Flora ReVive
ReSet Your Gut

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A Complementment Formula Book
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Learn How To Protect Your Health with the Completement Formulas by using our Total Body ReSet and Total Body Immunity protocols. (See Appendix A.)

INTRODUCTION

This eBook is about our gut-balancing probiotic, Flora ReVive. I love the name because Flora is one of my middle names. The other is Anne. I was named after both of my grandmothers. Flora was the Scottish grandmother who grew beautiful flower gardens and from whom I inherited my green thumbs! Yes, both thumbs! Anne is my Boston and Newfoundland grandmother who was a nurse and a homeopath from whom I inherited my commonsense and compassion. Then there are my grandfathers – my Scottish grandad who was a fisherman and then a tourist guide, and my Boston, Newfoundland grandfather who was a genius inventor.

I rely on the genes of all my grandparents to do what I love – providing people with the supplemental building blocks for health; and supporting a biodynamic farm to do experiments to ReVive our soil. Coincidentally, Flora ReVive is the perfect ‘soil’ that we need to support the human internal and intestinal environment.

A UNIQUE SOIL-BASED PROBIOTIC ANTIFUNGAL

Flora ReVive is the only soil-based probiotic formulated to specifically target yeast overgrowth using Saccharomyces boulardii. As I’ve said for decades, yeast overgrowth is half the battle, the other half is magnesium deficiency, so I’m not shy about going after yeast every day.

The way I see it, once we’ve opened the door to yeast overgrowth there are going to be colonies just lying in wait for you to feed them with sugar – or in my case, fruit! So, rather than spend my whole life avoiding the deliciousness of fruit, I’m going to eat it and take my Flora ReVive and win my life-long battle with yeast. Take That You Fuzzy Critters!!
WHY PROBIOTICS?

But let me back up a bit and ask the question – why do we require probiotics in the first place? Actually, we shouldn’t require probiotics. We have trillions of bacteria that inhabit our gut, and what we need is to nurture and feed them. Prebiotics is the name given to foods that feed our intestinal flora. They are simply insoluble fibers that have all but disappeared from our diet. In fact, the epidemic of IBS is
partly due to the lack of this type of fiber in the diet. They serve as food for probiotics, which are tiny living microorganisms, including bacteria and yeast.

Our modern lifestyle with a fanaticism toward hygiene, a high sugar intake, alcohol, antibiotics, cortisone drugs, and the birth control pill (BCP) have created an imbalanced intestinal environment called dysbiosis. Antibiotics kill off both good and bad bacteria, leading to yeast overgrowth while cortisone, the BCP, and sugar feed the ravenous yeast.

How did our ancestors – my grandmothers, for example -- get their probiotics? First of all, they weren’t fanatic about sterilizing their kitchens. They pulled vegetables from the garden and gave them a rinse and ate them. They tramped out in the fields, kicking up dust filled with organisms, and they had animals that shared their microbiome.

They also got good bacteria from their diet by eating fermented foods – not consciously for the probiotics – but to preserve them before there was such a thing as refrigeration. But primarily they got their probiotics from dirt! Maybe that’s why gardeners, who play in the dirt, are so healthy.

Actually, the more I read about probiotics the more I learn that they all come from dirt! We have trillions of organisms in our intestines, perhaps we just have stop killing them and feed them to bring them back to life and balance.

One of the \textit{Flora Revive} ingredients is Shilajit, which contains Fulvic and Humic Acids that are no longer available to us to help maintain our gut flora. These substances occur naturally in living soil, but because we’ve depleted our soil through pesticides, which kill off soil organisms; through herbicides, which kill off nutritious weeds; and over-farming, which depletes the minerals in the soil. Our plants are no longer allowed to decompose into the soil to replenish basic life-giving substances. Thus, our bodies are lacking the Fulvic and Humic Acids they need for optimal health. You’ll see below that Fulvic and Humic acids come from compacted plant material that we call humus and using these basic building blocks is truly
getting back to basics!

So, what’s happening inside our bodies with our out-of-balance microbiome is also happening to the soil. All in all, Louis Pasteur has a lot to answer for because he made everyone think that germs are out to get us, which puts us at war with our intestinal microflora! His theory lined him up perfectly with allopathic medicine that just wants to hammer anything that moves. And if all you have is a hammer, everything just looks like a nail. So, germs became the enemy, and we had to make more and more antibiotics to kill germs to the point that they decimate our intestinal microorganisms. For example, Clostridium difficile (or C. diff) colitis is a common infection of the intestines that is typically associated with the use of antibiotics. Another common name for this condition is pseudomembranous colitis, which obscures its origins.

The alternative view is that of Antoine Béchamp, who theorized that an infection will occur in an environment that is already weakened and unable to fight off the germs. Commonsense tells us that Béchamp was correct because not everyone who is exposed to a virus comes down with an infection. We see that currently with COVID-19. Thousands of people are testing positive for COVID antibodies who did not experience an infection. Their immune system countered the attack – as it is meant to do.

In short, Pasteur’s germ theory is one of avoiding germs instead of boosting your immune system. Having a strong immune system is the best way to defend ourselves from infection.

As for waiting for a vaccine to prevent infection, I do not hold out any hope that they will be any more successful against COVID-19 or its successors then they are with influenza. Read the conclusion of the 2018 Cochrane Report on flu vaccines.

We found 52 clinical trials of over 80,000 adults. We were unable to
determine the impact of bias on about 70% of the included studies due to insufficient reporting of details. Around 15% of the included studies were well designed and conducted. We focused on reporting of results from 25 studies that looked at inactivated vaccines. Injected influenza vaccines probably have a small protective effect against influenza and ILI (moderate-certainty evidence), as 71 people would need to be vaccinated to avoid one influenza case, and 29 would need to be vaccinated to avoid one case of ILI. Vaccination may have little or no appreciable effect on hospitalizations (low-certainty evidence) or number of working days lost.

In conclusion, healthy adults who receive inactivated injected influenza vaccine rather than no vaccine probably experience less influenza, from just over 2% to just under 1%.

Don’t you find this shocking! Flu vaccines don’t work, yet they are handed out like candy every fall and promoted as if they are going to keep you well. The above study doesn’t even get into the side effects of vaccines.

Organisms on the Farm

I support Oko’a Farms, a biodynamic, organic farm in Maui. The farmer, Ryan Earehart, tells me how important the soil bacteria are for the plants. Ryan continues the important tradition of farmers who introduce compost and organic compounds to the soil after a round of crops, in addition to rotating crops and letting certain fields lie fallow or he’ll grow a crop and plow it under to ensure nutrients are getting back into the soil. This approach is more sustainable, better for the environment, and better for Ryan’s customers.

Even though Ryan has very healthy soil, he was shocked to see the results of the Radish Experiment done on his farm. You can read about it in Appendix A. You can also see the video comparing the two plots or radishes, one of which was fed with our living fertilizer Mighty Mash. Just click on the Radish Experiment above...
and go to minute 17.

Currently, with commercial farming, even organic commercial farming, there is no time to let the soil rest between crops. “Constant-cropping” in quick succession can lead to an overgrowth of detrimental pathogens, and a reduction in beneficial ones. In the end, this could mean that farmers are forced to use more pesticides (to keep the bugs in line), and more herbicides (to keep the weeds in line). All this results in less nutrients and more chemicals in our food. It’s a terrible vicious cycle.

For now, a good solution is supplementing our bodies with the missing soil nutrients, like Flora ReVive, because they provide so many systemic benefits to our bodies.

In the kitchen, excessive attention to hygiene has limited our access to “dirt” and it’s in the dirt that we find the bacteria that help replenish our microbiome. I remember soaking my vegetables in grapefruit seed extract and making them squeaky clean for fear of microbe invasion of my gut. Now I barely rinse the vegetables I get from Ryan’s farm.

Of course, I can’t tell you to not wash your vegetables, especially when they have been handled by a lot of people. I’d say to just give them a good rinse but not with any special detergents or disinfectants. A dentist friend told me that on his visits to Peru, he would eat a pinch of dirt whenever he could. I don’t think I’d go that far. Instead, I’ve developed Flora ReVive to give us what our body is missing.

All that handwashing and scrubbing has a huge downside and has caught up with us in terms of the microbial imbalance in our intestinal flora. Of course, in this new age of ongoing viral attacks we are told that there is even more reason to keep things surgically clean, which is going to lead to more imbalance! Also, quarantines are keeping us from scuffing around in the dirt and inhaling soil-based bacteria, petting the neighbor’s dog and its bacteria, shaking hands with people who have a different microbiome that they share with us. We do have to remember that our intestinal organisms first came from out mother and from every interaction we have
with the environment. We have to address this dilemma that we are becoming more out of balance with our squeaky clean environment when what we require is helpful dirt.

I don’t know that it’s possible to get back to a balanced external environment because of how effectively we’ve killed off the good bacteria in our soil and in our bodies, and in our pet’s bodies! Here’s a disturbing fact. Did you know that Roundup’s main ingredient is glyphosate, and it’s the second generation of Agent Orange – the poison that was poured over a vast area of central and south Vietnam poisoning the soil, rivers, lakes, and rice paddies allowing toxic chemicals to enter the food chain.

The deceptive marketing of Roundup assures you that it will kill weeds in your landscape “while comfortably guarding the good stuff.” What unadulterated crap!! How can you prevent run off of this poison to the rest of the environment? You can’t. And more than 300 MILLION pounds of glyphosate is used in the United States per year. It is considered to be the most widely used herbicide in the world. I’ve often spoken about the ability of glyphosate to bind magnesium making it unavailable to the plants – another reason why we are so magnesium deficient. Shortly, I’ll talk about Leaky Tight Junctions and the work of Dr. Zach Bush who has shown that glyphosate

Our only solution is to supplement our bodies with the missing soil nutrients, which are found in Flora ReVive along with antifungal ingredients and properties that will help reverse the mess we’ve gotten ourselves into with yeast overgrowth.

YEAST OVERGROWTH

Allopathic medicine may have finally begun to recognize the imbalance in our intestinal flora and is turning to probiotics to help alleviate this imbalance. However, that can’t happen unless we work to reduce the intestinal yeast population. And
since medicine has ignored yeast overgrowth for decades, treatment of intestinal dysbiosis using only probiotics will fail.

**The Seven Questions**

Answering the following seven questions can quickly help you discern whether yeast overgrowth is causing you to have intestinal dysbiosis. Dr. Heiko Santleman found that the following seven questions, taken from Dr. Crook’s Candida Questionnaire, were sufficient to confirm a working diagnosis of yeast overgrowth. They also provide a good introduction for you to understand the causes of this condition.

**THE SEVEN QUESTIONS**

1. Have you, at any time in your life, taken "broad-spectrum" antibiotics?
2. Have you taken tetracycline or other broad-spectrum antibiotics for one month or longer?
3. Are your symptoms worse on damp, muggy days or in moldy places?
4. Do you crave sugar?
5. Do you have a feeling of being “drained”?
6. Are you bothered with vaginal (or penile) burning itching or discharge?
7. Are you bothered by burning, itching or tearing of eyes?

If you can answer, “No”, to all these questions, you have avoided the plague of the century. But if you’re like most of my customers, and answer in the affirmative to two or more of these questions, you are battling monsters that have taken over your body. Yeast is the modern day body snatcher.

Candidiasis, Candida Related Complex, Candida Hypersensitivity, and Yeast Allergies are all names for what I call Yeast Overgrowth Syndrome. It’s a condition
where yeast has overgrown and outgrown its natural environment in the large intestine and has invaded the small intestine. It is a health threat that remains untreated, mistreated, and if it’s ever recognized, it is undertreated. In my book *ReSet the Yeast Connection*, I call my yeast treatment protocol - *Yeast ReSet* - because a certain amount of yeast is natural to our body and we have to hit the ReSet button to achieve the right balance.

A syndrome is a group of symptoms that consistently occur together, or a condition characterized by a set of associated symptoms. Doctors don’t like syndromes – there are too many variables. They want one major symptom so they can make a disease diagnosis and treat with a disease-specific drug. Yeast overgrowth, with its dozens of symptoms, gets a deer-in-the-headlights look from most doctors who ignore it or just call it a fad.

Medicine has been calling yeast overgrowth a fad for over 40 years and I’m tired of this oversight, since the definition of a fad is an intense and widely shared enthusiasm for something, especially one that is short-lived and without basis in the object’s qualities. I think yeast overgrowth has outlived its “fad” status and should be treated with the respect it deserves.

Every patient, client, and customer I’ve had over the past several decades has had some level of yeast overgrowth and most didn’t know it despite going to numerous doctors and health practitioners. It seems that even alternative practitioners are ignoring yeast overgrowth in favor of genetic testing, hormone evaluation, and microbiome investigation.

Even though alternative medicine practitioners agree there is an ‘epidemic’ of leaky gut, they can’t agree on why this is happening. In my world, a leaky gut occurs when budding yeast from the large intestine, under the influence of antibiotics and a high sugar, high carb diet, grows into the small intestine. Yeast shifts from a budding stage to a tissue invasive stage and pokes holes in the intestinal lining. These holes allow undigested food molecules and Candida’s 178
toxic chemical antigens to be absorbed into the blood stream causing body-wide symptoms.

I say that the environment created by yeast growing out of bounds and producing almost 200 different toxins is the reason our immune system is overworked, genes are being triggered to misbehave, our hormones are out of whack, and our bacterial microbiome is out of balance.

I think practitioners have shied away from treating yeast because it can be a long-term project. Yeast detox includes a yeast free diet, natural antifungals, and detoxification with our ReAline. Yeast detox can take many months and may have to be done periodically if your symptoms return, if you have to take an antibiotic, or if you go on vacation or a food binge and eat and drink yourself into yeast overgrowth. However, as I noted above, I’m now advocating the daily use of the antifungal probiotic, Saccharomyces boulardii in my Flora ReVive product, which will create the right balance in our intestinal microbiome.

For more information on yeast overgrowth, please read my eBook ReSet The Yeast Connection, from which much of the information on probiotics and Flora ReVive is excerpted.

Leaky Tight Junctions in a Leaky Gut

One of the consequences of yeast overgrowth is a leaky gut. However, Dr. Zach Bush, a specialist in gut health, is convinced that leaky gut is the result of the important tight junctions between our intestinal cells being disrupted, mostly by the glyphosate fertilizer called Round Up. I agree that Round Up is pretty nasty stuff. For one thing, it binds up magnesium making it unavailable to the plants. And I’m sure it affects our intestines, but it’s not the whole picture. Dr. Bush says that alcohol also blows holes through tight junctions, and the hangover we get is due to breaching our intestinal defenses.

I could make the argument that alcohol also promotes yeast overgrowth, and
yeast toxins add to your hangover. Dr. Bush continues the scenario and says when those symptoms are treated with toxic anti-inflammatory drugs you add drug side effects to the problem. He also noted that the OTC constipation drug MiraLAX (polyethylene glycol), that they are even giving to children, obliterates tight junctions.

Because I recognize yeast as a major source of intestinal imbalance, I’ve chosen to treat yeast directly.

**THE GUT’S BRAIN AND IMMUNE SYSTEM**

Serotonin is the feel-good neurotransmitter. We all thought this chemical was made in the brain, but research in the early 1980s finally confirmed that 90-95% of the serotonin produced in the human body is made in the lining of the gut. This finding turned the specialty of Gastroenterology on its head.

The following abstract from the *American Journal of Gastroenterology* shows that the medical focus is to find drugs to manipulate the gut neurotransmitters. Fortunately, the alternative medical community is more sensibly intent on balancing the gut microbiome.

Serotonin is an important brain neurotransmitter that is relevant to depression, migraine, and other neuropsychiatric illnesses. It has been estimated that about 95% of serotonin is found in the GI tract. Research about gut serotonin lags behind that in brain and, similarly, the application of serotonergic agents to gut disorders is still in its infancy. Selective serotonin agonists and antagonists are being proposed for treatment of gut disorders, primarily because of their direct effects on the gut rather than any central effects.

As if that wasn’t enough of a shocker for the GI community to cope with, the
following abstract excerpted from the journal, *Clinical and Experimental Immunology*, assures us that 70% of the immune system is also found in the gut lining.2

The gastrointestinal system plays a central role in immune system homeostasis. It is the main route of contact with the external environment and is overloaded every day with external stimuli, sometimes dangerous as pathogens (bacteria, protozoa, fungi, viruses) or toxic substances, in other cases very useful as food or commensal flora. The crucial position of the gastrointestinal system is testified by the huge number of immune cells that reside within it. Indeed, gut-associated lymphoid tissue (GALT) is the prominent part of mucosal-associated lymphoid tissue (MALT) and represents almost 70% of the entire immune system.

Both these lines of research elevated the gut to new heights giving it superpowers over the mind and the immune system. Gut feelings became a reality. And the relationship of diet and emotions and diet and the immune system finally made sense to the disbelievers. Then microbiome research was thrown into the mix and researchers had to scramble to determine how much the intestinal organisms themselves were affecting the immune system and the emotions. Getting right with your gut has never been more important!

**THE MICROBIOME**

As you can see, I’m referencing medical journal articles to show you the evidence that allopathic medicine seems to be hot on the trail of gut health and gut dysbiosis. But they are way behind when it comes to preventing or treating the problem.

Here is the abstract for “Role of the microbiota in immunity and inflammation” from the journal *Cell*.3
The microbiota plays a fundamental role on the induction, training and function of the host immune system. In return, the immune system has largely evolved as a means to maintain the symbiotic relationship of the host with these highly diverse and evolving microbes. When operating optimally this immune system–microbiota alliance allows the induction of protective responses to pathogens and the maintenance of regulatory pathways involved in the maintenance of tolerance to innocuous antigens. However, in high-income countries overuse of antibiotics, changes in diet, and elimination of constitutive partners such as nematodes has selected for a microbiota that lack the resilience and diversity required to establish balanced immune responses. This phenomenon is proposed to account for some of the dramatic rise in autoimmune and inflammatory disorders in parts of the world where our symbiotic relationship with the microbiota has been the most affected.

The paper in the journal *Cell* concludes:

Autoimmune and inflammatory diseases, all associated with dysregulated immune responses have been rising dramatically over the past few decades. In recent years, immunological research has evolved from a lymphoid tissue-centric view of the immune system to the understanding of tissue microenvironments as a fundamental determinant of immune responses. This area of research has led to the integration of the microbiota as an intrinsic regulator of all immune responses. There is today an explosion of discoveries associated with the growing understanding of the role of communities of microbes, keystone bacterial species, commensal derived products or metabolites and more particularly of the link between some of these components and disease states in humans. This provides scientists and clinicians with a unique opportunity to develop an integrated exploration of human health that includes ecologists, nutritionists, geneticists, microbiologists, biochemists and immunologists. In this multidisciplinary area
of research lies the key to fundamental discoveries aimed at manipulating or restoring defined aspects of the immune system-microbiota dialogue in order to promote or restore the health of the human meta-organism.

The paper above, along with a plethora of scientific papers about the microbiome, the microbiota, intestinal dysbiosis, and its relationship to the immune system and neurotransmitters would have us believing that medicine is on top of this subject. However, that’s unfortunately not the case.

Closer to the mark is Dr. Zach Bush and his research on how and why the gut organisms control the brain and the immune system. His research determined that when bacteria, fungi, parasites digest food in their surroundings they produce nutrients for the body. But they also make small carbon-based molecules that are capable of cell-to-cell communication throughout the body. Apparently, one of the functions of these carbon molecules is to be communicating with the structural functions of the body to constantly repair the tight junctions of the one-cell-thick intestinal lining.

**The Human Microbiome Project**

The Human Microbiome Project was created in order to identify all the microorganisms found in the human body. They are looking at the bacterial population of the skin, mouth, nasal passages, lungs, vagina, and gut – with the gut having the largest population.

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**The Human Microbiome**

The human microbiome is the collective genomes (genetic material) of the microbes (composed of bacteria, bacteriophage, fungi, protozoa, and viruses) that live inside and on the human body. The human microbiome
outnumbers the cells of the human body – there are about 10 times as many microbial cells as human cells.

The Microbiome Project will likely fail because the focus is all on the body’s bacteria while ignoring the epidemic of yeast overgrowth in the population and in our gut. Researchers note that the gut population consists of between 1 and 2 kilograms (2.2 - 4.4 pounds) of bacteria and other organisms. Yeast, parasites, and worms are lumped together under ‘other organisms’.

Evidence of the bias of the Microbiome Project against yeast can be seen in the recent health books about the gut. I’ve read five new books about intestinal dysbiosis and none of them even mention yeast as an important part of the gut flora and a force to be reckoned with. I’m convinced that the authors are ignoring yeast intentionally – perhaps because it has such a negative image in science and allopathic medicine and requires too much patient education to treat properly. Even integrative medicine doctors fail in this respect and offer lactobacillus and bifidobacteria probiotics as the only solution to intestinal dysbiosis.

**LET’S LOOK AT PROBIOTICS**

Are probiotics the answer that everyone seems to think they are? Maybe not. I consider the so-called science of probiotics as yet another replacement therapy that defines allopathic medicine. They wait for the hormones to be decimated before giving hormone replacement therapy just as they wait for the bowel flora to be decimated before offering probiotic replacement. But how on earth can they decide among the tens of millions of intestinal bacteria which are the best ones to replace?

Let’s look at probiotics and how medical science is trying to determine the best course of action to follow to bring the microbiome into balance. Remember
that medicine is usually intent on identifying symptoms, making a diagnosis and then prescribing drug therapy. They really don’t know what to do with a dietary supplement approach. In fact, they call intestinal dysbiosis SIBO (small intestinal bacterial overgrowth), making it all about the bacteria and ignoring yeast.

One of the SIBO treatments prescribed that I find offensive is – antibiotics, which to my mind are the cause of the problem in the first place. An extreme therapy for gut disorders is fecal transplant, which transplants feces from a healthy donor into another person to restore the balance of bacteria in their gut.

Let’s look at the more basic probiotic approach to intestinal dysbiosis that allopathic medicine prescribes.

**Lacto and Bifido Probiotics**

Most probiotics on the market are bifidobacteria and lactobacillus. That’s because they are the main inhabitants of eliminated stool and therefore the most researched probiotics. Interestingly, samples taken from higher up in the intestines during colonoscopy and endoscopy show that bifido and lacto are not the most active intestinal bacteria nor do they actually help alleviate a wide variety of health problems. However, it’s going to take years to turn the juggernaut that is probiotic research away from their current lacto and bifido focus.

I abandoned lacto and bifido supplemental probiotics when it became obvious they weren’t working for me. I realized that the recommended dosage of lacto and bifido probiotics has risen dramatically since I first went into practice, from several million units to 250 billion units. The prevailing opinion in the alternative medicine community is that if they aren’t working, the solution is to just take more, and more, and more.

Not only are the probiotics not working but there are a few people who have developed intestinal dysbiosis from taking mega doses of lacto and bifido probiotics.
Soil-Based Organisms

Here’s my personal experience with probiotics. I’d been taking lacto and bifido probiotics on and off for decades and I’d never once noticed that they did anything for my mild IBS and choppy, frequent stools. However, several years ago, after taking two soil-based-probiotic capsules eight hours apart, just two capsules, my next bowel movement was completely different from the thousands I’d had before. I had no gas, no stool odor, and the stool was well formed and sunk like a log. I was amazed. Really amazed. Since then, I’ve been recommending soil-based probiotics as the most effective to both treat and prevent bowel flora imbalance. When the probiotic that I used to recommend was no longer available, I realized I had to create my own.

It took 2 years, but I’m convinced that the biodiversity and synergism of Flora ReVive matches the human intestinal microbiome and will create the balance that our bodies crave.

Benefits of Probiotics

I thought probiotics acted mainly as a physical guard against yeast and produced a few vitamins. With the flurry of probiotic research, their benefits have been growing by leaps and bounds.

- Reduce or eliminate allergies – inhaled and food
- Protect the brain from brain fog, irritability and depression
- Utilize carbohydrates and fat
- Reduce cholesterol
- Assist detoxification
- Prevent constipation, diarrhea, flatulence, and abdominal bloating
- Signal hunger or fullness
• Eliminate sinus infections
• Boost immune function
• Decrease body-wide inflammation
• Help absorb nutrients
• Protect your intestines from IBS and inflammatory bowel disease
• Produce neurotransmitters
• Eliminate and prevent skin rashes, boils and hives
• Increase tolerance to dairy products
• Protect the bladder from urinary tract infections
• Help make vitamins
• Assist in weight loss
• Control yeast overgrowth

Many of the benefits of probiotics can be due to their ability to counteract the growth of yeast in the intestines, yet most research doesn’t acknowledge that fact. As mentioned above, practitioners, seduced by the new microbiome research, say that all we need is lacto and bifido probiotics. However, instead of constantly having to take more and more probiotics that are essentially ineffective, the better plan is to take Flora ReVive and make it part of your Yeast Detox protocol.

**FLORA REVIVE**

Many people are already taking probiotics but are they taking the right ones? As you can tell from the title of this eBook, my recommendation is for a soil-based pre- and probiotic called Flora ReVive. Probiotics fortify the good bacteria in the intestines. But, with 100 trillion bacteria in the intestines, how do we know which ones to choose? We really aren’t that smart!

*Flora ReVive* consists of a proprietary blend of pre- and probiotic soil-based nutrients contained in Humic-Fulvic Acid, also called Shilajit; a beneficial yeast
organism called Saccharomyces boulardii; the prebiotic, Inulin; and the life-force enhancer, *RnA Powder*. Unlike most other probiotics, *Flora ReVive* is not weak and fragile. The capsules don’t have to be refrigerated and can be taken on a full or empty stomach at any time of the day.

4. **Saccharomyces boulardii** – 5 billion CFU (colony forming units). This is a hardy probiotic that survives stomach acid and does not require refrigeration.

4. **Humic/Fulvic Acid** – 325mg – soil based gut support

4. **Inulin** – 100mg – prebiotic

4. **RnA Powder** – 22mg – a living, human fertilizer and catalyst

**Flora Revive Dosage**

*Flora ReVive* can be taken with or without food and it does not have to be refrigerated

**Dosage:** Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does 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 of *Flora ReVive*.

1. **SACCHAROMYCES BOULARDII**

*S. boulardii* is a species of yeast that helps keep Candida albicans and gut bacteria in balance. It is often a stand-alone antifungal supplement but it’s only one part of a powerful formula that will promote intestinal health and microbiome balance. It’s also a probiotic that helps bump out the bad guys like yeast and pathogenic bacteria in the gut, including *clostridium difficile*.

The following information on *S. boulardii* comes from a very thorough article...
by John O’Connor at GeneFood. I’ll excerpt the highlights for you and add my comments.

- *S. boulardii* is a strain of non-pathogenic yeast first discovered in French Indochina by Henry Boulard in 1920.

- This probiotic yeast is one of the most proven supplements on the market today, with hundreds of peer reviewed studies proving efficacy in a number of different contexts.

- It cannot be killed by antibiotics so it can be taken along with antibiotics.

- It is effective at killing Candida and suppressing expression of the inflammatory markers it produces.

- It has been proven in multiple randomized clinical studies to be effective as a probiotic, especially in the treatment of antibiotic induced diarrhea, traveler's diarrhea, and other inflammatory bowel conditions.

- *S. boulardii* increases serum IgA levels in mice leading researchers to speculate that *S. boulardii* may have potential for boosting the strength of the human immune system.

- *S. boulardii* survives the digestive tract to reach the colon and confer benefit. This is a huge advantage for a probiotic.

- *S. boulardii* survives best at 37°C (98.6°F), giving it a unique advantage of being one of the few yeasts that do best at human body temperatures. Candida albicans favors a low body temperature.

- Many antibiotics can cause diarrhea, the worst symptoms come from Clostridium difficile, one of the most prevalent, and contagious, forms of antibiotic associated disease. *S. boulardii* is the only effective probiotic in
preventing clostridia by boosting IgA and IgG antibodies, which are the crucial factors in determining the severity of a bout of CDD.

- *S. boulardii* helps Crohn’s disease patients stay in remission, as well as improve symptoms of leaky gut.

- In healthy people, *S. boulardii* acts like a microbiome fertilizer allowing healthy bacteria to flourish and crowd out more damaging strains. It also strengthens epithelial integrity, keeping the gut lining strong and preventing leaky gut.

- Freeze-dried (Lyophilized) probiotic preparations are stable at room temperature and do not require refrigeration.

- Good quality *S. boulardii* products will generally contain 5 billion CFU or greater, which is the amount of colony forming units in once capsule of *Flora ReVive*.

**S. Boulardii and Diarrhea**

I noted above that *S. boulardii* is a useful probiotic, especially in the treatment of antibiotic induced diarrhea, traveler’s diarrhea, and other inflammatory bowel conditions. This attribute makes *Flora ReVive* particularly helpful for people on my protocols who experience diarrhea when on a yeast detox or when their immune system is activated when they begin the *Completement Formulas*. I have a theory that as the immune system is boosted with *ReMag* and *ReMyte*, yeast detoxification begins. As the dying yeast release their toxins in increasing numbers, people with a degree of bowel sensitivity can experience diarrhea. Often, they wonder if *ReMag* is causing the laxative effect – however it’s likely a combination of factors – which includes yeast overgrowth and a general detoxification reaction. *Flora ReVive* will be immensely helpful to ensure that yeast is kept under control and does not
overwhelm the bacterial microbiome of the intestines.

In addition, *S. boulardii* is effective in the treatment of traveler’s diarrhea and because it does not have to be refrigerated, you can travel with it and be assured that the product is stable and effective.

John O’Connor’s article also made reference to *S. boulardii* and helicobacter pylori infection, which causes stomach ulcers. He noted that studies show that *S. boulardii* is effective for the diarrhea induced by the heavy antibiotic treatment that is often used for *H.* pylori. However, he also noted that it’s possible *S. boulardii* may “induce morphologic changes in *H.* pylori cells consistent with cellular damage.” I’m very excited to learn from our customers as they take *Flora ReVive* whether stomach, as well as bowel symptoms are positively affected by our probiotic.

**S. Boulardii Research**

Let me give you an overview of a few studies on *S. boulardii*. One meta-analysis concludes that “The use of *S. boulardii* as a therapeutic probiotic is supported by its mechanisms of action, pharmacokinetics, and efficacy from animal models and clinical trials. The overall safety profile for *S. boulardii* is beneficial. *S. boulardii* can be recommended for several diseases.”

The following is an abstract of a 2012 paper describing some of its properties.

Several clinical trials and experimental studies strongly suggest a place for *Saccharomyces boulardii* as a biotherapeutic agent for the prevention and treatment of several gastrointestinal diseases. *S. boulardii* mediates responses resembling the protective effects of the normal healthy gut flora. The multiple mechanisms of action of *S. boulardii* and its properties may explain its efficacy and beneficial effects in acute and chronic gastrointestinal diseases that have been confirmed by clinical trials.
A 2019 paper addressed the benefit of *S. boulardii* in the treatment of leaky gut syndrome. Here is that abstract:\(^6\)

Intestinal barrier defects lead to “leaky gut syndrome”, defined as an increase in intestinal permeability that allows the passage of luminal (gut) content into intestinal tissue and the bloodstream. Such a compromised intestinal barrier is the main factor underlying the pathogenesis of inflammatory bowel disease, but also commonly occurs in various systemic diseases such as viral infections and metabolic syndrome. The non-pathogenic yeast *S. boulardii* CNCM I-745 has demonstrated its effectiveness as a probiotic in the prevention and treatment of antibiotic-associated, infectious and functional diarrhea. Via multiple mechanisms of action implicated in intestinal barrier function, *S. boulardii* has beneficial effects on altered intestinal microbiota and epithelial barrier defects in different pathologies. The well-studied probiotic yeast *S. boulardii* plays a crucial role in the preservation and/or restoration of intestinal barrier function in multiple disorders. This could be of major interest in diseases characterized by alterations in intestinal barrier function.

A laboratory study tested *S. boulardii* against serious *Candida albicans* infections in the blood. Here is an excerpt from the abstract:\(^7\)

Due to increasing resistance of candidiasis to existing drugs, it is very important to look for new strategies helping the treatment of such fungal diseases. One promising strategy is the use of the probiotic microorganisms, which when administered in adequate amounts confer a health benefit. Such a probiotic microorganism is the yeast *S. boulardii*, a close relative of baker’s yeast. *S. boulardii* cells and their extract affect the virulence factors of the important human fungal pathogen *C. albicans*, its hyphae formation, adhesion and biofilm development. Our study demonstrated that this
probiotic yeast secretes into the medium active compounds reducing candidal virulence factors.

The chief compound inhibiting filamentous C. albicans growth comparably to S. boulardii extract was capric acid, which is thus responsible for inhibition of hyphae formation. It also reduced candidal adhesion and biofilm formation, though three times less than the extract, which thus contains other factors suppressing C. albicans adherence. Hence capric acid secreted by S. boulardii is responsible for inhibition of C. albicans filamentation and partially also adhesion and biofilm formation.

2. FULVIC AND HUMIC ACID

Fulvic Acid and Humic Acid are the original sources of soil-based bacteria that form the base for Flora ReVive. We don’t isolate and add spore forming bacteria to our formula as do some soil-based probiotics, because I don’t want to introduce a few organisms in an environment that consists of tens of thousands. The intestinal microbiome is enhanced by soil – and whatever is in that soil.

Also, the bacterial spore formers that are in probiotics are mostly from the Bacillus species. Unlike the more commonly used-type probiotics, spores are dormant life forms. To address how spore probiotics might function we have investigated whether spores can germinate in the gastrointestinal tract by using a murine model. Using a genetically engineered chimeric gene,, which is strongly expressed only in vegetative cells, we have developed a sensitive competitive reverse transcription-PCR assay which has enabled detection of as few as \(10^2\) vegetative bacteria in the mouse gut. Using this method we have administered doses of spores to groups of mice and shown that spores can germinate in significant numbers in the jejunum and ileum. The levels of detection we obtained suggest that spores may colonize the small intestine, albeit briefly. I’m going to
quote extensively from a paper, that you can read online, from *Applied Environmental Microbiology* with the title "Bacillus probiotics: spore germination in the gastrointestinal tract." I want to show you that spores are a natural part of the environment but probiotic researchers don’t really know how beneficial they may be in probiotic formulas.

Bacterial spores are dormant life forms which can exist in a desiccated and dehydrated state indefinitely. The process of spore formation has been extensively studied as a simple model for understanding cellular differentiation and is one of the primary reasons for the interest in spores and spore formation. Intriguingly though, spores of *Bacillus subtilis* are being used as probiotics and competitive exclusion (CE) agents for both human and animal consumption. For humans they are available either as over-the-counter prophylactics for mild gastrointestinal disorders such as diarrhea or as health foods or nutritional supplements. In some countries though (e.g., Vietnam), bacterial spores are being used for oral bacteriotherapy of gastrointestinal disorders often under clinical supervision. In the agricultural industry spores are also receiving increasing attention as potential alternatives to antibiotics as growth promoters. The use of probiotics and/or CE agents seems likely to increase as public awareness of their potential benefits increases.

The authors of the paper were concerned that there is no accepted mechanism for how the various types of probiotics work. Here is their assessment:

While spores are being sold as probiotics, an important question is that of how spores act to enhance the normal microbial flora of the gastrointestinal tract. This question must be addressed, because the majority of probiotics currently available are bacteria which are non-spore formers: i.e., they are given as vegetative cells (usually as lyophilized preparations). The best-known examples of these probiotic bacteria are the lactobacilli and
bifidobacteria. If probiotic bacteria are to be taken seriously then we would assume that they would share a common mechanism for enhancing the normal well-being of the gut microflora or treating potential pathogens. If there is no common mechanism shared between conventional *Lactobacillus*-type bacteria and the spore probiotics, then the question must be asked as to whether there is any credibility to some of the claims made about the positive benefits of probiotic bacteria.

Probiotics and CE (competitive exclusion) agents are thought to enhance the gut microflora by preventing the colonization of the gastrointestinal tract by pathogenic bacteria. By analyzing spore counts in the feces of mice administered spore suspensions, we have shown that it is possible that spores could germinate in the gastrointestinal tract. If our hypothesis is correct then spores, by germinating, could function as a probiotic in the same way as the conventional probiotic or CE bacteria. This has prompted the work described here, in which we have developed a molecular method to detect the germination of spores in the gastrointestinal tract of mice.

I looked for similar papers and only found 27 written in the past 5 years, which implies that the whole topic didn’t pan out and is now being ignored by allopathic medicine. Instead of using bacterial spores in *Flora ReVive*, I’m working with Fulvic and Humic Acid.

Our Fulvic/Humic ingredient is derived from Shilajit, which is living matter from decomposed plant matter made up of humus, organic plant materials, and Fulvic Acid. Humus is decomposed organic matter in the soil. When organic matter is composted the result is called humus, which is added to the soil. Humus can also be found all over the forest floor where leaves and plant material decompose naturally. This means Shilajit is a fertilizer; I call it a “people fertilizer”.

Fulvic Acid, the main active ingredient of Shilajit, is a carbon-rich plant material in a synergistic natural blend of probiotics, prebiotics, phytochemicals,
enzymes, and replete with trace minerals. It is high in oxygen and antagonistic to Candida albicans and biofilms.

Shilajit reminds me of how our Mighty Mash works. RnA Powder is another Flora ReVive ingredient and comes from the RnA ReSet Drops that has Mighty Mash as its waste product! We have identified a new type of cell called the “iCell” in the Drops and in the Mighty Mash. We see the iCells as living catalysts that match the life force of the body bringing the body into harmony, by entrainment and synchrony.

Entrainment refers to an individual’s chronobiological, physical, and behavioral relationship and synchronization with their environment.

You can read a very interesting description of Mighty Mash in Appendix A under The Radish Experiment.

Dr. Zach Bush gives an excellent perspective on our relationship with our intestinal organisms in his talks. He says that in our world there are 1.5 - 2 quadrillion bacteria divided into 30,000 - 40,000 species of bacteria. There are 300,000 species of parasites. Most of these parasites are actually not damaging, in fact, some are life-giving to humans. Then there are 5 million species of fungi. With regard to viruses, he says we haven't even begun to categorize the species of viruses. We have a rough idea that we have basically $10^{31}$ viruses on the planet right now. That’s 10 with 31 zeros after it)

So, the question becomes, do we make them our enemies or do we learn to live compatibly with them? As I’ve noted above, if we make our bodies healthy enough, we won’t get overrun with the bacteria, fungi, parasites, and viruses that outnumber the very cells in our bodies.

Dr. Bush no longer talks about using probiotics but about balancing the gut. I think that will come about after we work to limit yeast overgrowth. In fact, I’m already working on a gut balancing formula that will put S. boulardii aside and will work to keep the balanced achieved with Flora ReVive.
What is Shilajit?

It’s the source of Fulvic Acid and Humic Acid. Shilajit extracts may be new to Western medicine but these substances have been used and studied for over 5,000 years in Ayurveda medicine – an ancient health care tradition that has been practiced in India for at least 5,000 years. It’s a rejuvenator and antiaging compound that has recently hit the internet as the latest sexy supplement. Instead of getting my information from Wikipedia or internet supplement companies, I’ll reference an article published in the International Journal of Alzheimer’s Disease. You can read it online and obtain more information including the references, which I won’t include here.

Shilajit is a sticky substance found primarily in the rocks of the Himalayas that dries into a blackish-brown powder. It develops over centuries from the slow decomposition of plants. The most commonly identified plants include Euphorbia royleana and Trifolium repens but there are many others. Shilajit is composed mainly of humus with two identified substances - Fulvic Acid and Humic Acid.

We are all familiar with humus; it’s the organic component of soil, formed by the decomposition of leaves and other plant material worked upon by soil microorganisms. Fulvic Acids are defined as a family of organic acids, natural compounds, and components of humus. They are similar to Humic Acids, with differences being the carbon and oxygen contents, acidity, degree of polymerization, molecular weight, and color.

The active component of Shilajit is Fulvic Acid. Another component is Humic Acid, which is mostly insoluble. Most Shilajit supplements have an average of 7% Fulvic Acid, however, the Shilajit raw material we have chosen for Flora ReVive is composed of 20% Fulvic Acid.

Fulvic Acid is soluble in water under various pH conditions, and because of its low molecular weight, it is well absorbed in the intestinal tract and eliminated.
within hours from the body. The publication states that the curative properties attributable to Shilajit are provided by the significant levels of Fulvic Acids that are contained in Shilajit. They list the following properties of Fulvic Acid:

1. A powerful antioxidant phytocomplex
2. A complement activator
3. An ORAC index between 50 and 500 Trolox (antioxidant) units/g of material, substantially higher than Noni and blueberries.
4. Anti-inflammatory
5. Memory enhancer
6. Anti-aggregation factor of tau protein (that is common in the brain of Alzheimer’s patients) making it a potential anti-Alzheimer’s disease treatment.

Research on Shilajit is mostly focused on Fulvic Acid. Fulvic Acid does do a lot of remarkable things but Shilajit consists of many other important molecules such as Ellagic acid, Fatty acids, Resins, Latex, Sterols, Aromatic carboxylic acids, and inorganic trace minerals, to name a few.

While the following health benefits of Fulvic Acid have been recognized for centuries, very few of its benefits have been scientifically studied. And they likely won’t because of lack of funding.

1. Fulvic Acid effectively converts and chelates inorganic minerals into their more absorbable organic forms.
2. One molecule of Fulvic Acid is estimated to hold up to 60 ionic trace minerals!
3. Fulvic Acid kick-starts mineral metabolism, making cell walls more permeable and delivers nutrients across cellular membranes, with ease, directly where they need to go.
4. Fulvic Acid also binds to toxins swapping beneficial nutrients for harmful heavy metals or free radical species before removing them out our systems. Since heavy metals like mercury kill intestinal flora, Fulvic Acid benefits the microbiome in this regard.

5. Fulvic Acid is one of the strongest electrolytes on the planet, restoring chemical balance through the delivery of sodium, potassium, and magnesium to the cell.

6. It has powerful anti-inflammatory, antioxidant, and anti-carcinogenic effects.

7. Both Humic and Fulvic Acids are by-products of beneficial microbes, which in turn help gut bacteria to thrive by promoting an ideal environment and making it unsuitable for pathogens.

8. Rejuvenation

9. Fulvic Acid helps to improve cognitive disorders by stimulating cognitive activity in humans

10. Fulvic Acid is a synergistic enhancer of other drugs, and may also be helpful in:

   ◆ Genitourinary disorders
   ◆ Jaundice
   ◆ Digestive disorders
   ◆ Enlarged spleen
   ◆ Epilepsy
   ◆ Nervous disorders
   ◆ Chronic bronchitis

We should be obtaining these acids from dust, and soil on fresh produce but due
to modern hygiene, pesticides, chemical water treatment, etc., they are no longer available. Our Fulvic Acid contains them in perfect proportions for optimal nutrition and well-being.

**Ongoing Scientific Investigation**

Fulvic Acid continues to be studied for the following:

1. Antiulcerogenic properties
2. Antioxidant properties
3. Cognitive and memory enhancer
4. Antidiabetic properties
5. Anxiolytic
6. Antiallergic properties and immunomodulator
7. Anti-inflammatory
8. Analgesic
9. Antifungal properties
10. Ability to interact positively with other drugs
11. Protective properties in high altitudes
12. Neuroprotective agent against cognitive disorders

The *International Journal of Alzheimer’s Disease* article says systematic documentation and well-established clinical trials are lacking on its antioxidative and immunomodulatory actions in humans and it is expected that the reported benefits evidenced from trials will be obtained in the near future. I really don’t know if that will ever happen since there is so little funding for no-drug clinical trials. Even in these COVID-19 times, it’s like pulling teeth to get allopathic medicine to do COVID trials on IV Vitamin C, a proven antiviral.
Are there risks in consuming Shilajit? Fortunately, any risks of E coli, mold, or heavy metal contamination are addressed and eliminated with the rigorous 3rd party testing that companies such as ours undergo to comply with FDA Good Manufacturing Practices.

In conclusion, this Journal article stated that Shilajit is a potent and very safe dietary supplement, potentially able to prevent several diseases. While they said that its main medical application appears to be in the area of cognition, helping to prevent Alzheimer’s disease, this is their prime focus because it’s the topic of their paper. However, the researchers called for more studies to understand how Shilajit acts at molecular and cellular levels. Unfortunately, you will probably never see studies for anything but single applications of Shilajit, even though there seem to be dozens of benefits.

There is so much more to be said about Shilajit, which I’ll leave to you to delve into if you so desire. Suffice to say that the beneficial probiotics and minerals in Shilajit are similar to the other soil-based gut formulas on the market. The material they use has various names: leonardite, lignite, and humalite. Researchers like Dr. Zach Bush have shown that the carbon in these dense humus materials help heal the tight junctions between intestinal cells and thus heal leaky gut and help restore the intestinal microbiome.

A very thorough article called “10 Important Benefits of Fulvic Acid” by R. Todd Watts and Dr. Jay Davidson emphasized the importance of soil based organisms found in Fulvic Acid. You can read the article online and see the references, but I’ll give you some of the highlights below.

1. Fulvic Acid replenishes your body with naturally-occurring soil-based organisms

According to a recent study, this type of organism has been useful for anyone suffering from allergies, fatigue, insomnia, and
chronic illness. Clinically, people are enjoying improved energy, less pain, and stronger immune systems.

2. Fulvic acid can fight pathogens

   Recent studies have shown that Fulvic Acid fights pathogens and boosts antioxidants, which are very important in preventing oxidative stress and maintaining a healthy immune system. One study in *The Journal of Trauma and Acute Care Surgery* found Fulvic Acid to be useful even topically against fungal and bacterial pathogens (like staph) resistant to other drugs.

3. It can help your gut health

   Fulvic Acid has the ability to boost the health of your digestive system by replenishing healthy nutrients and enzymes. According to the California College of Ayurveda, an herbal compound called “shilajit” (containing ionic minerals and Fulvic and Humic Acids) has been used for centuries by Himalayans.

4. Fulvic Acid can give you energy

   Clinically, many patients report better daytime energy and better sleep once starting Fulvic Acid as a supplement. This could be because Fulvic Acid helps the body absorb important nutrients and oxygenates cells. Doctors recommend Fulvic Acid to battle the fatigue and low energy associated with impaired adrenal glands. It can also help calm the nervous system and relieve stress. Also, many clients report deeper sleep, so the energy bonus from the abundance of nutrients does not typically cause insomnia.
5. It can help with absorption of nutrients

Fulvic Acid is bioavailable, meaning it’s easy for your body to absorb and process. According to one author, Fulvic Acid has a low molecular weight, so it can pass through your cells easily and transport minerals quickly. It can carry up to 60 times its own weight. It also “lowers the surface tension of water,” which allows the water to penetrate and hydrate other molecules with more efficiency.

6. It contains minerals essential for overall health

Fulvic Acid contains more than 70 trace minerals, which are the nutrients needed in the soil of plants for proper growth, and they’re similar to essential minerals for humans, too.

7. Fulvic Acid can reduce pain

With the opioid epidemic running rampant, more and more people are being harmed or even dying from overdosing on pain medications that are extremely addictive. It’s important to explore alternative treatments that include Fulvic Acid. One hospital reported a nearly 95% success rate when treating corneal ulcers with Fulvic Acid injections and drops. Another hospital found Fulvic Acid to be beneficial with pain related to ulcerative colon infections, gastrointestinal bleeding, and hemorrhoids. A Chinese hospital discovered that it not only helped elderly patients with their age-related aches and pains, but also stimulated their appetites, improved sleep, and raised energy.

8. It can support your brain health and improve cognition
Studies show that Fulvic Acid may be useful in battling or preventing Alzheimer’s. An important study published in the *Journal of Alzheimer’s Disease* (that I cited above) stated that Fulvic and Humic Acids have cognitively-protective properties, concluding that Fulvic Acid showed promise in naturally treating other neurodegenerative disorders, as well. Additionally, in a hospital in India, researchers discovered that Fulvic Acid showed promise for not only anti-aging properties, but also reducing symptoms of dementia.

9. It can detox heavy metals

Fulvic Acid can remove and transport metals from the body using “metallo-proteins.” These proteins actually protect your body by storing excess metals, so they’re not just flowing freely in your blood. Consuming it orally for a month it decreased by half the blood levels of toxic metals like cadmium, and additionally improved the function of the colon and kidneys. It can also bind lead and remove it from the body.

**Fulvic Acid: Missing from Our Depleted Soil**

It’s often been said that by religiously using antibacterial gels and soaps and disinfecting our produce, we are preventing ourselves from getting a good dose of dirt loaded with organisms. We are also depriving our immune system of creating necessary antibodies. We might need to be so fanatic about hygiene if we grew the veggies ourselves, didn’t use conventional fertilizer, and closely monitored the growing environment. But the truth is, while the dirt on vegetables might be beneficial to our microbiomes, the abundance of pesticides, herbicides, and chemicals definitely are not.
Generations ago, our ancestors were exposed to Fulvic and Humic Acid from the plants they consumed, but that is no longer the case. With the dawn of the Agricultural and Industrial Revolutions, farmers became concerned about improving crop yield and increasing growth. In the past, they would let some parts of the field lie fallow, meaning the soil was able to rest for a period of time to replenish the nutrients and Fulvic Acid. During the 18th century, farmers instead began rotating crops. They would plant turnips, which had deeper roots that could reach nutrients other, shallower plants could not. They also planted clovers, which could convert nitrogen in the soil to other minerals.

The lands became more industrialized, improving trade and opportunity for more money, so there was no longer time to let fields stay empty, which is what they needed to replenish the nutrients and minerals stripped from the soil when plants are grown.

It’s easy to see how modern-day farming practices have helped farmers produce more crops and make more money, but the plants and soil have become stripped of nutrients in the process. When a portion of crops were lost to insects like aphids or caterpillars, farmers developed pesticides and herbicides to prevent it. And with the development of the free market, farmers had to do anything they could to lower costs and produce more crops.

While fertilizer used to be organic (from manure, fossils, crushed bones, or other materials), it has changed to become a commercial industry.

**Mineral Deficiencies**

We are so depleted of nutrients that entire professions exist in measuring mineral content in hair and tissues and helping clients re-balance minerals. Mineral deficiencies are a problem for many reasons, including diet, soil, gut health impairments, lack of nutrient absorption, genetic factors, generational deficiencies, and more.
There are so many nutrients to choose from when you start replenishing your depleted body, but it can be dangerous to consume too much of one isolated mineral, because it throws off the mineral ratio. Certain minerals function together on a continuum, like magnesium, calcium, potassium, and sodium.

For example, if you just take isolated magnesium, your sodium levels can be negatively impacted, which can, in turn, affect the ratio of sodium to potassium.

The good news is that Fulvic Acid functions more like a food-based mineral bomb since it’s full of so many types of minerals and nutrients. It’s also bioavailable, so the benefits of Fulvic Acid are easy for your body to recognize and absorb. When you give your body a variety of sources, there’s a much better chance that multiple minerals will be absorbed by the body—not just one—leading to better body balance. It’s all about balance!

3. **INULIN**

Inulin is a complex sugar and fermentable fiber that is found naturally in the roots of many foods. It is found in various foods like whole wheat, onions, garlic, and artichokes. It’s commonly extracted from chicory root and added to foods or dietary supplements. It’s present in *Flora ReVive* because it is a prebiotic that stimulates the growth of beneficial bacteria, which helps improve digestion, immunity and overall health.

4. **RNA POWDER**

RnA Powder is a dried concentrate made from *RnA ReSet Drops*, which are now in their 161st Generation. The *RnA ReSet Drops* are made in a similar fashion to a homeopathic - meaning that they carry the resonance of all the previous batches in them. So, at Generation 161 - or batch 161 – there are parts of batches 1-160 brought into batch 161. The unique resonance of all these batches acts like an
'attunement' or a balancer. The *RnA ReSet Drops* have been tested repeatedly on the Zyto machine and are found to bring into alignment many out-of-balance stressors in the body's energy field.

RnA Powder acts as a catalyst and a source of beneficial amino acids, complex sugars, and lysine that promote healthy cells and support the immune system. Just as the living nature of our *Mighty Mash* helps the life force of plants so do the *RnA ReSet Drops* help support the life force of humans.

To find out the properties of *RnA Powder*, please read the section in *Appendix A* about *RnA ReSet Drops*, which are concentrated and dried to make *RnA Powder*.
FREQUENTLY ASKED QUESTIONS

Question: Can I Eat Fermented Foods or Cultured Vegetables?

Answer: I do recommend that people get their lacto and bifido bacteria from fermented foods. Here’s what I wrote in *ReSet the Yeast Connection* about fermented foods:

Yes, please, eat fermented foods with their natural probiotics – but start slowly and don’t eat too much – they are alive and will help you grow good bacteria – so don’t overdo it. Remember, if you have a severe dairy allergy you may not be able to eat yogurt or kefir, if not – rotate these dairy products every three days.

The natural probiotic, yogurt, is a fermented dairy product that is full of healthy, beneficial bacteria. Note, however, that the yogurt container label should say that live organisms are present. It should also be free from added sugars and made from whole milk. Organic too?

In addition to yogurt and kefir, there are many other fermented foods that can help your digestion by replenishing your gut’s healthy bacteria. Other fermented foods include: apple cider vinegar, sauerkraut, kombucha, kimchi, miso, natto – actually, any vegetable can be fermented and eaten.

In traditional cultures, before probiotics supplements came along, fermented foods were, and still are, a staple. Sauerkraut and kimchi are traditional in many cultures, but many people are putting just about any vegetable, such as asparagus or string beans, to the test in homemade cultured vegetable recipes. Raw, unfiltered organic apple cider vinegar is a fermented product that some people swear by, but others may have difficulty with (in what way). That is partly why, if you make your own fermented foods, it’s best to use brine (super salty water) and not vinegar.

A folk remedy called Kombucha is a fermented product grown from Kombucha Mushrooms. However, some people react to it (gas?) and don’t do well on it. The offending elements could be the sugar or the tea that are used in the fermentation process, although the sugar should be digested in the process.

Some people cannot tolerate any of these fermented foods (whether for food sensitivities or taste preference). For example, once, after making homemade sauerkraut, I ate about ¼ cup and experienced intestinal upset. For me, it was just too much. So, I cut back to 1-2 tablespoons per day in my salad and have worked up from that and my gut is fine. If you can tolerate these foods, they may be a tasty addition to your diet while they’re adding beneficial bacteria to your system.

I draw the line when I hear authors or practitioners giving blanket statements that “No one should eat fermented foods,” or the opposite, “We must all eat fermented foods.” Neither statement is entirely accurate. Everyone has their own individual reaction to these foods and nobody can tell you what your body will or
won't tolerate. You have to do your own personal experiments.

As your gut heals when you do a yeast detox protocol, you should be able to tolerate more and more foods, but I must warn you that you can't go back to a junk food diet and expect to stay healthy!

Will An Alkaline Gut Enhance Gut Flora?

There is a growing trend in the natural health community to create an alkaline gut with alkaline foods, baking soda water, alkaline water purifiers, and avoidance of anything acidic. However, the stomach environment is mostly acid, and quite necessary to digest food and kill parasites or yeast that you might ingest.

If you take baking soda and drink alkaline water to make your body more alkaline you effectively neutralize your stomach acid, which interferes with your stomach’s ability to digest food. Another fact about acid-alkaline balance in the body is the way in which probiotics regulate acidity in your intestines. Lactobacillus acidophilus bacteria increase the acidity of the gut in order to slow down the growth of yeast. Even though I've been criticizig lactobacillus probiotics, I agree that they are important for maintaining gut acidity and they can be obtained by eating fermented foods.

CUSTOMER TESTIMONIALS

A group of long-time customers were asked to participate in a trial of Flora ReVive. They reported having better digestion, improved elimination, decreased appetite, improved energy, and increased mental clarity.

Kim’s reaction to Flora ReVive:

All I can say is WOW, these products are AMAZING! I have been on the Complement Products, as they were made available, for 6 years. And each product has been a foundation on resetting/rebuilding my body.

I have had quite the experience with my lymph system. The Complement products have help me overcome the infection, however, I still had quite a bit of scar tissue encapsulating many of my lymph nodes, as well as having issues with my brain from the infection crossing my blood/brain barrier.

The Pico Silver, which I have been taking 4 tsp for 5 months, is breaking down all of the scar tissue, however, the addition of the Flora Revive & Whole C ReSet finally gave me the relief to remove what had been trapped for 18 YEARS! My brain doesn’t feel hazy, like it’s plugged into an electrical socket.
I had added the Yeast Protocol 2 years ago and more recently, the Keto diet. Both helped my situation but didn’t resolve the issue. The Flora Revive & Whole C ReSet stepped in to do the work!

**Bert shares his experience:**

I am 17 days into the program. The most notable benefits of Flora ReVive is that I have no hunger between lunch and dinner and I do not have to eat much to be satisfied. It must be the ReStructure and Flora ReVive combination. My body weight is still hovering between 211-215 pounds from my ReStructure gains since 2016.

**My Experience**

When I first began taking a soil based probiotic many years ago I expressed my amazement that my life-long, choppy, mild IBS stools and several BMs in the morning were a thing of the past. So, I wondered what would happen when I switched over to Flora ReVive. I did have a 10% return of earlier symptoms, so I quickly went to 4 Flora ReVive a day for a week. Now, on 2 Flora ReVive a day my BMs are even smoother than before and I have very little gas. I had been doing at least one coffee enema a week – some months I would do daily coffee enemas thinking I felt better with them. Suddenly I had no urge to do them at all. So, something was making my intestines feel very happy and balanced – that something is Flora ReVive.

Let’s look at a few people who don’t have the immediate Wow! experience.

**Jonathon’s Encounter with Flora ReVive**

Jonathon called in to the radio show on May 25, 2020 to tell us his experience with Flora ReVive. He said during the first 3 days he started to have a low grade headache and a bit of his old anxiety and depression. Being a keen student of his body and my work he wondered if there was a bit of yeast detox going on. He took bentonite clay and that helped the die off symptoms of yeast detox. I told him he could also add Pico Silver for die off.

We have had 3 people call in with symptoms of diarrhea. One person, who has SIBO says she gets that reaction with fermented foods. A fourth person developed stomach pain, which might have been gas, and Betty’s scalp dermatitis got very itchy, with indicates yeast die off.

In Customer Service we are going to warn people who have a history of yeast overgrowth that Flora ReVive is an antifungal probiotic and they may experience die-off when they take it. Let me explain die off and how to handle it.
HERXHEIMER REACTION

Die-Off or Herxheimer Reaction occurs as yeast are killed, yeast organisms release substances that are toxic to the body. If this process occurs more quickly than the toxins can be cleared from the bloodstream and eliminated by the body, a temporary toxic or allergic-type reaction can occur. The technical name for this experience is a Herxheimer reaction; it is more commonly referred to as "die-off." Usually die-off lasts only a few hours, though it can last several days. It can usually be controlled almost entirely by the amount that you use and how often you take it. Signs of a healing reaction can be many and varied but generally involve such discomfort as aching, bloating, dizziness, nausea, headaches, sore throat, skin rashes, itchy skin, muscle pain, joint pain, fatigue, slight fever, diarrhea, constipation, depression, swollen glands, vaginal discharge, change of urine odor and overall "goopy sick" feeling, or a worsening of original symptoms. Fortunately, die off is generally short in duration, and although uncomfortable, is at least a confirmation of the presence of Candida and that something is shifting – for the better. If you are feeling some symptoms of die off from taking two capsules of Flora ReVive we suggest going down to one capsule or perhaps opening up the capsule and only using half and then introduce the second capsule when comfortable.

Also, if you have Pico Silver, 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 detoxification 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. You can take 1 to 3 teaspoons per day to help with detoxification reactions.

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Bentonite clay can also be used to help with the detox symptoms. Bentonite clay magnetically attracts intestinal toxins and eliminates them in the stool. The most beneficial aspect of bentonite clay is that it keeps yeast toxins from being absorbed through the intestinal lining and into the blood stream. This product alone can diminish headaches, fatigue, joint pain, and nausea, among other symptoms. In fact, Dr. Dean recommends bentonite by itself for people who experience die-off symptoms daily and who find it almost impossible to go on a yeast diet because of die-off. The dosage is 1 tsp.-1 Tbsp. in 4-8 oz. of water on an empty stomach at least 1 hour away from food or taking other supplements. You can take the bentonite clay one to three times a day judging by how you feel as it helps absorb yeast toxins.
APPENDIX A

TOTAL BODY PROTOCOLS

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

1. Total Body ReSet contains:
   ReMag, ReMyte, ReAline, ReStructure, RnA ReSet Drops
   The Total Body ReSet Protocol can be paired with Total Body Immunity.

2. Total Body Immunity contains:
   ReMag, D3-K2 ReSet, Whole C ReSet, Flora ReVive, Pico Silver, Pico Zinc

3. Additional recommendations include:
   ReMag Lotion, ReCalcia, Pico Potassium, ReNew Serum, ReNew Face Cream, Blue Ice Royal, Mighty Mash

TOTAL BODY PROTOCOLS

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

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

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

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

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

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

Implementing the Protocol

1. Hydration Guidelines

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

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

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

2. ReAline®

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

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

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

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

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

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

4. RnA ReSet Drops®

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

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

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

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

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

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

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

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

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

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

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

5. ReMag®

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

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

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

6. **ReMyte®**

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

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

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

**TOTAL BODY IMMUNITY**

The following abstract, from the journal *Nutrients*, defines the importance of nutrients in supporting the structure and function of the immune system against...
viruses as indicated by the title: “Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect against Viral Infections.”10 This article completely validates the use of all our Completement Formulas and Total Body Immunity Formulas to maintain your health.

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

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

Note: I do not endorse the use of vaccinations for viral influenza. A 2018 Cochrane Report11 concluded that in a series of 52 studies, there was only a 1-2% benefit from taking a flu vaccine. This is a scientific fact that is being ignored.

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

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

My research and experience tells me that you shouldn’t need any other supplements. Practitioners try to promote many high dose antioxidants, but each of the products I’m recommending has antioxidant, anti-inflammatory, and anti-infective properties and they give you ample protection and support
1. **ReMag**

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

2. **D3-K2 ReSet™**

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

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

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

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

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

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

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

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

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

3. **Whole C ReSet™**

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

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

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

Vitamin C complex is essential to 8 enzyme processes in the body. It assists in the growth, maintenance, and repair of tissues, including skin, blood vessels, bones, and teeth. It is a powerful antioxidant necessary for wound healing and it helps eliminate bruising. High amounts of vitamin C complex are found in the adrenal glands and in the eyes.
In the book *Sugar Crush* by Dr. Jacoby I learned how Vitamin C complex specifically helps stabilize blood vessels and consequently prevent heart disease. Dr. Jacoby says:

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

**Ascorbic Acid Antiviral Mechanisms:**

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

**Indirect physiological mechanisms**
1. Increases cellular Immunity (White blood cells, neutrophils, macrophages, lymphocytes, NK cells).
2. Increases humoral immunity (B cells, antibodies).
3. Increases antiviral proteins (Interferon).
4. Increases energy by providing necessary electrons and electron movement for mitochondrial ATP generation.
5. Limits the main source of fuel of pathogenic organisms, sugar, when provided in pharmacological doses.
6. Potent, quick antioxidant action when provided in proper doses to prevent the dangerous and severe pathological cascade of the cytokine storm.
7. Maintains structural integrity of cells by favoring collagen formation.
4. Flora ReVive™

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

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

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

1) Saccharomyces Boulardii – 5 billion CFU (colony forming units) per capsule. S. Boulardii is a type of yeast that helps keep Candida albicans and gut bacteria in balance. This is a hardy probiotic that survives stomach acid and does not require refrigeration.

2) Humic-Fulvic Acid (325mg), derived from high-carbon humus found in ancient compacted plant material that is broken down by soil bacteria. This rich plant material contains probiotics, prebiotics, phytochemicals, enzymes, and minerals, and is the basis for all soil-based probiotics. Humic-Fulvic acid is high in oxygen and antagonistic to Candida albicans and biofilms.

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

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

5. Pico Silver™

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

**Dosage:** Varies from 1 tsp a day for maintenance up to 6 tsp a day for an acute infection. *Pico Silver* can be taken directly off the spoon or in sea-salted water, or mixed in with juice, or a smoothie along with ReMag and ReMyte. It is the only pico mineral that is tasteless.

**Product Description:** I decided to have Pico Silver made with the same stabilized ion technology as ReMag, ReMyte, and ReCalcia so that all of our minerals would be compatible. I was thrilled that the first time I used it for an “airplane cold,” 6 tsp throughout the day knocked it out overnight.
The silver ions that make up Pico Silver attach to WBCs to seek and destroy bacteria, viruses, and fungi and augment the myriad of other functions of WBCs. Pico Silver ions can safely detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as they fight infection. Pico Silver stimulates stem cell production enhancing all cell tissue types in the body and participating in tissue regeneration including remarkable wound healing. Pico Silver does not build up in tissues and it does not kill off good bacteria; instead, it balances the intestinal microbiome.

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

6. Pico Zinc™

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

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

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

Dosage: One tsp of Pico Zinc contains 20 mg of elemental, stable ionic zinc in a very absorbable form. For some people, zinc might cause nausea, so I recommend that you take it with a meal as one dose and not mix it with ReMag and ReMyte, which you drink in sea-salted water throughout the day. I recommend taking 1 tsp daily, for one week per month to build up your zinc stores. If you are exposed to a viral infection, take 2 tsp a day for 2 weeks. If you still have symptoms, take 1 tsp per day for another 2 weeks, then go back to one tsp a day for one week per month. Remember, you will be taking your other
immune boosting supplements *Pico Silver, Whole C ReSet*, and *D3-K2 ReSet* and won’t have to rely entirely on *Pico Zinc*.

**Product Description:**

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

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

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

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

I’ve known for decades of the importance of zinc but it recently came to public attention because of its interaction with hydroxychloroquine. This decades-old malaria drug acts as an ionophore, which opens up mineral channels in the cells allowing zinc entry into the cells to kill viruses! Because our stabilized zinc ions are smaller in diameter than the body’s cell mineral ion channels, *Pico Zinc* is readily absorbed and acts as its own ionophore and doesn’t require hydroxychloroquine or the 6 transporter proteins that normally facilitate the movement of zinc.

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

**ADDITIONAL RECOMMENDATIONS**

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

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

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

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

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

2. 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.

3. Pico Potassium

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

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

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

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

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**4. ReNew Serum**

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

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

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**5. ReNew Face Cream**

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

Here are the ingredients of ReNew Face Cream:

a. *ReNew Serum* has the *RnA ReSet Drops* property of directing RNA to make flawless copies of DNA and create perfect cells. View our *RnA ReSet Drops* Webinar *Radish Experiment* for a glimpse at the life force that emanates from the iCells in the *Drops*.

b. *ReMag Lotion* is a superior hydrator that smooths and softens the skin. The skin is hydrated from inside-out as well as outside-in, therefore oral *ReMag* Liquid and transdermal *ReMag Lotion* doubly support the structure
Flora Revive: ReSet Your Gut

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

c. Whole C ReSet, in addition to its antioxidant functions, regulates the synthesis of the structural protein collagen, which repairs damaged skin. How do we damage our skin? Let me count the ways: sun, chemicals in cosmetics, chemicals in our air, food, and water, lack of proper sleep, exercise. Poor diet and lack of proper hydration that includes sea salt.

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

6. Blue Ice Royal – Vitamin A, D3, K2

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

Dosage: One capsule twice per day.

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

7. Mighty Mash

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

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

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

 disclosed

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


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