metabolism giving you heart palpitations that has nothing to do with magnesium deficiency. Even people who take low dose iodine without taking enough magnesium and selenium can run into iodine toxicity problems. *ReMyte* has the proper amounts of iodine and selenium, as well as zinc, manganese and copper to support the thyroid.

**7. You're taking too much Vitamin D:** Here's what happens. You feel great on your magnesium and then you begin to have more magnesium deficiency symptoms after adding a high-dose Vitamin D supplement. Magnesium is required to transform Vitamin D from its storage form to its active form and for many other aspects of Vitamin D metabolism. That means if you take the extremely high doses that allopathic doctors are now recommending you can plummet into magnesium deficiency and not know what the heck is happening. In general, I don't recommend more than 1,000-2,000 IU of Vitamin D daily for this reason. And never take Vitamin D without magnesium. I've written several blogs on this topic trying to sort out what's going on. Read [Too Much Vitamin D?](#) and [The Vitamin D Debate](#).

**8. You are taking too much calcium** and it's pushing out your magnesium: Read [Why I Hate Calcium](#) to understand why the most prescribed mineral is actually dangerous because it's causing heart disease in women.

**9. You're taking magnesium and becoming dehydrated** because you don't take any other trace minerals and you don't drink enough water. Read [The Solution for Dehydration](#) and take 1/4 tsp of sea salt in every liter of water you drink. How much water per day? Half your body weight (in lbs.) in ounces of water. *ReMyte*, mineral and electrolyte formula is the next step in proper mineral balance and an improvement on just using sea salt for mineral balance.

**10. Magnesium is getting into your cells and detoxifying chemicals and heavy metals.** Sometimes this can feel like a healing reaction. The symptoms can be an increase in muscle pain, joint pain and even skin rashes. That's why I recommend that you build up your dosage of magnesium slowly as the cells detoxify and are finally able to work efficiently.

**11. You have IBS,** which is a sensitivity of the lining of the gut or you are very toxic ((with heavy metals, medications, bad diet, yeast overgrowth (see #15)) and even *ReMag* gives you symptoms because it's trying to help you detox. *ReMag* goes directly into the cells and will cause the muscles to relax and that can cause diarrhea. That's why I try to "warn" people with "health conditions" to go slowly on *ReMag* for all the many reasons I've cited.

**12. You're taking a magnesium glutamate or aspartate.** I warn against taking these forms of magnesium in my blog [Glutamates in Magnesium Chelates](#). According to neurosurgeon, Dr. Russell Blaylock, glutamate and aspartate can break down into individual amino acids and act as renegade neurotransmitters.

**13. You are taking high doses of magnesium and not getting enough calcium in your diet.** I talk about the need to balance magnesium and calcium by supplementing with about 600mg of magnesium and getting 600mg of calcium in your diet. However many people are on a dairy-free diet and just don't get enough calcium. If it's just lactose intolerance, try yogurt or kefir, make bone broth and eat non-lactose raw cheese. If they don't total 600mg of calcium, take my *ReCalcia*. Click on my book [ReMyte and ReCalcia](#) for more information.

**14. You are taking thyroid medication and you suddenly feel you are taking too much (increased pulse, feeling hot, hyperactive).** The magnesium in *ReMag* and the 9 thyroid minerals in *ReMyte* can "wake up"

your thyroid so that it begins to make its own thyroid hormone and you don't require as much (or any) thyroid hormone anymore. (Be sure to check with your doctor and wean off slowly.)

**15. Your Immune System kicks in and tried to kick out yeast.** If you have yeast overgrowth and your newly activated immune system is trying to get it under control, you can experience some yeast die off. You may develop a rash, itchy skin, itchy ears, a coated tongue, changes in your bowel movements, or vaginitis. Please read my book [ReSet The Yeast Connection](#) to learn about how to implement my *Yeast Detox Protocol*.

## **TOTAL BODY RESET PROTOCOL FOR ATHLETES**

Although the emphasis of this book has been upon magnesium and *ReMag* in particular, I want to stress that several vitamins and other minerals besides magnesium are necessary to support the structure and function of the body and to create healthy cells.

I have developed a protocol for a generalized condition that I have labeled Total Body Meltdown. The dietary supplements in this protocol focus on cellular health and they resonate with people who come seeking health solutions that really work. Total Body ReSet in Appendix A, below, is not only suitable for athletes but for anyone at any age or at any stage of wellness or illness and no matter what medications they may be on. And that's because we all have the same cells and it's the cells that we want to strengthen and support.

## **APPENDIX A:**

### **TOTAL BODY RESET PROTOCOL**

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.” The basic five components are *ReAlign*, *ReStructure*, *ReMag*, *ReMyte*, and *RnA ReSet Drops*.

The following is a detailed, step-by-step guideline for implementing the protocol. Below these steps are Additional Recommendations, which you may or may not find necessary but are included for you to access on your journey to vibrant health.

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

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

#### **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, 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*.

## 2. ReAline

When the products arrive, begin taking these capsules to assist in detoxing/taking out the trash as you begin changing your diet and taking *ReMag* and *ReMyte*, which will also help to detox the body.

**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 a methyl group 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 22-serving pouch. 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 *ReAlign*, *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 and Keto diets; as well as a meal replacement for losing weight and balancing blood sugar. 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. Add raw eggs for more Paleo protein; blend in nuts or add heavy whipping cream to make it Keto. *ReStructure* contains a "secret ingredient": the concentrated, dehydrated *RnA ReSet Drops* that make *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*. 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.

**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 for several of 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* as building blocks. Each batch of the *Drops* is tested through FDA certified 3<sup>rd</sup> party laboratories and reveals the quality and consistency of the product. We ensure that the batch is free of organisms, allergens, and heavy metals and reflects the beneficial nutritional assets of wonderful, biological sugars, amino acids, and phosphorus. *RnA ReSet Drops* are created from germinated barley and will occasionally test positive for gluten and should be used transdermally for those who have been diagnosed with gluten intolerance.

You can be assured that the *RnA Reset Drops Powder*, which is featured in *ReStructure*, *Whole C ReSet* and *Flora ReVive* is gluten-free.

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 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 while the other had no additions. Both plots were watered daily. The Mash plot was also watered with Mash tea. This consists of 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, and negative emotions and then we are told we have an autoimmune disease. But it's not the body attacking a healthy self – it's the body attacking a weak and vulnerable self.

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

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 in the bowels. Every 2 days, add another ¼ tsp. Work up to a saturation dose of 2-4 tps. 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 need to enhance muscle performance.

**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 the free eBook, [ReMag: Invisible Minerals Part I](#).

## 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 & ReCalcìa: Invisible Minerals Part II](#).

## **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.

### **7. 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.

**Product Description:** I decided to have *Pico Silver* made with the same stabilized ion technology as *ReMag*, *ReMyte*, and *ReCalcìa* 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* can detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as they fight infection. *Pico Silver* stimulates stem cell production enhancing all types of tissue in the body and participating in tissue regeneration including remarkable wound healing. *Pico Silver* does not build up in tissues and 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.

## 8. Whole C ReSet

This formula is an organic Vitamin C complex comprised of acerola, tart cherry, and whole fruit complex. 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.

**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

effective 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).

## 9. Flora ReVive

This product is our soil-based probiotic/prebiotic formula.

**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.

## 10. ReCalcia

*ReCalcia* 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 & ReCalcia: Invisible Minerals Part II](#).

**Dosage:** On the days you are not getting 600mg of calcium, you can take *ReCalcia* (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.

### **11a. 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 150<sup>th</sup> 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.

### **11b. 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've been 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.

***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*.

**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. Eighty percent of known metabolic functions require magnesium; 1,000 enzyme systems utilize magnesium.

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. I know that keratosis pilaris doesn’t affect the face, but the function 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.

**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.

### **11c. 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 in #4, the [RnA ReSet Drops](#).

## **12. 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.

**Resources:** For free eBooks visit [DrCarolynDeanLive](#). My live, 2-hour, call-in radio show is Monday's at 4pm Pacific Time on [AchieveRadio](#). You can listen to archived shows on Achieve Radio or at [DrCarolynDeanLive](#). For RnA ReSet Customer Support: Call 1-888-577-3703 or Email [support@rnareset.com](mailto: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*, *ReNew Serum*, *ReNew Face Cream*, *ReStructure*, *Pico Silver*, *Flora ReVive*, *Whole C ReSet*, 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@rnaset.com](mailto:support@rnaset.com). If you wish to place an order by phone, call 1-888-577-3703.

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