

7/29/13 (1)

3:45

ReMag and Doses

When Magnesium Makes Me Worse blog Update

She had great results with low doses, so she felt more would be better.

People use magnesium on skin and hair, so Dr. C. didn't recognize the symptoms.

So, she sounds like she's very dehydrated and missing other minerals.

Always advised magnesium and sea salt. Then got the ReLyte going.

Has guided to get a Magnesium RBC test.

She was considering she had a potassium deficiency because she was on blood pressure medication for many years.

Was using too much salt and blood pressure went too high.

Long term magnesium deficiency.

When you take magnesium, it wakes up systems and they want more.

ReLyte - minerals feeding the thyroid was making thyroid work better so that the Armour Thyroid wasn't necessary.

Too much Vit D and had a seizure.

When he stopped taking Vit D, brain activity reduced.

Sensitive to seizure activity.

Too much calcium can push out your magnesium, too.

Very important to hydrate when you take minerals.

B6 and B2 vitamins and other B Vitamins for magnesium absorption.

Mercury toxicity - increases excretion of magnesium, etc. through kidneys.

Magnesium repletion is quite complex because of the relations among the systems.

21:50 Take the formulas as they are described on the labels.

23:21 Blue Ice Royal - Vit A, D, K

Used to take hand fulls of vitamins before RNA Drops

Only wanted magnesium for leg cramps and palpitations

26:25 Conversation with iON about moving out the trash.

As in chelation where everything is dragged out

You have to put the good stuff back

Targeted things for specific symptoms - lack of trust of body

31:05 Outer, middle, inner kingdom

Crucial that you don't get involved with medical pronouncements

Most people plan on something like that - that's what health insurance is for - go into the hospital, have horrible prognosis, and die.

RNA Drops offer alternative.

36:00 ReNew Testimonial

Vitaligo on my hands - diminishes from 3 inches to a bit of speckling

Supposedly it's incurable
 But mine for all purposes have disappeared.

39:55 Against the law to say you cure disease

40:35 RBC Magnesium - 5.7
 6.2-6.5 optimum
 No accurate testing for all minerals doesn't exist.
 Do you get magnesium deficiency symptoms?
 Are you taking good probiotic?
 Soil based probiotic that makes Prescript Assist unique
 Constipation is holding back or not letting go in
 Total Biology.
 1/8 tsp of salt in a pint of water
 Very mild taste; not salty
 Runs cold water over feet for swollen ankles in California.
 Movement makes lymphatics move.
 Min trampoline; stationary bike, walking more, lying with legs
 up
 Sister has distonia. Neurological problem.
 Requires magnesium for contractions.
 Start with 5 drops of ReMag in water a day.
 Start really slowly.
 Add a drop or two every day.
 Kathy was born with retinal blastoma. No radiation or chemo.
 Blindness was easy for me to deal with. Sheltered me from
 my father's abuse.
 I think I chose it. In utero I could sense a lot of problems in my
 upcoming life.

53:44 You don't live in that house any more. You don't have to be sick.
 Tell me more about what to expect when someone goes in
 for regular blood tests.
 How did you get off Armour Thyroid.
 RNA Drop users with chemo or breast implants.
 When you go for blood tests, they might find something they
 are not used to. We don't know what that would be.
 If you feel perfectly healthy and you feel fine, then doctors
 start to tell you that something is not normal, just know
 they are out of range.
 Redefining normal.