

Total Body ReSet For Your Thyroid



Carolyn Dean MD ND

A Complement Formula Book

**TOTAL BODY RESET FOR
YOUR THYROID**

CAROLYN DEAN, MD, ND

Disclaimer

The contents of this book are included for educational purposes and to provide helpful information on the subjects discussed. This book is not intended to be used, and should not be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical condition, consult your health care provider. You are responsible for your own choices, actions, and results regarding any health concerns that may require medical supervision. The authors and publisher are not liable for any damages or negative consequences from any action, application, treatment, or preparation to any person reading or individually pursuing the information in this book.

Ver 4

TABLE OF CONTENTS

INTRODUCTION	5
Thyroid Function	5
Hashimoto's Thyroiditis and Graves' Disease	6
Hashimoto's Thyroiditis	8
Iodine and Hashimoto's Thyroiditis	8
Dr. Wentz's Health Story	10
Dr. Myers' Graves' Disease	12
THE DOWNWARD SPIRAL	14
Possible Health Chronology for CFS and Fibromyalgia Sufferers	14
TOTAL BIOLOGY & THE THYROID	17
<i>Conflicts Related to Hypothyroidism</i>	17
<i>Total Biology Case #1:</i>	19
<i>Total Biology Case #2:</i>	20
ADRENAL FATIGUE AND THYROID INSUFFICIENCY	20
SURGERY FOR HASHIMOTO'S	24
REVERSING TOTAL BODY MELTDOWN AND THYROID IMBALANCE	29
TOTAL BODY RESET FOR HYPOTHYROIDISM	30
HERBS FOR HYPERTHYROIDISM	32
THYROID CASE HISTORIES	34
Case History #1	34
Case History #2	35
Case History #3	36
Case History #4	36

Case History #5	36
Case History #6	37
Case History #7	37
Case History #8	38
Case History #9	39
Case History #10: Fine-Tuning Your Adrenals	40
QUESTION ABOUT REMAG AND REMYTE FOR HYPERTHYROIDISM	42
REMYTE MINERALS THAT SUPPORT YOUR THYROID	43
Boron	44
Chromium	45
Copper	46
Iodine	48
Thyroid Hormone Replacement Therapy	51
Magnesium	52
Magnesium RBC Test from Request A Test	54
Magnesium and The Heart	55
Magnesium and Muscles	55
Magnesium and The Central Nervous System	56
Magnesium and Pregnancy	57
Magnesium and Kidney Disease	57
Magnesium and Athletes	58
Magnesium and Osteoporosis	58
Magnesium and The Thyroid	58
Manganese	59
Molybdenum	61
Selenium	62

Total Body ReSet for your Thyroid	
A Super Antioxidant	64
Selenium Supports the Thyroid	65
Zinc	66
<u>APPENDIX A: Total Body ReSet Protocol</u>	<u>70</u>
<u>APPENDIX B: Eighty Hypothyroid Symptoms</u>	<u>86</u>
THE DOCTOR OF THE FUTURE	88
REFERENCES	89

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

Most general practitioners are intimidated by the complexity of endocrine disorders involving the thyroid, adrenals, and sex hormones and refer their patients to endocrinologists. These specialists depend on inaccurate blood testing to prescribe synthetic hormone replacement drugs, which is their main form of treatment. There is no effort to find the underlying cause of endocrine problems or explore natural solutions.

Thyroid Functions

In medicine, there is also a very superficial view of the functions of the thyroid gland. I remember the way the thyroid was presented in medical school – we were told to think of the “ideal” thyroid patient as being fair-fat-and-forty – and obviously female! That was 45 years ago and it’s still with me and can obscure the rest of the thyroid’s important functions. Did you know that the thyroid gland produces hormones that:

1. Regulate the body's metabolic rate
2. Regulate the heart
3. Regulate digestive function – especially protein synthesis
4. Regulate muscle control
5. Regulate brain development
6. Regulate mood
7. Regulate food metabolism

8. Regulate vitamin metabolism
9. Regulate the nervous system
10. Regulate catecholamine function
11. Regulate long bone development
12. Regulate temperature and act as a heat generator

Most sources acknowledge that the thyroid requires iodine for proper function but have not realized that there are 8 more minerals that come into play to produce thyroid hormones. I'll discuss this important point and the solution more fully below.

Hashimoto's Thyroiditis and Graves' Disease

I'll reference two popular thyroid books that will give you all the details about thyroid disease and explore alternatives, but they both still focus on thyroid replacement therapy using natural and/or synthetic drugs.

They are *Hashimoto's Thyroiditis* by Izabella Wentz, PharmD (2013) and *The Thyroid Connection* by Amy Myers, MD (2016). Dr. Myers suffered hyperthyroidism, or Graves' Disease, and Dr. Wentz overcame Hashimoto's and hypothyroidism, so together they cover all aspects of thyroid disease.

Both authors discuss the need to find the root cause of thyroid disease. They recommend a gluten-free diet, balancing gut flora, stress reduction, and immune system support. Wentz says, "Most patients with Hashimoto's and hypothyroidism will have weight gain, acid reflux, nutrient deficiencies, anemia, leaky gut, food allergies and adrenal insufficiency. Symptoms of impaired digestion, absorption, anxiety, chronic-fatigue and environmental allergies may be seen as well." In fact,

you can go to [Appendix B](#) where I list an incredible 80 symptoms of hypothyroidism.

I agree that thyroid patients may suffer all these associated symptoms, but it's not necessarily because of thyroid disease itself. From my almost 50 years of study and experience, I've narrowed the causes of thyroid disease down to the true root causes: mineral deficiency and yeast overgrowth, leading to what I call "Total Body Meltdown" (TBM), which always involves the thyroid. TBM also includes the adrenals, sex hormones, immune system, heart, kidneys, liver, gut, and brain! Yeast overgrowth and mineral deficiency then create weight gain, acid reflux, nutrient deficiencies, anemia, leaky gut, food allergies, hypothyroidism, adrenal insufficiency, and much more!

No matter what chronic disease you look at today, you will come up with a long list of all the associated conditions, just as Myers and Wentz do with hypothyroidism and hyperthyroidism. That's why I say it's TBM – because all systems are affected. However, if you treat each condition individually, you end up with an array of diets, supplements, and advice that becomes overwhelming, confusing, and contradictory.

One of the most difficult causes of hypothyroidism to diagnose is environmental pollutants blocking thyroid hormone receptors. Thyroid hormones may even appear normal in blood tests but cannot get inside cells to do their work as a result of hormone receptor blocking. Such is the case with chronic acetaldehyde poisoning, which is a byproduct of yeast metabolism. Similarly, the female hormones, especially estrogen, may be blocked from getting into cells even though blood estrogen levels may be normal.

Even those alternative medicine doctors who say that the increased incidence of hypothyroidism may be due to environmental toxins don't realize that magnesium deficiency can allow chemicals and heavy metals free access to our

cells or that yeast toxins block thyroid hormone receptor sites.

Guests at an October 2016 thyroid summit hosted by Dr. Myers failed to discuss mineral deficiency or yeast overgrowth as major causes of thyroid imbalance. Mention was made of iodine, selenium, and zinc, but not the full complement of nine minerals that assist in thyroid hormone production. The summit experts advocated extensive and expensive testing for hormones, neurotransmitters, infections, and nutrients, which I think can be a waste of time and money unless and until mineral deficiency and yeast overgrowth are treated first.

This book may answer your questions about the thyroid, but if you'd like more information, you can watch "[Boost Your Energy And Clear Your Brain – Dr. Dean's Thyroid Webinar](#)" on my YouTube channel. You are always welcome to ask questions on the Chat at [RnA ReSet](#) or by email at support@RnARESet.com.

Hashimoto's Thyroiditis

According to Dr. Wentz, several studies point to Hashimoto's being influenced by diet. She said 180 Hashimoto patients ate a restricted diet for 3 weeks. The diet avoided sugar, fruit, gluten, grains, eggs, soy, dairy, and legumes. At the end of 3 weeks, there was a dramatic decrease in thyroid antibody levels, which means the damage to the thyroid had lessened. In this study, thyroglobulin (TG) antibodies dropped by 40% in the test group; thyroid peroxidase (TPO) antibodies dropped by 44%; and anti-microsomal antibodies dropped by 57%. In the control group, who maintained their normal diet, there was an increase in antibody markers, which indicated that the thyroid gland continued to be under attack.

This diet is actually a yeast-free diet that will lower the level of yeast in the intestines. I can't help but think it supports my theory that Hashimoto's can be

triggered by yeast toxins and can be modified or cured by following a yeast-free diet.

Iodine and Hashimoto's Thyroiditis

Dr. Wentz says that since iodine was added to table salt, the incidence of Hashimoto's has escalated! Thus, there is quite a controversy about using iodine, especially high-dose iodine supplementation, to treat hypothyroidism. I say that without selenium and the other thyroid hormone supportive minerals, even low-dose iodine supplementation can be problematic. I only use the RDA of iodine in *ReMyte*, along with all the supportive thyroid minerals, and do not recommend high-dose iodine therapy.

The autoimmune aspect of Hashimoto's makes people think that they acquire this condition out of the blue and they have no control over it. However, when the body attacks its own tissues, it's attacking some form of toxicity in the tissues. In the case of Hashimoto's, I think that yeast toxins cross-react with thyroid hormones or thyroid receptors and cause the damage. The diet can also affect the thyroid because wheat cross-reacts with yeast toxins, causing more autoimmune reactions. That's why a gluten-free diet can help lower thyroid antibody levels. Yeast overgrowth and yeast toxins can lead to leaky gut, food intolerance, immune system dysfunction, infection, nutrient depletion, and adrenal weakness that can all be misdiagnosed as an autoimmune condition. The treatment begins with treating yeast overgrowth.

The diagnosis for Hashimoto's is made by measuring anti-thyroid antibodies, but most doctors do not routinely test for these antibodies, so they miss the diagnosis. The two types of antibodies are thyroid peroxidase antibodies (TPO), which are the most common, and thyroglobulin antibodies (TG). Another aspect of Hashimoto's that is confusing is an initial surge of excess thyroid hormones that

can occur, causing episodes of hyperthyroidism before thyroid damage leads to hypothyroidism.

Diagnosing hypothyroidism has always been difficult, and in my naturopathic training, we learned that thyroid blood tests could be inaccurate. We test for hormones in the blood, but the action of hormones is in the cells, for which there is no accurate testing. In my office practice, I asked patients to measure their underarm temperature to assess low thyroid via a low body temperature. I won't go into a long dissertation about thyroid hormones and how to test for them in this booklet. I recommend either the Wentz or the Myers books or an online search for that basic information. I'm more interested in presenting you with practical information to help balance your thyroid hormones and make you independent of thyroid medication.

Dr. Wentz's Health Story

Dr. Wentz personalizes her book with vignettes about her own health. To me, it's a blow-by-blow description of someone with escalating magnesium and mineral deficiencies and yeast overgrowth getting sicker and sicker until, finally, her thyroid tests come back abnormal as the end-stage of a Total Body Meltdown.

She suffered all the symptoms of yeast overgrowth, which I say includes cross-reaction of yeast toxins with thyroid tissue, causing Hashimoto's. I think she was suffering from Hashimoto's all along, but it wasn't diagnosed for many years. Because her mineral deficiency and yeast overgrowth were never considered, never tested for, and never diagnosed, they caused her expanding list of symptoms. It's only because Hashimoto's has recognized test criteria that her symptoms landed in that camp at the tail end of her journey.

Here are Dr. Wentz's worsening symptoms and my diagnosis beside them:

- Feeling chronically stressed out – Magnesium deficiency.
- Chronic fatigue for seven years – Magnesium deficiency and yeast overgrowth are the major contributors to chronic fatigue.
- I would startle when someone walked into my office or almost jump out of my seat when my phone rang. – Magnesium and sodium deficiency, adrenal fatigue.
- I was an extremely light sleeper; every hum and squeak woke me up. – Magnesium deficiency, B vitamin deficiency.
- I was full of nervous energy, my palms were sweaty, and my heart was always pounding. – Magnesium deficiency, adrenal irritability.
- I felt cranky when I went without food for extended periods of time and was often lightheaded when I stood up. – Magnesium, B vitamin, and sodium/sea salt deficiencies causing adrenal depletion and leading to symptoms of hypoglycemia.
- It was as though my fight-or-flight response was always turned on. – Magnesium deficiency and adrenal depletion.
- Chronic anxiety – Magnesium deficiency.
- Acid reflux – Magnesium deficiency.
- Diagnosed with mitral valve prolapse – Magnesium deficiency.
- Hair loss – Mineral deficiency causing hypothyroidism.
- Cold intolerance – Mineral deficiency causing hypothyroidism.

Dr. Wentz had many thyroid tests over the years. Finally, one came back with a TSH of 4.5 μ IU/ml (Normal 0.4-4.0). TSH stands for thyroid stimulating

hormone, and if it's elevated above 2, it means the pituitary has decided that the thyroid is sluggish and is pushing it to work harder. Wentz's TSH of 4.5 was called normal by her doctor since her other tests were in the normal range. Medicine does not recognize "preclinical" thyroid deficiency because the treatment of clinical thyroid deficiency is synthetic thyroid hormone replacement, so doctors wait until the thyroid is very low before prescribing a hormone that may shut down the body's own thyroid hormone-making capacity.

A year later, Wentz's TSH was clearly abnormal at 8, and she was finally referred to an endocrinologist who found high thyroid antibody levels, indicating Hashimoto's thyroiditis. Wentz concluded that she had been experiencing symptoms of hypothyroidism for seven years. I don't think that was the case, however, because at any level in her downward spiral, she could have been treated for mineral deficiency and/or yeast overgrowth and averted the final decline of her thyroid.

Dr. Wentz experienced what so many patients go through when they try to get a diagnosis for their chronic symptoms from the allopathic medicine community. It reminds me of the story of a man looking under a streetlamp for his car keys. A stranger stops to help and asks where exactly did he drop them. The man says that he dropped them across the street in a very dark area. The stranger asks why on earth is he looking in the wrong place. The man says, "The light is brighter here." That's the limitation of allopathic medicine; doctors are trained to only look for those things with which they are familiar, like inaccurate thyroid lab tests. If the only test they do is for the thyroid, then they can only diagnose thyroid disease.

Dr. Myers' Graves' Disease

Dr. Amy Myers' own medical history is very revealing. In her second year of

medical school, she started having anxiety and panic attacks “out of the blue,” terrible insomnia, muscle weakness, and weight loss. When she developed a tremor, she finally went to a doctor who brushed her off and said it was just the stress of medical school. She insisted on a full workup and was ultimately diagnosed with Graves’ disease. The drug she was given, propylthiouracil (PTU), caused toxic hepatitis, and she had to undergo thyroid ablation with radiation.

When I look at her history through the lens of mineral deficiency, I wonder what the result would have been if Dr. Myers was given therapeutic doses of magnesium to help with her obvious magnesium deficiency symptoms of anxiety, panic attacks, and insomnia. With the addition of multiple minerals, including the nine that support the thyroid, perhaps she wouldn’t have developed Graves’ disease. I consider Hashimoto’s thyroiditis, hypothyroidism, and Graves’ disease the end stage of a long road of toxicity and mineral deficiency.

Graves’ disease is the most common form of hyperthyroidism, so my theory is that Myers’ thyroid was overstimulated to help speed up her magnesium-deficient, sluggish metabolism and give her the energy that she should have gotten from sufficient levels of magnesium. My question about mineral deficiency causing Graves’ disease is one that will not be answered by allopathic medicine but may be answered by individuals who take proper amounts of picometer, stabilized ionic minerals (*ReMag* and *ReMyte*) and avoid layers of mineral deficiency symptoms and diseases.

Treatment of Graves’ disease and Hashimoto’s thyroiditis with a sugar-free, dairy-free, gluten-free diet can also be very helpful but not curative. Even more helpful and possibly curative is a protocol of remineralization and yeast detox at the first sign of symptoms. Yeast toxins cause leaky gut and the inappropriate absorption of undigested dairy and gluten molecules into the blood stream, which then cause allergic reactions. Also, yeast toxins cross-react with thyroid tissue and

other hormonal tissue, increasing hormonal antibodies and blocking hormone receptor sites.

Note: My book, [ReSet The Yeast Connection](#), will give you a detailed yeast detox protocol to follow that includes our *Pico Silver*, which helps support the structure and function of the immune system against yeast.

Because Dr. Myers suffered Graves' disease, she puts special emphasis on hyperthyroidism and has developed an herbal program to treat this condition. I have not worked with herbs for Graves' disease, so please follow her advice. I'll give you an overview below in the treatment section, but please also consult her book, *The Thyroid Connection*, for more information.

THE DOWNWARD SPIRAL

What follows is a list of events that lead to the Total Body Meltdown that I've been seeing over the last several decades. I don't deny that other practitioners see the same thing, but it can't be defined entirely as Hashimoto's thyroiditis, hypothyroidism, or hyperthyroidism. Each person expresses his or her TBM in a unique way.

Health Chronology for CFS and Fibromyalgia Sufferers

- Diaper rash, caused by *Candida albicans* (yeast), is mistakenly treated with cortisone creams, which encourage further growth of the yeast.
- Childhood ear infections can begin at birth as yeast infections picked up from the mother during delivery. Most ear infections are treated with antibiotics.
- Ear infections may become chronic and require multiple courses of

antibiotics, leading to diarrhea and intestinal yeast infections.

- Anesthetics used in surgery to place tubes in the ears add another toxin.
- Colic can develop due to antibiotics.
- Inability to digest milk due to an irritated bowel leads to frequent changes of formula and further irritation. Gas and bloating can result from hard-to-digest soy formula.
- Eczema, aggravated by food sensitivity, is suppressed with cortisone creams.
- Allergies to foods, especially yeast, wheat, and dairy, can arise from poor digestion.
- Asthma, which may be environmental, is treated with medications including corticosteroid inhalers.
- Multiple colds and flus are mistreated with many courses of antibiotics.
- Annual flu vaccines contain mercury preservative.
- Cravings for sweets can be caused by yeast overgrowth and may cause or aggravate hyperactive behavior in children.
- Dental cavities lead to multiple mercury amalgam fillings. Toxic mercury vapor may be inhaled or absorbed, disrupting enzymes in the brain, kidneys, and liver.
- Allergic reactions are treated with allergy shots, antihistamines, and cortisone sprays.
- Many adolescents take long-term oral antibiotics for acne.

- Many teens and young adults develop mononucleosis, and some never feel quite as healthy again.
- Bladder infections are treated with antibiotics, which cause yeast infections.
- Birth control pills cause chronic vaginal yeast infections, which are mistreated with antibiotic creams.
- Pregnancy hormones encourage vaginal yeast infections.
- Chronic sleep deprivation is common in all parents of small children and is a major stress on the immune system.
- Irritable bowel syndrome can develop after a bout of diarrhea (attributed to traveler's diarrhea or food poisoning) and is usually treated with antibiotics.
- Chronic sinus infections occur due to lowered immune system and are mistakenly treated with antibiotics. (According to the Mayo Clinic, 97 percent are fungal.)
- Hypothyroidism often occurs but remains undiagnosed and untreated.
- Hospitalization for infections or surgery usually warrants intravenous antibiotics and a host of other drugs.
- Major colds and flus can lead to bronchitis and pneumonia, which are treated with strong antibiotics.
- Chronic fatigue syndrome and fibromyalgia are treated with anti-inflammatories, sleeping pills, and antidepressants.
- Environmental allergies with extreme sensitivities to inhalants, especially

perfumes, colognes, household products, pesticides, and molds are treated with corticosteroid inhalers.

- Dysmenorrhea, irregular periods, infertility, and worsening premenstrual symptoms due to a toxins and a lack of nutrients.
- Infertility is treated with an array of synthetic hormonal drugs.
- Depression, anxiety, panic attacks, and palpitations are treated with antidepressants and psychotherapy.
- Menopause is medicated with synthetic hormones.

Magnesium is depleted with every step of this scenario and results in a total body burden of drugs, toxins, and various stressors.

TOTAL BIOLOGY & THE THYROID

The following is a look at thyroid disease from a very different perspective. I've learned to look at disease through the lens of the medical modality called Total Biology, especially when a condition seems complex. Total Biology defines the conflict basis of disease and the biological systems that try to solve the conflict within the physical body.

Total Biology practitioners say that the thyroid is related to time – to acceleration and deceleration and the intense fear that may be connected to it. When the body decides that the solution to a particular conflict is to go fast or to go slow, it recruits the thyroid to perform those functions. When you study the meaning of the word "thyroid," it comes from thymus, which means shield. A thyroid condition can be an attack on my integrity for which I put up my shield. Physically, the thyroid manages metabolism and activity.

“Hypothyroidism” is trying to slow down time, and “hyperthyroidism” is trying to speed up time. Some people can go back and forth between hyper and hypo, which can even show up on thyroid blood tests. For example, you fear bad news, so on one hand you want to know, but on the other hand you don't want to know. In the body, this can be an ebbing and flowing of Hashimoto's or Graves' disease before the condition is locked in.

Conflicts Related To Hypothyroidism

- The conflict of not being fast enough to gain something; you have to be quick; you have to hurry up.
- The conflict can be the inability to spit something out before it chokes you.
- The conflict of not being fast enough to get and digest something in a critical, overall sense – essential food for survival. You have to be more effective, faster.
- The inability to move fast enough; to have the hands tied.
- The inability to do anything when it is urgent.
- A solution must be found beyond the actual possibilities, so one can act still faster.
- It's necessary to find a solution beyond solutions of physical speed, which even when pushed to the extreme will not be enough to succeed.
- Conflict of frontal fear in the face of danger or an attack, with a component of an inability to give an alert or to put oneself on the defensive, but remaining in one's territory when danger comes.

- It is important to hurry, but I can't and there is so much to do.
- Conflict of always waiting until the last minute to do something and seeing then that one cannot manage and will never manage to do it.
- Conflict of wanting to take one's time and at the same time being drawn to numerous activities.
- Conflict of being "completely overwhelmed by events" quickly (in emergency or in daily life).
- Conflict around having others do things quickly.
- Conflict of powerless fear; something must be done but no one is doing anything.
- Conflict of inability to act fast enough, of having the hands tied; inability to do anything when it is urgent.
- Conflict of powerlessness in being able to act quickly enough. "My hands are tied, I can't do anything." "Something urgently needs doing and no one is doing anything."
- Conflict with time, conflict of not having the time to grow up, of an inability to create/procreate due to a lack of time.
- To be completely overwhelmed by the events in a rush.
- Fear of being alone in confronting problems.
- Slapping one's hands. Problem with the father.
- Conflict of doing several things at once.

According to Total Biology, the teeth can relate to the thyroid. The thinking is that "I want to catch what I need to survive." Teeth are to catch what I want; if I

don't have good teeth, I can't catch what I want or I'm not quick enough to catch what I want. And not being quick enough is due to my thyroid, which is a big association here. I am not quick enough to catch my mother's or father's love.

Total Biology Case #1

This is the case of a woman doctor in California. In August, she finds out that her father is likely going to die by December and she develops Hashimoto's. She's exhausted and she has to give up her practice. With a Total Biology doctor, she reveals the conflict of her father dying, and he discusses how that might have affected her thyroid. After the consultation, she starts to feel better and is mostly back on track within a few months.

Total Biology Case #2

An ND told her client that she had hypothyroidism. The ND asked, "What are you doing in your life that was so important for you at that time? Were you very busy at that time?" She answered that she was probably not busy enough. She said that her father had died a few years before and she hadn't stopped grieving for him. Therefore, she slowed down her thyroid to slow down time to stay in the moment of grieving him.

Total Biology and Hyperthyroidism

The conflict of hyperthyroidism is that you are not fast enough to get what you need. Another conflict is the inability to spit something out quickly enough. The message is that you have to be quicker and more effective in order to survive. This disease can affect immigrants who need to work harder than others. What they do never seems to be enough. They have to constantly push themselves.

ADRENAL FATIGUE AND THYROID INSUFFICIENCY

I made mention earlier that when the thyroid is low, the adrenals are not far behind, and vice versa! I refer to the three major hormone systems – adrenals, thyroid and sex hormones – as a three-legged stool. When one of the legs of the stool is shortened, it affects the other two. This can be seen in blood testing; when cortisol levels go up, thyroid hormone levels go down.

I've talked about this hormone triad for decades, and just recently, I've thought about adding a 4th hormone – insulin produced by the pancreas. Cortisol from the adrenals is produced under stress and increases blood glucose and stores it as fat for a rainy day. Insulin responds to elevated blood glucose by pushing it into cells, but cortisol tries to block the action of insulin! It's a very complex set of interactions.

My solution out of this quagmire is to go back to the basics. Reduce stress and cortisol with *ReMag* and the other Completement Formulas. Reduce insulin with a Keto diet that reduces carbs so that insulin is not triggered. Incidentally, if you reduce cortisol and insulin, you remove two of the big weight-gaining hormones in the body.

There is an ongoing debate among natural medicine practitioners about what comes first, adrenal fatigue or thyroid insufficiency, and which should be treated first. I think it's a moot point because they are often not looking at one of the main causes of both conditions – mineral deficiency – which means you can treat the two conditions simultaneously.

The standard treatment for the thyroid, even for natural medicine practitioners, is to give thyroid replacement therapy. It may be the more natural form of Armour thyroid, but it's still treating with hormones instead of treating the

reason the thyroid became weakened in the first place. In my experience, most low-thyroid conditions are caused by mineral deficiency. When treating with *ReMyte*, you have the nine minerals necessary for the creation, conversion, activation, and transport of thyroid hormones; these include iodine, selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium.

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

The most common reasons for adrenal fatigue and dysfunction are poor diet, mineral deficiency, intense emotional stress, chronic inflammation, and an underactive thyroid. But what's causing the inflammation and underactive thyroid, and what diet is feeding into the problem?

As I've mentioned above, a diet of refined sugars, gluten, and dairy feeds yeast. Antibiotics and cortisol produced from acute and chronic emotional stress cause yeast overgrowth. There are 178 different yeast toxins that are produced by yeast in their life cycle. These toxins are absorbed into the bloodstream and lead to a chronic inflammatory state that can cause arthritis, chronic fatigue, and pain. Some yeast toxins can directly block thyroid function and possibly adrenal function as well. The best anti-inflammatory agent available to the body is magnesium. When magnesium is depleted due to overuse, adrenal fatigue symptoms continue unabated. Magnesium and molybdenum help detoxify yeast toxins.

The treatment for adrenal fatigue begins with sodium, which is vitally important for proper adrenal function. If your adrenal glands are weak or depleted as indicated by exhaustion, low blood pressure, and chronic stress, there is a combined sodium and magnesium depletion. If you start taking large doses of magnesium without replacing sodium, you may feel even worse. I recommend ¼ tsp of sea salt in every pint of drinking water. How much water should you drink

each day? Half your body weight (in pounds) in ounces of water.

Besides a yeast-free diet and magnesium, the adrenals are supported by unrefined sea salt in your drinking water to give optimum hydration, food-based vitamin C complex (our *Whole C ReSet*), and methylated B vitamins (which are found in *ReAline*). The other key ingredient to adrenal health is plenty of rest. In one of my blogs, I call it “Lying Down Therapy.” Please don’t think you can “tough it out” and just “muscle your way through” adrenal fatigue. That’s the worst thing you can do. You may require 8-10 hours of sleep and naps to fully recover. It’s extremely important to take care of your adrenals because they are responsible for the production of more than 50 hormones that are essential for proper body function. It can be very helpful to face the cause of your stress and realize that your body may be producing physical symptoms as a result of that stress.

Adrenal stress causes loss of minerals that have to be replaced. I recommend *ReMag* for magnesium and *ReMyte* for its 12 minerals. As noted above, I also recommend ¼ tsp of sea salt in each pint of drinking water for the dozens of trace minerals in salt. If someone isn’t able to eat enough greens, I recommend potassium broth.

Some practitioners suggest that you have to take DHEA and pregnenolone for adrenal repair, but I have some more simple suggestions. Instead of immediately jumping to hormone replacement, let’s use the proper building blocks to make our own hormones. For example, Dr. Norm Shealy tells us that transdermal magnesium will stimulate DHEA receptors, so I have people putting *ReMag* in a spray bottle and using it transdermally.

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

enzyme systems to function properly, you need lots of bioavailable magnesium.

An underactive thyroid, as one of the triggers for adrenal fatigue, has its own list of causes that includes thyroid receptor blockage due to yeast toxins, so the diet for an underactive thyroid is the same as for adrenal fatigue.

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

SURGERY FOR HASHIMOTO'S!

I found this Medscape article "[Can Surgery Alleviate Persistent Symptoms in Hashimoto's Thyroiditis?](#)" so frightening that I had to write a blog about it. It came on the heels of an email from Ginney, who sent a testimonial from a mother who was ecstatic that her child's eczema was "cured" by *ReMag*. Then she shared her health concerns:

I have had a ton of health problems since having my second baby 5 years ago, and in the last two years I have completely changed my lifestyle and diet. I have also been taking ReMag for the last few days and have been having some promising results – but I imagine with years of magnesium deficiency and three babies behind me, it may be a long journey. I suffer from migraines, frequent (often

daily) headaches, tinnitus, vertigo, anxiety, fatigue, and heart palpitations. It makes sense that if her mother is magnesium deficient then my toddler would be the same, my other children have also been taking ReMag – and I have noticed they are falling asleep a lot easier at night.

I immediately wrote Ginney and said “What a fabulous report!! Did you tell the Mom to take ReMyte for her pregnancy-induced Total Body Meltdown!!!” Ginney answered “I sent her one of my favorite blogs “Every Pregnancy Ruins Your Thyroid.” Seriously though that’s a great blog. Maybe you could expand on it.”

My first thought was that the title “Every Pregnancy Ruins Your Thyroid” was a bit harsh! LOL. Did I really write that? Fortunately the real title is “[Each Pregnancy Weakens The Thyroid](#)” and that’s exactly what happens. I wrote that blog June 2014:

The America Academy of Pediatrics (AAP) has come out with their first statement advising that pregnant and breast-feeding women take iodine supplements admitting something we have known for a long time in natural medicine. They say, “Many women of reproductive age in the United States are marginally iodine deficient, perhaps because the salt in processed foods is not iodized.” The report warns that “Iodine deficiency, per se, can interfere with normal brain development in their offspring; in addition, it increases vulnerability to the effects of certain environmental pollutants, such as nitrate, thiocyanate, and perchlorate. Although pregnant and lactating women should take a supplement containing adequate iodide, only about 15% do so.”

They said that iodized table salt helped prevent iodine deficiency before the main source of salt in the US diet became processed foods, which

are not prepared with iodized salt. The prevalence of iodine deficiency has risen along with consumption of processed foods, and about one third of pregnant women in the United States are now iodine-deficient. However, they don't mention that the replacement of iodine with bromine to bread production was also a major cause of iodine being lost from the diet.

The AAP recommends 150 micrograms of supplemental iodide so that combined with dietary intake, should bring iodine consumption to the recommended 220 micrograms for pregnant women or 290 micrograms for breast-feeding women.

When I was in private practice, thyroid deficiency was something I routinely tested for in my pregnant patients. But the only accepted treatment was with thyroid hormone. Being a naturopath as well as a medical doctor, I prescribed Armour Thyroid instead of synthetic thyroid. Doctors who prescribe synthetic thyroid wait until the thyroid is on its last legs before treating because they know hormone replacement could shut down any normal production of thyroid hormone. However, with Armour thyroid we could prescribe it in very low doses to support the thyroid, not replace it.

Since then I've realized that the thyroid is activated and produces hormones under the direction of a group of minerals. One of those minerals is iodine, but another 8 minerals are also required. Just focusing on iodine or giving high dose iodine without the other minerals can cause an imbalance in these minerals and trigger a cascade of side effects throughout the body. For example, taking iodine without selenium causes selenium deficiency just as taking selenium without iodine causes iodine deficiency. As more research is done, we may find out that all the thyroid minerals behave this way.

To support the proper function of the thyroid and keep all the minerals in balance I've created a Picometer Mineral Formula called ReMyte. It

provides a 150ug daily dose of iodine along with 11 other minerals. The minerals are low potency but stabilized ions that are fully absorbed at the cellular level. I also recommend ReMag and sea salt to complete the mineral package that the body requires. I use ¼ tsp of sea salt in every pint of drinking water. Water intake guidelines are ½ your body weight (in pounds) in ounces of water.

The most important aspect of mineral balance is that minerals need to be inside cells to do their work as cofactors in all metabolic processes. Once inside the cells, minerals pull water in with them causing proper cellular hydration. If water doesn't get into cells, you can have edema in various parts of the body but still be dehydrated. Diuretics are usually given for fluid retention and edema but only cause more magnesium and mineral loss due to increased urination.

The thyroid is depleted with each pregnancy. A weakened thyroid causes a lower body temperature and slower metabolism that favors the overgrowth of yeast in the body. Yeast toxins further disrupt hormones by blocking hormone receptor sites in the thyroid, adrenals and sex hormone tissues. There is no allopathic treatment for strained adrenals. It is only when they crash that steroid hormones are given. Sex hormone deficiencies are treated with synthetic hormone replacement therapy, however synthetic hormones are a cause of cancer.

My best advice is to support your thyroid with ReMyte and ReMag; support your adrenals with ReMag, sea salt, Vitamin C (Whole C ReSet), B vitamins (ReAline), and rest; and support your sex hormones with all of the above. You can freely download my [ReMyte and ReMag Books](#) to learn more and find out in a few hours what took me forty years to understand and remedy.

Back to the Medscape commentary “Can Surgery Alleviate Persistent Symptoms in Hashimoto’s Thyroiditis?” It’s about a surgical intervention study that I sincerely hope does not catch on. The doctor who writes the article comments on a 34-year patient with Hashimoto’s thyroiditis who felt like she had tried everything but was still having worsening symptoms of fatigue, depressed mood, “brain fog,” cold intolerance, dry skin and hair, muscle and joint aches, menorrhagia, and abdominal bloating or cramping with alternating diarrhea and constipation. All these symptoms indicate magnesium and thyroid mineral deficiencies and yeast overgrowth. By the way, she didn’t try everything – she did not use *ReMyte* or follow a Yeast Detox Protocol.

Symptoms in Hashimoto’s Thyroiditis?” It’s about a surgical intervention study that I sincerely hope does not catch on. The doctor who writes the article comments on a 34-year patient with Hashimoto’s thyroiditis who felt like she had tried everything but was still having worsening symptoms of fatigue, depressed mood, “brain fog,” cold intolerance, dry skin and hair, muscle and joint aches, menorrhagia, and abdominal bloating or cramping with alternating diarrhea and constipation. All these symptoms indicate magnesium and thyroid mineral deficiencies and yeast overgrowth. By the way, she didn’t try everything – she did not use *ReMyte* or follow a Yeast Detox Protocol.

She also had a weight gain of 15 pounds in 2 years. Under a naturopath’s guidance she had tried antibiotics, desiccated thyroid extract, supplements, low-dose naltrexone, and multiple diets, including gluten elimination and FODMAPs. Each intervention led to mild transient improvement or no change in symptoms.

This woman fits into the scenario that I call [*Total Body Meltdown*](#) with a downward spiral of illness that I’ve been writing about since the mid 1980s. Please download the free eBook. In the case of this customer, the last time she felt

“normal” was at age 17, before she developed infectious mononucleosis.

The thyroid surgery article says that the patient’s blood tests are normal but they do show low Vitamin D (which her doctor will probably treat with high dose Vitamin D and further deplete her magnesium) and slightly elevated TSH, and Hashimoto’s is evident in an elevated anti-TPO antibody titer of 374 IU/mL. On physical exam she had mild diffuse abdominal and musculoskeletal tenderness, which I attribute to magnesium deficiency and yeast overgrowth.

My concern with this study and this article is that frustrated doctors with frustrated patients may latch onto surgery as a treatment option. Discussions of Hashimoto’s include the problems of diagnosing and treating autoimmune disease and the variability of symptoms. In my opinion if the discussion doesn’t include the 9 minerals that are required by the thyroid to make hormones and if it doesn’t include the toxic overload caused by yeast overgrowth, then Hashimoto’s cannot be properly treated.

REVERSING TOTAL BODY MELTDOWN AND THYROID IMBALANCE

Although the focus of your concern may be hypothyroidism, if your thyroid is under strain, then the other hormones are not far behind. As you will see, my approach to balancing the thyroid takes into consideration the whole body. Specifically, focusing on the thyroid, I seek to:

1. Remineralize the thyroid, which will improve hormone production.
2. Balance yeast overgrowth in the gut to eliminate the yeast toxins that block thyroid receptors and, thus, thyroid hormone production.

The most direct association of thyroid and yeast is in temperature regulation. People with hypothyroidism experience lower body temperatures that

favor yeast overgrowth. As the thyroid heals and the body temperature normalizes, yeast finds the body less hospitable to invasion.

When I formulated my picometer, stabilized ion multiple mineral product, *ReMyte*, my research indicated that 9 of the 12 minerals in *ReMyte* support thyroid function. This is at a time when most alternative practitioners mainly focus on high iodine supplementation to support the thyroid. Iodine supplements, without the balancing effects of selenium and the other thyroid minerals, can actually cause more problems.

I have a strong family history of hypothyroidism and had been taking 60mg of Armour thyroid for years. Within 2 months of taking my *ReMyte* formula, my hands and feet were no longer cold, I began to feel a bit revved up, and my pulse was elevated, which meant (to me) that I no longer required thyroid replacement therapy, so I took myself off it. A great many of my customers have had similar experiences.

As noted above, most people who are diagnosed with Hashimoto's or hypothyroidism also have weight gain, acid reflux, nutrient deficiencies, anemia, leaky gut, food allergies, and adrenal insufficiency with symptoms of impaired digestion, absorption, anxiety, chronic-fatigue, and environmental allergies. I've found that our Completement Formulas help balance all these associated conditions.

TOTAL BODY RESET FOR HYPOTHYROIDISM

The basic *Total Body ReSet protocol* includes the following Five Completement Formulas: *ReAline*, *ReStructure*, *ReMag*, *ReMyte* and *RnA ReSet Drops*.

In [Appendix A](#), you will find all Ten Completement Formulas and descriptions of how they can fit into your health protocol.

Hydrate: While waiting for your package to arrive, begin hydrating your body by increasing your water intake and adding sea salt or Himalayan salt.

Water Intake Guidelines: Drink 1/2 your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces.

Sea, Celtic, or Himalayan salt: Add ¼ tsp to every quart of drinking water – to one of those bottles, you will later add *ReMag* and *ReMyte*.

1. **ReAline:** When the products arrive, begin taking *ReAline* capsules to assist in detoxing/taking out the trash. Dosage: 1 per day, with or without meals, for 1 week; then, take 1 capsule twice per day. (**Note:** You may already have begun taking *ReMag*; now, you can add *ReAline*.)
2. **ReStructure:** You can also start to take *ReStructure* as soon as it arrives. Simply shake one scoop of *ReStructure* into the liquid of your choice and drink to your health. Read the free eBook [ReStructure: A Completement Formula to ReSet Your Body](#).
3. **ReMag:** After 4 days of *ReAline*, add *ReMag* – Start with ¼ tsp per day in a quart of water and sip throughout the day. Every 2, days add another ¼ tsp. Work up to a therapeutic dose of 2-3 tsp a day if you are trying to overcome a health condition, if you are on medications, or if you have magnesium deficiency symptoms. Read the free eBook [ReMag: Invisible Minerals Part I](#).
4. **ReMyte:** After a week of slowly building up *ReMag*, slowly add *ReMyte* into the same quart of water and sip throughout the day. Every 2, days add another ¼ tsp. Work up to 1 ½-2 tsp. *ReMyte* contains the nine minerals that support thyroid function. You can read about each individual mineral below. For more information, read the free eBook

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

Note: *ReMag* and *ReMyte* can be just as effective when sprayed on the body, if you want to introduce these minerals even more slowly.

5. ***RnA ReSet Drops:*** After 2 weeks of *ReAline*, *ReMag*, *ReMyte* (from day one of *ReAline*), add *RnA ReSet Drops*. Dosage: 1 drop under the tongue, twice a day. Add 1-2 drops every week until you reach 10 drops twice a day, which is the average dose. Take *RnA ReSet Drops* 15 minutes away from food or drink. Of course, you can begin with *RnA ReSet Drops* alone, or add them at any time in your Completement Formula protocol. However, some people like to do things in sequence. For a fascinating look at what these amazing drops can do, you can watch my [RnA ReSet Drops Webinar](#) on YouTube.

Note: Tyrosine: You may know that tyrosine is the amino acid building block that, along with iodine and 8 other minerals, makes thyroid hormones. Some practitioners supplement with tyrosine, but others caution against using it. I don't see the need for it because tyrosine can be found in dairy products, meats, fish, eggs, nuts, beans, oats, and wheat. The body also makes tyrosine from another amino acid called phenylalanine. Major dietary sources of L-phenylalanine include meat, fish, eggs, cheese, and milk. I looked for studies to see if there is an association between vegetarianism and hypothyroidism, and there is none. That means you should be able to get all the tyrosine you require in your diet.

HERBS FOR HYPERTHYROIDISM

For hyperthyroidism, I would only modify the amount of *ReMyte* that you take to ½-1 tsp instead of 1½-2 tsp. *ReMyte* contains the RDA of iodine, and some people

are concerned that any amount of iodine may increase the production of thyroid hormones. However, that seems to be a concern only when there is not enough selenium to process the extra hormones. *ReMyte* does contain selenium, along with seven other minerals that support thyroid function.

As noted above, I do recommend the herbs that Dr. Amy Myers has researched for the treatment of hyperthyroidism. Dr. Myers recommends:

- **Bugleweed** (*Lycopus virginicus*) which helps decrease TSH and T4 and stops antibodies from binding to the thyroid gland. Bugleweed can be taken in the form of a tea, tincture, or pill. Dr. Myers recommends a liquid extract in the ratio of 1 to 2 (1-part herb to 2-parts water). Start with a daily dose of 2 ml. After 3 days, increase to 4 ml, and 3 days later, increase to 6 ml.
- **Motherwort** (*Leonurus cardiaca*). This herb calms hyperthyroid symptoms, including heart palpitations, anxiety, sleep problems, and, occasionally, loss of appetite. Myers says motherwort is a natural beta-blocker, but she warns that it does have some side effects. You shouldn't take it with any type of sedating medication (benzodiazepines, barbiturates, sleeping medication, antihistamines, or alcohol). This herb has hormonal effects and can cause miscarriage and increase uterine bleeding. It can also have a negative interaction with many cardiac medications. I recommend *ReMag* instead of Motherwort; it treats heart palpitations, anxiety, and sleep problems without any side effects.
- **Lemon Balm** (*Melissa officinalis*). This herb apparently blocks hormone receptors that prevent TSH from binding to your thyroid tissue and keeping antibodies from attaching to your thyroid. It can reduce anxiety, improve sleep, ease pain, combat digestive symptoms, and restore

appetite. It also helps treat migraines and hypertension. *ReMag* has very similar effects. But if you want to add lemon balm, Dr. Myers says to begin with 300 mg, and after seven days, increase to 600 mg.

- **Glucomannan** is a fiber from the konjac root which shows promise in treating hyperthyroidism by increasing liver metabolism of thyroid hormone, thus decreasing blood levels. Dr. Myers begins with 1.5 grams twice daily and then increases to 3.0 grams twice daily.

Dr. Myers suggests antioxidant nutrients like L-carnitine and CoQ10 to help overcome the heightened metabolism caused by Graves' disease. She says L-carnitine can help prevent or reverse muscle weakness and might lessen symptoms of insomnia, nervousness, heart palpitations, and tremors. I recommend *ReMag* as the best antioxidant; it prevents and reverses muscle weakness and treats insomnia, nervousness, heart palpitations, and tremors. Food sources of L-carnitine are meat, fish, poultry, and milk (especially the whey component). If you don't eat meat, you can take *ReStructure* protein powder.

CoQ10 is another antioxidant that Dr. Myers recommends. It is found in organ meats (liver, kidney, heart), beef, sardines, mackerel, spinach, broccoli, and cauliflower. However, if you have hyperthyroidism and are on a beta-blocker or a statin drug, you may need to take a supplement. Dr. Myers says that studies have linked hyperthyroidism to low levels of CoQ10. She recommends 100 mg/day to 400 mg/day with a meal containing fat.

I don't agree with Dr. Myers recommendation to take high doses of calcium citrate and vitamin D. There is some research showing that calcium supplements may block thyroid medication absorption, but I don't think calcium blocks thyroid hormones. Myers' reason for using these supplements is because hyperthyroidism puts you at risk for bone loss and osteoporosis because metabolism is heightened.

However, magnesium is the defining nutrient for bone health, and too much vitamin D will deplete magnesium.

THYROID CASE HISTORIES

Case History #1

Today, my excessive anxiety calmed down, and I was able to stop my EFRA thyroid medication 8 weeks ago.

Case History #2

I am 33 years old and have 4 children aged 6 years and under. I have been on the Completement Formulas for 7 months and I am so pleased with everything. I have lost a total of 30 pounds and many, many inches, all of this while still nursing my baby. Weight loss while nursing never seemed possible for me with my past babies. This has been effortless weight loss. I don't have a perfect diet, but that doesn't seem to matter. Not having cravings for sweets has made avoiding sugar incredibly easy. No willpower required! I continue to enjoy balanced blood sugar, healthy digestion, restful sleep, amazing energy, continually decreasing heart palpitations, and a healthy ability to handle stress.

We recently moved to a neighboring city and I just have to share what a different experience it was. We have moved several times over the years and moving typically means STRESS. But not this time. Every step of the move just happened with ease. There was a moment during the packing stage when we were swimming in boxes. There was stuff everywhere and

we didn't know where things were. I had a friend over, and she asked if I was super stressed out with how chaotic the house was. I was not the least bit stressed. My past self would have definitely been going crazy in a situation like this. But with the products, everything has become more relaxed and balanced. I felt detached from the stress going on around me. It was still there but was not affecting me. I am so grateful to have these products. They have positively affected so many areas of my life and health! I'm looking forward to trying the *ReStructure* with my next order. Thank you, thank you, thank you.

Case History #3

I had adrenal fatigue off and on for five years and also took 120mg of Armour Thyroid for 20+ years for hypothyroidism. I started *ReMag*, *ReMyte*, and *ReAlign* in the summer of 2014 and gradually weaned myself off all supplements and medications for both issues, and I'm feeling great!

Case History #4

From a gentleman, age 64:

I have been taking the Completement Formulas and *RnA ReSet Drops* for a year. I stopped taking desiccated thyroid last July. It was my only prescription. *ReMyte* replaced that prescription and is going to replace at least \$70-80 worth of minerals that are only 10-20% absorbable while *ReMyte* is fully absorbable! I suffer from the effects of mini-strokes (I have speech and neurological symptoms). I accidentally fell 50 feet from a TV tower 30 years ago (broke my femur and hip). I spent 30 days in the hospital. I have no spleen and areas of numbness. But on the Completement

Formulas, my swallowing, shakiness, sleep, and energy have all improved. My Magnesium RBC test was low at 4.9, so I really needed the *ReMag*. I have [The Magnesium Miracle](#) and [Death by Modern Medicine](#) books. I listen to Achieve radio every week. I believe in everything you folks do. I take 3 tsp of *ReMag*, 2 tsp of *ReMyte*, and 4-5 tsp *ReAline* each day. It is great!

Case History #5

I have been taking Dr. Dean's *ReMag*, *ReMyte*, and *ReAline* since last summer. I eventually was able to stop the Armour Thyroid I had been taking for hypothyroidism for over 20 years.

Case History #6

Before I found your products, I had been going through one of my multiple weeks-long exhausted/apathetic/depressed periods. It's so frustrating and debilitating, especially since no doctor on earth could find anything wrong with me. A year before (Lent & Easter season 2014), I was sick with a stomach virus that didn't go away for months. I'd lost over 10 pounds before it was over, and my stomach hadn't been right since. I wasted hundreds of dollars on a sonogram, thinking that maybe I had a gallbladder problem, but it come back normal.

On Jan 23, 2015, I took my first dose of *ReMag*. The effects were immediate and dramatic. Within 2 hours, I was off the couch and doing laundry! That week, my husband came home from work every day to find I'd already started dinner. My lingering nausea went away. My Hashimoto's thyroiditis medication went down. I can swing on the swings at the playground again with 5-year-old daughter. I've even started wearing

earrings again, which I hadn't been able to do since my son was born 7 years ago.

My husband won't go without *ReMag* either. He says his joints and muscles feel looser than they have in years. I'm not a stranger to magnesium. I'd been taking it for years, but always figured that when things got runny, I had taken enough. *ReMag* made all the difference for me. I'll never be without it again.

Case History #7

I'm 60 years old. I had heat exhaustion 2 years ago and then started having headaches, high blood pressure, low thyroid, and insulin resistance. Six weeks ago, I started on *ReMag*, *ReMyte*, and *ReAline*. Two weeks after starting them, I had blood tests, and both my cholesterol and glucose went down and my thyroid improved! Kudos!

My Magnesium RBC test was pretty low at 4.3. My blood pressure is getting better, but I still have some days where the top reading spikes to 160-170. I'm still on Telmisartan (ACE Inhibitor) 20mg. I'm taking at least 3 tsp of *ReMag* each day with sea-salted water. I'll stay on *ReMag* forever since I feel so good on it; my energy level is back up to where it was before I had heat exhaustion!

Case History #8

I was put on synthetic Synthroid approximately 20 years ago due to an elevated TSH blood test, extreme fatigue, and many other symptoms, including the fact that 1/3 of my eyebrows were missing. At the time, I knew nothing about the thyroid, much less the fact that I had one. The Synthroid

worked well for a while, but a new DO doctor said I was not converting the T4 to T3, so she put me on Armour thyroid, which contains both T4 and T3. I did better on the Armour, but to get my T3 in a good lab range, she let my TSH go below the lab range, which is very controversial among many doctors. To make a very long story short, my DO doctor left town and I went through several other doctors that sent me on a roller coaster ride between Synthroid, Armour, and, as a last resort, a compounded medication of T4 and T3 to get my lab ranges corrected. By that time, I had educated myself on hormones in general and was taking every supplement recommended to support the thyroid and adrenals. During this time, I was also diagnosed with extreme adrenal fatigue using saliva tests.

To say the least, I was fed up with all the doctor appointments, their lack of knowledge, lab tests, and having to beg for the right medication. By accident, I ran across an article on magnesium deficiency which led me to the website of Dr. Carolyn Dean, and as they say, the rest is history! That was 7 months ago. I followed her advice, blogs, and supplementation recommendations and was able to get my body to work on its own. No more thyroid medication, no more iron supplements, and no more adrenal meds. I now take 3 of her products – *ReMag*, *ReMyte*, and *ReAline* – plus iodine and her recommended supplementation regiment. Dr. Dean's liquid mineral products are fully absorbed and do not cause the side effect of diarrhea before you reach the therapeutic effect your body needs. Please do not do this if you are not totally committed to the process and to educating yourself first. I listen to my body, unlike my doctors – and I feel great.

Case History #9

I don't remember when I started the *ReMag*, but I'm pretty sure I'm on my

8th bottle. I got up to 5 tsp a day, then I started having loose stools, so I backed off. I've been staying at 3 tsp a day now, and that is working. When I had my RBC blood test taken on 3/23/16, my result was 5.0mg/dL (this was after taking *ReMag* for about 2 months, or so I think).

I was diagnosed with hyperthyroid/Hashimoto's Thyroiditis in November 2015. I am on 5 mg of Methimazole (an anti-thyroid drug) daily. I just recently had blood work done and the thyroid levels are still high but are coming down. I will continue with the *ReMag*, but I'm wondering what else Dr. Dean would suggest. I would love to get off the Methimazole and support my body in the process!

I usually say that if you've just been working with *ReMag* and it hasn't done all that you want it to do, then it's time to add *ReMyte* and sea salt in your drinking water and do some gentle detoxing with *ReAline*. Personally, I would use *ReMyte* (1.5-2 tsp) and *ReAline* (1 capsule, twice daily). You could also work with *RnA ReSet Drops* to help make healthy cells as your thyroid is settling down. What I would like to see is the thyroid healing itself from the inflammation of thyroiditis and not swinging (as it normally does) into hypothyroidism.

Case History #10: Fine-Tuning Your Adrenals

The following is from a customer asking me about her unusual adrenal symptoms:

I am on the complement formulas and feel pretty good for the most part. However, I have been trying to figure out why I keep waking between 3 and 4 am feeling anxious and also feeling like I want to run around the block. When it happens, I have to go to the bathroom. I have to urinate, and more often than not, have a loose bowel movement. After about 15 or 20 minutes,

I sometimes go back to sleep for a little while. Most of the time, I feel ok during the day. This has been going for on about 3 months. My stress and anxiety are better now, but they were bad over the summer.

I went to my homeopathic doctor and he talked about the liver not working properly and also what he calls "adrenal drive." It's like a rush of adrenaline in the middle of the night. I thought it was anxiety, but I really haven't been feeling stressed or anxious lately. He gave me a homeopathic remedy for anxiety and "adrenal drive." It's too soon to see if it is going to work.

Have you ever had other clients or known of anyone else this has happened to? He wants me to have thyroid, vitamin D, and Magnesium RBC tests. I told him I was taking your products and he was very supportive and, of course, has heard of you.

I've read some of your blogs and information about adrenal fatigue, but I'm not sure this is the same thing. I don't feel bad during the day. I'm taking the vitamin C you recommend, but maybe I should take more.

By the way, my heart palpitations seem to be getting better, and loop recorder reports indicate less AFib episodes. I will be interested to hear what the cardiologist says after I see him.

I told this customer that in Chinese medicine, liver function peaks in its blood-cleansing activity from 1-3 am and the lungs peak from 3-5am. Waking between 3 and 4 am implies a toxicity factor that overworks the liver during that time and keeps the body from going into deep sleep. So, the liver is overworked and not metabolizing cortisol or adrenaline fully, which can make adrenaline more toxic to the body. Also, deep sleep occurs from 11pm-3am, then from 3am to 7am are bursts of REM sleep – dream time. When a person's adrenal glands are still

weak, stressed, overworked, and healing, dreams can often be "exciting" enough to trigger adrenaline surges. It sounds like that's what's happening to you. You can also interpret "adrenal drive" as the adrenals "waking up" in someone who is doing the total Completement Formulas and taking sea-salted water. This protocol supports the adrenals, thyroid, and sex hormones as the adrenals are actually waking up from a weakened state. But it can be disconcerting because it seems like another symptom or symptoms. Your daytime adrenaline surges that used to cause AFib are calming down, but there is still the nighttime surging from dreams, and that too will pass. For liver support: I think you are already taking *ReAline* (dosage: 2 per day). The homeopathic solutions are just fine to take to help you get some relief as your body is healing. Be wary of taking high-dose vitamin D even if your vitamin D is low. Google my name and vitamin D.

My customer wrote back and said:

Thank you for your response. It is exactly what is happening to me. Sometimes I do have vivid dreams that wake me at that time. I am taking 3 tsp *ReMag*, 1.5 tsp *ReMyte*, 2 tsp *ReAline*, and about 3 tsp *RnA ReSet Drops* daily. I drink 2 liters of sea-salted water, sometimes a little more. I won't take more vitamin D. I'm taking 2000 IU daily, as you recommend. Thank you, I just needed a little help getting back on track lately, but I'm getting there.

QUESTION ABOUT REMAG AND REMYTE FOR HYPERTHYROIDISM

I've been reading up on some of your products (*ReMag* and *ReMyte*) and there is a lot of discussion about how these products can help balance the thyroid hormones, specifically for hypothyroidism, but there is no mention of hyperthyroidism. I have a multi-nodular nontoxic goiter and it is usually

stable, but I do tend to be on the hyperthyroid side of things and can tend to feel a bit speedy when I'm really stressed. I do have times of lethargy and tiredness. I am wondering if these products would be useful for me being more hyper- rather than hypo-thyroid.

Hyperthyroidism is an autoimmune disease where the body is "attacking" thyroid tissue, causing inflammation and often creating thyroid antibodies, leading to Hashimoto's thyroiditis. Most Hashimoto's is diagnosed after the inflammatory stage when the thyroid is "burnt out" and you are hypothyroid.

My theory on the root cause of autoimmune thyroiditis is yeast overgrowth. Many of the 178 yeast antibodies produced by yeast can block hormone receptors, including the thyroid, and cause thyroid tissue damage. Thus, yeast treatment should be part of the hyperthyroid protocol. Yeast can flare and recede and can account for the hypo/hyper teeter totter effect that some people have with their thyroid imbalance. Even the improvement that hyperthyroid people feel when avoiding gluten can be associated with yeast overgrowth since wheat/gluten cross-reacts with yeast. You can learn more about yeast overgrowth in my eBook, [*ReSet the Yeast Connection*](#), and if you score high on the Yeast Questionnaire, you can follow the *Yeast Detox Protocol* outlined in the book.

One of the causes of hyperthyroidism is taking too much iodine, so most doctors caution against taking any iodine if you have hyperthyroidism. The reason iodine can be a problem is because it begins the cascade of compounds that leads to thyroid hormone. The cascade gets jammed up and problematic if there is not enough selenium along with the other 7 minerals required to make thyroid hormone.

ReMag helps treat the inflammatory aspect of hyperthyroidism and *ReMyte* helps unblock the cascade and helps heal the thyroid by providing the thyroid with minerals it may be missing. *ReMyte* does contain the RDA of iodine, so if people

with hyperthyroidism try it, they should do it very slowly, starting with 10 drops a day and slowly working up. ¼ tsp = 30 drops.

REMYTE MINERALS THAT SUPPORT YOUR THYROID

I could have named this book *ReMineralize Your Thyroid* because the following nine minerals are directly responsible for supporting the structure and function of the thyroid and producing the thyroid hormones T1, T2, T3, and T4. I don't want to imply that *ReMyte* is only good for the thyroid – it does much more – so I've given a broad overview of the benefits of each mineral for the structure and function of the whole body.

BORON

Boron is concentrated in three major areas in the body: bone, thyroid, and spleen (immune system). I began hearing about the importance of boron for bone health over a decade ago. Boron improves calcium absorption and also interacts with magnesium and vitamin D to maintain bone density. It directs calcium into bone and cartilage where it belongs. It also helps increase our muscle mass and strength and decreases body fat.

Boron is being investigated as a treatment for the following conditions: congestive heart failure, high cholesterol, arthritis, gout, osteoporosis, menopause, and poor memory. Some people claim that it's a near-miraculous treatment for arthritis. When boron is deficient, the effect on the spleen and immune system can cause skin rashes, increased allergy symptoms, and more frequent infections. Lack of boron in the bones affects bone marrow and bone structure.

Hypothyroidism is occurring in almost epidemic proportions, so I'm very

interested in the fact that boron helps the conversion of the storage form of thyroid hormone, T4, to the active form, T3. The other minerals besides boron that support thyroid function that are also contained in *ReMyte* are iodine, selenium, zinc, molybdenum, copper, chromium, manganese, and magnesium. Boron also assists in the production of another hormone, estrogen.

Be aware that the main synthetic thyroid hormones that are prescribed are T4 hormones. They require selenium and several other minerals to make the active hormone called T3.

Some practitioners promote boron in order to eliminate fluoride compounds from the body because boron binds with fluorine and inactivates it. However, they tend to use high doses of boron, which may not be safe and which may throw other minerals off balance. The boron in *ReMyte* is low potency, well absorbed, and a very safe way to detoxify fluoride as well as perform its other functions.

It's unlikely that you will get enough boron in your diet given that the major sources are beets, dates, dandelion leaves, legumes, poppy seeds, turnips, and red wine.

For many years, I've recommended boric acid suppositories for the treatment of vaginal yeast infections. It's only recently that I found that boron can also be used to treat intestinal yeast overgrowth. So, the boron in *ReMyte* will be helping you on many levels.

Relevant to the *Completement* Formulas, boron supports the uptake of the two sulfur amino acids found in *ReAline* (methionine and taurine). Boron also helps maintain the elasticity and structure of cell membranes. Boron works with the small amount of calcium that is found in *ReMyte* and will also enhance the absorption of calcium from *ReCalcina*.

CHROMIUM

Chromium is a latecomer to the nutrient scene, being recognized as an essential element in 1959. I learned about the glucose tolerance factor (GTF) in my naturopathic training. Researchers isolated a substance and called it GTF; when GTF binds to insulin, it triples its activity. Later, they realized that chromium was the active component of GTF, enhancing insulin activity and playing a major role in the regulation of insulin action and its effects on carbohydrate, protein, and lipid metabolism.

Diabetics need more chromium because they excrete two to four times more with their tendency to urinate excessively (which is caused by high blood sugar levels). However, chromium deficiency can also cause hypoglycemia (low blood sugar). So, this mineral is not only important for high blood sugar, but also for low blood sugar. Chromium affects carbohydrate metabolism, but it's also involved in the metabolism of amino acids, fats, and nucleic acids (the building blocks of RNA and DNA).

Chromium assists in lowering cholesterol. It can also elevate sperm counts. Although chromium can improve response to antidepressant drugs, my recommendation is to take *ReMyte* and *ReMag* and add *ReAline* and *RnA ReSet Drops* for the natural approach to depression.

Chromium enhances insulin activity, playing a major role in the regulation of insulin release and its effects on carbohydrate, protein, and lipid metabolism. Conversion of T4 to T3 is influenced by insulin, so in a roundabout way, chromium helps this conversion.

Intestinal absorption of chromium is low, ranging from 1-25 percent, and our body only contains about 2-6 milligrams. Chromium's food sources include brewer's yeast, meat, liver, and whole wheat. But remember, they are high in chromium

only if the soil in which these foods are grown or where animals graze contains chromium.

There is some concern about the safety of chromium supplements—some are very poorly absorbed and others can be dangerous. However, the chromium in *ReMyte* is elemental ionic chromium, not a chromium compound; it's safe and it's fully absorbed at the cellular level.

COPPER

Copper was recognized as an essential element in 1928, much earlier than most other minerals. Its uptake from the diet through the intestines is only about 5 percent, and adults only hold about 80-100 mg in the body.

However, I hear from practitioners who do hair tissue mineral analysis that there is a noticeable level of toxicity occurring in the population. They are sounding the alarm, and many people are now afraid of copper. The most common sources of copper toxicity are from water contaminated by copper plumbing, estrogens in birth control pills that drive down zinc and elevate copper, copper IUDs, and copper in multiple vitamin mineral supplements.

A zinc-to-copper imbalance with too much copper and not enough zinc can be a factor in postpartum depression, premenstrual tension, ADHD, psychosis, and paranoia since copper acts as a brain stimulant. *ReMyte* contains 15 times more zinc than copper, which will help treat excess copper in the body. The small amount of stabilized ionic copper in *ReMyte* will be readily absorbed by cells and utilized for the many crucial enzyme functions in the body that depend on copper.

Perhaps because of its low level of absorption, copper has its own transport system via a protein called ceruloplasmin that ferries it through the blood. However, the picometer-ionic copper in *ReMyte* is 100 percent absorbed at the

cellular level and does not require special transport, so it is completely bioavailable. This aspect of copper bioavailability is crucial because ceruloplasmin dysregulation is becoming very common. Ceruloplasmin is depleted by vitamin D; requires vitamin A and a healthy liver for production; is diminished by ACTH that is produced by stress; requires copper; and is negatively affected by high fructose corn syrup, which depletes copper.

If you have copper toxicity because copper is not bound to ceruloplasmin, the excess mineral often jams copper receptor sites, causing simultaneous symptoms of copper excess and copper deficiency. So, the very low dose of copper in *ReMyte* will give the body the bioavailable, ionic copper it needs to carry out its important functions.

One of those crucial functions is related to thyroid health. Copper plays an important role in the metabolism of the amino acid tyrosine, which is a precursor to T4 (thyroxine).

Before my naturopathic training, I mostly heard about copper as an antagonist to zinc and about how if you took too much zinc you could lower your levels of copper. Then, I learned that copper helps create elastin, which cross-links with collagen in connective tissue. Lysine is a building block of collagen and is an important component of *RnA ReSet Drops*, one of my Completement Formulas.

Copper is important in red and white blood cell formation; it is found in most antibodies; and it's necessary for producing the color and texture of your hair and the elasticity of your skin.

Copper functions as a constituent of several enzymes. Superoxide dismutase (SOD), monoamine oxidase (MAO), and cytochrome oxidase are the most important. Cytochrome oxidase is the final step in the electron transport chain that occurs in mitochondria, creating ATP (adenosine triphosphate), the main energy

source in our cells.

I repeat, copper deficiency and copper toxicity can both block copper function, resulting in hypothyroidism, decreased muscle function, and a sluggish brain. That's why a small amount of bioavailable copper, found in *ReMyte*, is the treatment of choice for both copper deficiency and copper excess.

IODINE

Iodine is part of the structural formula for T3 and T4 thyroid hormones. T3 has 3 iodine molecules; T4 has 4. So it's safe to say that the thyroid can't function without iodine.

To show you the pivotal nature of iodine in the thyroid—T4 (thyroxine) is 68 percent iodine by weight, and T3 (triiodothyronine) is 58 percent.

My veterinarian friend, Dr. Terry Wood, considers the thyroid the most important gland in the body. He says that most body functions require thyroid hormone to work efficiently and effectively, so the body can't function without iodine!

Dr. Wood related a case of a middle-aged dachshund recovering poorly from two previous back surgeries. He could not walk up or down stairs and he had no bowel or bladder control. Within two hours of receiving his first dose of picometer iodine, he was able to run up and down the stairs and had regained bowel control.

After about five or six weeks of taking *ReMyte*, I began to feel a bit "sped up" and my pulse was slightly elevated. I was aware that those symptoms could be due to too much thyroid hormone. Since I was on Armour thyroid, I decided to stop taking it. Within a couple of days, my thyroid hormones settled down and I felt great and continue to feel great months later.

Nine of the 12 minerals in *ReMyte* directly support the thyroid: iodine, selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium. When you take *ReMyte*, it can “wake up” your thyroid and improve your metabolism. But be aware that if you are on thyroid medication, you may find yourself a bit hyperactive because you no longer need as much thyroid medication as you have been taking. Besides being a bit “speedy,” you may find your pulse has increased by 5-10 points. Be sure to check with your doctor about reducing your medication.

Iodine is an absolute requirement for making thyroid hormone. It is used to treat the following iodine deficiency symptoms:

1. Enlargement of the thyroid gland (goiter) from lack of iodine
2. Fatigue due to severely diminished thyroid metabolism
3. Diminished concentration
4. Reduced growth and slow mental development in children
5. Reduced body temperature
6. Cold extremities

Sources of iodine are the obvious suspects: sea salt, iodized table salt, shellfish, and ocean fish. However, apples, other fruits, and spinach also contain iodine, but only if there is iodine in the soil these foods are grown in. There are some foods that contain iodine antagonists that block iodine, like soy, beets, and cabbage.

Iodine deficiency in pregnant women can put a strain on the fetus’ thyroid, leading to enlargement of the gland as it’s being forced to support the mother as well as itself. This can be diagnosed at birth with a simple neck examination and routine blood tests. Untreated, it can cause some delay in brain development and

bone maturation.

It wasn't until 1950 that iodine was recognized as an essential element, so we still have a lot to learn about it. You have about 10-30 mg of iodine in your body, mostly in your thyroid gland. The RDA for iodine is 150 micrograms. However, there are many doctors who promote high-dose iodine and recommend 12.5-50 mg a day for the treatment of breast cancer and to detoxify bromine and fluoride in the body.

The total amount of iodine in the body is only 25-35 grams. I think the treatment amounts are quite extreme and should be only taken with caution under a knowledgeable doctor's supervision. Several books have been written about high-dose iodine, and they all talk about the "detoxing" effect going on for months and causing a lot of suffering. Personally, I would be concerned that some of what's being called detox is a side effect of too much bio-unavailable iodine. In fact, high-dose iodine therapy can cause a deficiency in magnesium.

If you choose to go on high-dose iodine therapy, do it under the guidance of a practitioner, because you are taking it in medicinal doses and you should be followed by an expert. I encourage people to take the RDA of bioavailable iodine in *ReMyte* and let their genius body figure out how to use it. The RDA for iodine (150 micrograms) may be too low, but the good news is that a daily dose of *ReMyte* iodine gives you 100 percent of the RDA and is 100 percent absorbed at the cellular level.

Most people are deficient in iodine. When I used to measure 24-hour urine iodine levels in my patients, I found that everyone was deficient. Iodine can be blocked by chloride in table salt, chlorine and fluoride in the water supply, and bromine, which is a common chemical in our diet and environment. You may not know that bromine is an ingredient in most commercial breads.

Other minerals vital for balanced thyroid function include selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium. All of these minerals are included in *ReMyte* in a highly absorbable form, and you can read about them individually in this book.

Thyroid Hormone Replacement Therapy

Hormone replacement therapy is so common in medicine that we think that's the only treatment to balance our hormones. Allopathic medicine treats hypothyroidism when blood tests show moderate to severe deficiency. They use synthetic thyroid hormone replacement. Natural medicine practitioners identify low thyroid function by measuring body temperature reduction and symptoms, often before it shows up on blood tests. They use natural thyroid hormone replacements such as Armour thyroid.

But, as I've noted above, there is more to taking care of the thyroid than just replacing missing hormones. The mineral building blocks for the thyroid can often bring it back to life so that you may no longer need thyroid replacement therapy.

MAGNESIUM

I've written tens of thousands of words about magnesium, so I'll only give an overview here and direct you to the book [*ReMag: Invisible Minerals Part I*](#) for more information.

How best to drive home the importance of this mineral? Magnesium is a crucial, vital, essential, necessary, requisite, indispensable, obligatory, central, and key substance for all living organisms. Did I make my point? Without magnesium, we will die. Plants think magnesium is pretty important too and would die without

it. Magnesium is an active part of the chlorophyll molecule, which is required by plants to transform the sun's energy into chemically bound energy via photosynthesis.

Magnesium is important in medicine, but with the reliance on drugs, it is not given its due as a therapeutic element. I didn't learn anything about it as a clinical treatment in medical school. However, since I was already interested in vitamins and minerals, I did notice during my 200 hours of biochemistry that magnesium and other minerals and vitamins were constantly coming up as cofactors in all the metabolic pathways in the body.

Magnesium activates 1,000 enzyme systems that are responsible for 80% of known metabolic functions, which is why it seems to be involved with everything the body is doing to keep us healthy!

- Magnesium is a cofactor for the enzyme ATP (adenosine triphosphate), the main energy source in our cells.
- Magnesium is an important stabilizing agent for decreasing excitation of nerves and contraction of muscles.
- Magnesium is required for the structural integrity of numerous body proteins. There are 3,751 magnesium receptor sites found on human proteins.
- Magnesium is required for the structural integrity of nucleic acids that make RNA and DNA.
- Magnesium is a cofactor for many enzymes that perform hundreds of vital functions, including the metabolism of amino acids, carbohydrates, fats, and steroids.
- Magnesium is a direct regulator of ion channels for the other key

electrolytes: calcium, sodium, and potassium.

- Magnesium is involved in nerve conduction and prevents calcium from causing excessive nerve firing.
- Magnesium is intimately involved in muscle function, preventing excess calcium from causing muscle spasms.

The soil is very deficient in magnesium. As I mentioned earlier, 100 years ago, we may have gotten about 500 mg in our daily diet. Now, we are lucky if we get 200 mg. But even that 200 mg is not totally absorbed. Only about 40-60 percent of the magnesium found in foods stay in our body. This can fall to 25 percent or rise to 75 percent in cases where the body is magnesium deficient. Intestinal uptake can be reduced by high fat and protein intake, foods high in oxalic acid and phosphates (soft drinks, soft ice cream), iron (forms insoluble compounds), alcohol, coffee, benzoic acid preservatives, chlorine and fluoride in water, toothpaste, and drugs. A high-fiber diet can diminish magnesium absorption due to elevated phytate levels.

Cooking and processing food further diminishes the magnesium content. That's why I came to the conclusion long ago that we all require magnesium supplementation to maintain our health, and we require it in a form that's picometer in size and bioavailable.

Why does magnesium seem so important, yet your doctor isn't telling you to take it? Doctors don't learn about the clinical application of magnesium or any other minerals in medical school. Actually, they do learn about recommending calcium to every woman that comes into their office, but that advice turns out very badly because calcium is very poorly absorbed and leads to calcification of arteries and an increased risk of heart disease.

The other reason doctors ignore magnesium is because it's usually measured in blood serum. However, those levels always appear normal. Magnesium levels are guarded closely by the body because it is so crucial for heart function, and if the levels become low, magnesium is immediately pulled out of muscles and bones to bring it back in balance. Since serum magnesium always looks normal, doctors don't even bother measuring it routinely. In a normal electrolyte panel, they just measure sodium, calcium, potassium, and chloride.

Magnesium RBC Test from Request A Test

The ionized magnesium test is the most accurate, but it's only used in research facilities, so I recommend the Magnesium RBC test, which is more readily available and is much more accurate than the serum magnesium test. The range of values of the Magnesium RBC test reflects the levels in the population, which may be as much as 80 percent deficient. So even though the range is 4.2-6.8 mg/dL, try to maintain an optimum 6.0-6.5 mg/dL level. If your doctor won't order this test for you, do it yourself through Request A Test. It only costs \$49.00 and is a great way to monitor your magnesium intake.

Magnesium and The Heart

Magnesium deficiency can cause the following symptoms that magnesium therapy can treat:

- Heart muscle weakness
- Angina pectoris
- Cardiac arrhythmias
- High blood pressure

- Elevated cholesterol
- Blood clotting
- Intermittent claudication in the legs (cramping pain and weakness on walking associated with lack of blood supply to the muscles)

Magnesium and Muscles

Magnesium deficiency can cause the following symptoms and magnesium therapy can treat:

- Calf cramps that may occur after exercise or Charley horse cramps that occur during the night
- Cramps, spasms, tingling and twitches
- Spasms of the smooth muscles in retinal blood vessels that lead to a disturbing flickering in the field of vision
- Spasms of the fallopian tubes, preventing sperm from reaching the egg, causing infertility
- Cramping of the sphincter muscles in the esophagus, stomach, intestines, and bladder
- Cramping in the muscles of the larynx, bronchi (asthma patients), and in the ducts of the gallbladder and pancreas
- Menstrual cramps

Magnesium and The Central Nervous System

Magnesium deficiency can cause the following symptoms and magnesium therapy

can treat:

- Tension headaches
- Migraines can be relieved by a magnesium injection or an oral intake of *ReMag*
- Dizziness, nervousness, and mood disturbances (including depression)
- Nausea
- Stress releases the “stress hormones”—adrenaline and glucocorticoids—which increases the loss of magnesium from cells in exchange for calcium; magnesium supplementation can decrease stress hormone release and stop this vicious cycle
- Cerebral circulation insufficiency, causing sleep disturbance, can be treated with nighttime magnesium
- Magnesium deficiency can cause an under-active autonomic nervous system, leading to low blood pressure and poor circulatory system performance among younger people; some people think magnesium will lower their blood pressure further, but slowly increasing magnesium will treat the problem and improve the blood pressure

Magnesium and Pregnancy

Every midwife knows that magnesium deficiency is associated with a higher incidence of miscarriage and premature birth. They used Epsom salts, called “The Salts” in times past. The estrogen content in the birth control pill and elevated estrogen during pregnancy lowers magnesium levels by 15-30 percent.

Relaxed uterine muscles can prevent premature contractions, and magnesium is a very safe, natural laxative in most forms. Unfortunately, not

enough emphasis is placed on taking magnesium during pregnancy, but when a woman develops eclampsia, she is put on an IV magnesium drip.

Magnesium and Kidney Disease

About one-third of the absorbed magnesium leaves the body through the kidneys. Thus, when kidney function is impaired, less magnesium is lost and more builds up in the body. Please read my article, ["Kidney Disease Requires Magnesium,"](#) to learn that the impairment of kidney function can be due to a lack of bioavailable magnesium.

The majority of kidney stones are calcium oxalate caused by a combination of magnesium deficiency and calcium excess. Magnesium and vitamin B6 both treat kidney stones and prevent them from forming.

Magnesium and Athletes

Magnesium is one of the electrolytes lost through sweating during heavy exercise. Muscle cramping and pain that is sometimes confused with lactic acid buildup is a result. Although magnesium itself can prevent some of these symptoms, the complete *ReMyte* formula has much better success.

Magnesium and Osteoporosis

Magnesium supplementation is used in the treatment of osteoporosis and also to reduce calcification near joints after hip replacement surgery.

Magnesium and The Thyroid

Calcium and magnesium must be balanced in the body to ensure proper thyroid

function. If there is too much calcium, thyroid hormones can become diminished. If there is too little magnesium, hypothyroidism can result. Magnesium is the regulator of calcium absorption and utilization. Along with iodine, magnesium is necessary in the conversion of inactive T4 to the active T3 hormone. It's also important in the production of T4 itself.

It doesn't surprise me that magnesium has a big role in thyroid hormone production because it is active in 1,000 enzyme processes in the body and is responsible for over 80% of known metabolic functions.

Perhaps this is a good place to address the myth that magnesium interferes with thyroid replacement hormone absorption. Medicine talks about calcium, iron, and antacids interfering with thyroid drug therapy. But I have not seen any clinical evidence of impaired absorption of thyroid hormones when taken close to magnesium supplements, and I can't find any scientific articles that corroborate this myth. I think that since doctors feel that magnesium can act as an antacid and a laxative, they assume that you should not take it with medication.

In fact, the journal *Scientific Reports*, published a paper in July, 2018 titled, "Severely low serum magnesium is associated with increased risks of positive anti-thyroglobulin antibody and hypothyroidism." The abstract began by stating, "Trace elements, such as iodine and selenium, are closely related to autoimmune thyroiditis and thyroid function. Low serum magnesium is associated with several chronic diseases; however, its associations with autoimmune thyroiditis and thyroid function are unclear." The researchers set out to "investigate the relationships between low serum magnesium, autoimmune thyroiditis, and thyroid function in 1,257 Chinese participants." They found that, "Severely low serum magnesium levels are associated with an increased rate of TGAb positivity, HT, and hypothyroidism."

A husband and wife team in Austria show how magnesium, along with zinc and selenium can lower TSH and improve thyroid function. Their research proves to me why *ReMag* and *ReMyte* (containing iodine, selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium) work to heal the thyroid and produce sufficient thyroid hormone so you may not need to take thyroid hormone replacement medication.

The Moncayos also wrote a paper about the importance of mitochondria in thyroid function. Many of you may have heard me talk about the crucial requirement for magnesium in 6 of the 8 steps in the Krebs cycle that produces energy in the mitochondria. Please do an online search for Drs. Roy and Helen Moncayo to learn more about their work. At www.scholar.google.com I quickly found about 30 of their papers.

MANGANESE

Manganese is a little-known mineral with only about 20-40mg in your body. However, we can't live without it. The daily requirement for adolescents and adults is between 3-5 mg. Manganese assists in the metabolism of fats, proteins, and carbohydrates. It also helps in the production of T4 and the formation of collagen, particularly in bones, cartilage, and skin.

Manganese deficiency symptoms help us identify its functions.

- Problems with sugar and protein metabolism, creating hypoglycemia and diabetes
- Fatigue and muscle atrophy as a result of disruption of the Krebs cycle and reduced energy output
- Muscle, connective tissue, and bone conditions, including osteoporosis

- Infertility in women
- Lowered immune function causing increased allergies
- Cholesterol imbalance
- Lowered thyroid activity

Manganese is a cofactor in several enzyme systems. The most important is the powerful antioxidant known as superoxide dismutase (SOD) enzyme which protects against free radicals. Manganese takes part in the Krebs cycle, helping to produce ATP energy packets as a requirement in two of the chemical substrates. Manganese is required to transport the hormone thyroxine into our cells.

I was very interested to learn that manganese counteracts the inhibitory effects of fluoride. This is very important for people who drink fluoridated water, use fluoride toothpaste or have been on fluoride medications. Most of the commonly-used drugs contain fluoride. Fluoride binds irreversibly with magnesium, making it unavailable. The fact that manganese can counteract fluoride is very important in the battle of this poison.

The food sources of manganese are leafy green vegetables, whole grain products, nuts, legumes, and brewer's yeast. Even if there is manganese in the soil where your vegetables are grown, you only absorb between 5-40 percent of the manganese that is in your food.

MOLYBDENUM

Molybdenum's role in human health is still evolving and is a bit mysterious. It was accepted into the ranks of essential elements in 1953. It is an essential mineral required for many significant chemical processes in the body. It acts as a cofactor in enzyme systems that support detoxification, such as sulfite, xanthine, and

aldehyde oxidases. These enzymes help remove harmful substances (from internal or external sources) using oxidative detoxification.

Aldehyde oxidase converts acetaldehyde into acetic acid, a harmless chemical that is naturally excreted from the body. Acetaldehyde is a breakdown product of alcohol that is called the "hangover chemical." Guess what else produces acetaldehyde? *Candida albicans*. So, if you have yeast overgrowth, the molybdenum in *ReMyte* will help break down toxic acetaldehyde and dissipate your brain fog.

Acetaldehyde is a particularly potent toxin that can damage all the tissues in the body, including the brain. It readily combines with red blood cells, proteins, and enzymes; travels to all parts of the body; and passes through the blood-brain barrier. It damages the structure of red blood cells, making them unable to squeeze through tiny capillaries to convey oxygen to needy tissues. Acetaldehyde cannot be excreted from the body; when it accumulates in tissues, it is responsible for weakness in muscles, irritation, and pain.

Sulfite oxidase breaks down sulfur compounds into sulfate, rendering them harmless to humans. It breaks down sulfur dioxide, found in smog, and sulfites in wine, which affects asthmatics. Molybdenum helps break down the sulfur-containing amino acids homocysteine and cysteine.

Besides treating dangerous levels of sulfur in sulfur-treated foods and smog, molybdenum can be used to treat depression, male impotency, hair loss and mental imbalance.

Molybdenum is essential for the movement and release of iron in the body, allowing oxygen to travel to the body's organs. It's a cofactor in several important enzyme systems. One enzyme system helps mobilize sulfur amino acids, such as methionine and taurine found in *ReAline* (a Completement Formula); another

breaks down foods into uric acid; a third helps metabolize drugs and toxins, including sulfites, a known cause of asthma.

Molybdenum has a role to play in thyroid function. Molybdenum-dependent enzymes are important in the oxidative system of thyrocytes (thyroid epithelial cells). They also play a role in T3 (thyroglobulin) release from the thyroid gland.

Molybdenum is found in many foods, including beef liver, cereal grains, dark green leafy vegetables, legumes, and peas, but like most minerals, it doesn't get into these plants if it's deficient in the soil in which the plants were grown.

SELENIUM

In my naturopathic training, I became aware of selenium as a treatment and a preventive measure for several forms of cancer including skin, liver, lung, breast, and intestine. Its ability to treat such serious conditions is due to its prominent position in the production of glutathione. (Methionine in *ReAline* is an amino acid precursor to glutathione.)

Years later, I met [Dr. Harold Foster](#) and studied his selenium research for HIV and cancer. Dr. Foster found that high-selenium soils meant a lower incidence of AIDS in various regions of Africa. It truly seems to be a very important mineral.

It was only in 1957 that selenium was declared a mineral that is essential to life. Our body contains about 10-30 mg of selenium, and the RDA for an adult is 50 micrograms. The source of selenium is from plants, either directly or by eating animals that ingested selenium-rich plants. But, as I've learned from my research on magnesium, selenium and most other minerals are very deficient in most agricultural farmland.

The best source of selenium is sardines; the mineral is found in the skin. Other food sources include raw dairy products, garlic, blue corn, brewer's yeast

(great on popcorn), sunflower seeds, and almonds (soaking your nuts and seeds makes them more digestible). Again, the amount of selenium in these foods depends on it being in the soil where the plants are grown or where the dairy cows feed.

There is a selenium deficiency condition called “white muscle disease” in lambs. A human selenium deficiency disease called Keshan disease causes heart damage. It was identified in the Keshan Province of China and affected about 10 percent of the population until the whole population was given 1000 micrograms per day to eliminate the disease entirely. Another selenium deficiency disease in the Keshan Province called “big-joint disease” leads to tremendous swelling of the joints.

It may be that the isolated and specific nature of these cases led people to ignore less dramatic signs of selenium deficiency. Not enough research has been done on selenium and its effect on the heart and joints. But we have to be aware that studies that focus on only one nutrient are gravely missing the point – the point being that minerals work together, so it’s impossible to study one mineral in isolation. Selenium works in concert with other minerals. For example, the heart needs magnesium as well as selenium. Studies do show that when selenium fortification is applied to soil and food grains, the incidence of heart disease diminishes.

A Super Antioxidant

The complementary nature of the total Completement Formulas is found in *ReAlign*, which contains methionine, and *ReMyte*, which contains selenium. Methionine is the precursor amino acid to glutathione. Selenium is part of the structure of glutathione. So, both of these nutrients work together to create this important antioxidant.

Glutathione is found in most cells of the body but is most plentiful in red blood cells, platelets, white blood cells, liver cells, and retinal (eye) cells. There are four selenium atoms in each glutathione molecule. To put its importance into perspective, glutathione has 1,000 times the antioxidant power of vitamin E.

People don't use glutathione as a supplement because it is very expensive. It is much better to use the proper precursors to produce it – methionine and selenium. Glutathione in oral supplement form is rendered ineffective by stomach acid and doesn't make it to its intended destination. It must be lipolyzed (bound with fat molecules) or given intravenously for absorption.

Glutathione is a powerful anti-inflammatory, treating all causes inflammation; this includes serious conditions such as cancer and heart disease. It is also very important in the treatment of burns, infections, and the detoxification of heavy metals. Toxic chemicals and heavy metals are mainly dealt with in the liver. If there is a deficiency of glutathione due to selenium deficiency, detoxification is impaired.

Selenium Supports the Thyroid

In 1991, researchers discovered that selenium is a necessary cofactor in the production of thyroxine (T4), one of the thyroid hormones. It also has a role in the conversion of T4 to the more active form of the hormone, called triiodothyronine or T3. This conversion is vital, and most doctors aren't aware that a selenium deficiency can cause hypothyroidism. Instead, doctors measure T3 and T4 levels and usually just replace T4 with a synthetic counterpart. However, T4 will just build up if there isn't enough selenium to convert it to T3.

Since 1991, a total of 11 selenium-dependent enzymes have been identified as necessary for thyroid function and thyroid hormone production. Selenium can

help treat protrusion of the eye that can occur in thyroid disease. It's also used in the treatment of Hashimoto's autoimmune thyroiditis. Conversely, selenium deficiency can worsen symptoms of Graves' and Hashimoto's diseases and hypothyroidism.

A very important but little-known association with iodine has been discovered. When iodine levels are low, taking selenium can magnify iodine deficiency symptoms. Similarly, if you take high doses of iodine, you can magnify an existing selenium deficiency. That's why *ReMyte* contains both iodine and selenium – so that a proper balance of the two minerals is always maintained.

The symptoms of selenium deficiency are quite generalized; they include hypothyroidism, impaired immune function, and blood sugar imbalance. Since it is an essential nutrient, a small bioavailable dose of selenium in *ReMyte* is the best way to ensure that you are supporting your thyroid and your immune system.

ZINC

We have about 3 grams of zinc in our bodies. Around 1934, zinc was declared essential for humans and animals. It was several years before the enzymes governed by zinc began to be researched. Zinc-containing enzymes are involved in so many aspects of metabolism, many of them overlapping and intersecting with magnesium enzymes.

- Blood formation
- DNA, RNA, and protein metabolism
- Fatty acid and prostaglandin metabolism
- Vitamin A metabolism

- Growth phases (fetal, infancy, childhood, puberty – ensuring proper physical, mental, and sexual development)
- Wound healing (zinc travels to wound sites: burns, abscesses, injury, surgery)
- Regulation of sex hormones
- Reproductive organ function and fertility (miscarriage, birth defects, and immune deficiency are common effects of zinc deficiency)
- Membrane stabilization
- Free radical protection with superoxide dismutase – assisted by the cofactors - zinc, copper, manganese, and selenium.
- Inhibiting intestinal absorption of toxic heavy metals (such as lead and cadmium)
- Regulation of brain neurotransmitters (GABA and glutamate and the storage of histamine)
- Sensory functions (vision, hearing, smell, and taste)
- Immune defense (cellular and antibody immunity)

Like magnesium, zinc is a calcium antagonist or calcium channel blocker that prevents calcium from improperly activating muscle and nerve cells and depositing in soft tissue in the body.

Ninety percent of the body's zinc is found in red and white blood cells. Only 10 percent is found in serum (only one percent of magnesium is found in serum). The highest concentrations of zinc are also found in the prostate, sperm, and hair, which has to be accounted for when doing hair analysis. In other words, if zinc is already naturally high in the hair, that attribute may give a false reading on a hair

test.

The causes of zinc deficiency are somewhat similar to the causes of magnesium deficiency, such as:

- Zinc is required by the body during pregnancy and nursing
- There is a lack of zinc in the soil and therefore the food supply
- Fast food diets are low in zinc
- Strict vegetarian diets are low in zinc (since animal products have more zinc)
- Alcoholism promotes zinc deficiency
- Excessive sweating in athletes or laborers working in hot climates depletes zinc
- Use of cortisone or steroids creates zinc deficiency
- Zinc is depleted through the metabolism of the birth control pill
- Zinc is required for many aspects of the synthesis of thyroid hormones and the delicate conversion of T4 to T3

Zinc deficiency can result in hypothyroidism. Conversely, thyroid hormones are essential for the absorption of zinc. Researchers have found that the hair loss attributed to hypothyroidism may not improve with thyroid hormone replacement unless zinc supplements are added.

Many diseases burn off zinc. Loss of zinc occurs due to severe skin rashes, diarrhea, vomiting, increased urination from diabetes, burns, acute and chronic infections, surgery, cancer, and heart attacks. A vicious cycle can occur where a zinc-dependent enzyme involved in the lipid synthesis of skin cells is not

functioning properly, creating dermatitis, dry skin, and eczema that causes increased loss of zinc. White spots on the fingernails are a strong indication of zinc deficiency.

One of the problems with getting zinc in your diet is that it's no longer abundant in the soil. Then, we find that the body may absorb only about 25 percent of the zinc that does find its way into your diet.

High doses of zinc are not recommended because of the imbalance that can be caused in other minerals. Zinc can block the absorption of copper and manganese, for example. But when modest amounts of zinc and copper are bioavailable and absorbed at the cellular level, they play very well together, enhancing each other's functions.

Zinc overdose is very rare, except if people are taking 50-100mg daily for extended periods. Overdose symptoms focus on the GI tract, including nausea and vomiting. Occasionally, a person may experience a touch of nausea when taking zinc, even the zinc in *ReMyte*. To avoid this reaction, just take your zinc or *ReMyte* with meals.

Your sense of taste can be used to diagnose zinc deficiency. You can put a teaspoon of Zinc Tally (Metagenics) in your mouth and gauge your deficiency by taste. If you taste nothing or the solution tastes sweet, you are suffering from zinc deficiency. If you perceive a metallic taste, you are supposedly not deficient.

Zinc status can be evaluated through hair mineral analysis, through a zinc RBC blood test, or by assessing a zinc-dependent enzyme, alkaline phosphatase, before and after supplementing.

Because mineral testing is highly inaccurate, I feel that the very low potency of zinc and the other minerals in *ReMyte* allows us to take small doses of these minerals in bioavailable forms and let our body decide how much of each mineral it

wants to use. This is the opposite recommendation of many doctors, who give higher and higher doses of minerals to try to force the body to comply.

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](http://DrCarolynDeanLive.com).

TOTAL BODY RESET **Implementing the Protocol**

1. Hydration Guidelines

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

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

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

2. ReAline®

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

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

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

Product Description: L-methionine and L-aurine are sulfur-based amino acids that lend their sulfur molecules to the liver's sulfation detox pathways. The B vitamins in *ReAline* work synergistically with *ReMag*, methionine, and taurine. Four of the B vitamins are methylated and transfer methyl groups to the liver’s methyl detox pathways. The rest of the B vitamins are food-based, which makes them easily absorbed and highly effective. They are essential to support our neurological

health, the adrenal glands, sugar metabolism, and much more. Don't be concerned that these are not high dose B vitamins. Most B vitamins are synthetic and have to be high dose to force their way into vitamin receptor sites. Methylated and food-based B vitamins have no such issues. An in-depth discussion of *ReAline* and all its benefits can be found in my free eBook [ReAline: Building Blocks to Detox](#).

3. ReStructure®

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

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

4. RnA ReSet Drops®

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

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

Product Description: *RnA ReSet Drops* are the catalyst included in several of the

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

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.”¹ This article completely validates the use of all our *Completement Formulas* and *Total Body Immunity Formulas* to maintain your health.

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

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

¹ Calder PC, et al. “Optimal Nutritional Status for a Well-Functioning Immune System Is an Important Factor to Protect against Viral Infections.” *Nutrients*. Apr 23, 2020, 12 (4), 1181.

such as vitamins C and D is warranted; and (3) public health officials are encouraged to include nutritional strategies in their recommendations to improve public health.

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

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

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

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

1. ReMag

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

2. D3-K2 ReSet™

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

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

² https://www.cochrane.org/CD001269/ARI_vaccines-prevent-influenza-healthy-adults

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

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

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

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

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

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

All these functions remind me of what magnesium can do: supporting bone health, reversing calcification, enhancing hormone production, including insulin,

³ Dai Q, et al. "Magnesium status and supplementation influence vitamin D status and metabolism: results from a randomized trial." *The American Journal of Clinical Nutrition*, Volume 108, Issue 6, December 2018, Pages 1249–1258.

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: I considered recommending taking 1/2 tsp (20mg) of *Pico Zinc* with a meal once daily for one week per month as a preventive measure. But, zinc does not have an efficient storage system so, it's best to take some daily. You are already doing that because there are 3mg of stabilized ions of zinc already in your *ReMyte* minerals per ¾ tsp dose.

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

cause some slight nausea if taken alone.

Label instructions show that ½ tsp of *Pico Zinc* equals 20 mg, so for 5 mg you would take 1/8th tsp and for 10 mg you would take ¼ tsp. If you want to use a dropper – ½ tsp equals 60 drops, ¼ is 30 drops, 1/8th is 15 drops.

If you are exposed to a viral infection, the protocol changes. Take ½ tsp twice a day for 2 weeks. If you still have symptoms, take ½ tsp per day for another 2 weeks, then go back to maintenance dose of 1/8th or ¼ tsp per day. Taken With Food.

Product Description:

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

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

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

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

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

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

ADDITIONAL RECOMMENDATIONS

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

1. ReMag Lotion

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

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

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

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

2. 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.

4. ReNew Serum

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

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

5. ReNew Face Cream

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

Here are the ingredients of *ReNew Face Cream*:

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

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

6. Blue Ice Royal – Vitamin A, D3, K2

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

Dosage: One capsule twice per day.

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

7. Mighty Mash

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

RESOURCES:

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

APPENDIX B:

EIGHTY HYPOTHYROID SYMPTOMS

Dry hair or hair loss	cold
Brittle fingernails or toenails	Low endurance
Puffy eyes and face	Alopecia (patches of hair loss)
Skin coarsening exertion	Heavy menstrual periods
Low blood pressure	Muscle cramps
PMS/menopause symptoms	Cold intolerance
Loss of outside 1/3rd of eyebrows	Baggy eyelids
Autoimmune disease (RA, Lupus, Crohn's etc.)	Problems swallowing
Redness in face with exercise	Scalloped tongue
No energy for evening activities	Swelling of hands and feet
Stroke	Low sex drive
Joint aches and pains	Tongue biting
Dry skin	Cracking in skin of heels
Weight gain of more than 5 lbs.	Polymyalgia
Slow speech and movement	Manic depression
Headaches and migraines	Oral temperature consistently below 98.5
Cold hands and feet	Postpartum depression
Slow thinking	Dyslexia
Gum problems	Neck injury (i.e., whiplash)
Blue/red fingers with exposure to	Rheumatica

Inability to lose weight with diet & exercise

Increased cholesterol/TGL/LDL

Carpal tunnel syndrome

Shortness of breath during mild exertion

Experiencing stiffness

Tingling or numbness in fingers

Milky breast discharge

Infertility

Tendonitis/tennis elbow

Diabetes

Hoarse voice

Slow heartbeat

Constipation

Dry eyes, dry mouth

Decrease in memory

Yellow skin in palms

Depression/anxiety

Reliance on coffee or other stimulants

Raynaud's syndrome

Throat clearing

Blocked arteries

Sweating less

Hearing becoming worse

Feeling more fatigued

Sleep apnea

Uterine fibroids

Yeast infections

Miscarriages

Anemia

Thick tongue

Premature graying of hair

Vitiligo

ADD

Family history of hypothyroidism

High blood pressure

Melasma (discoloration in face)

Chronic infections

Low HDL

Excess ear wax

Ligament tears

Skin problems (hives, psoriasis, eczema)

THE DOCTOR OF THE FUTURE



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

Disclosure

Dr. Dean has a creative and economic interests in the innovative products of [RnA ReSet](#), including, but not limited to: *RnA ReSet Drops, ReMag, ReMyte, ReAline, ReCalcia, Pico Potassium, ReStructure, Pico Silver, Pico Zinc, Flora ReVive, Whole C ReSet, ReNew Serum, ReNew Face Cream*, and our agricultural

product, *Mighty Mash*. For more information regarding all the Completement Formulas, go to the product website RnA ReSet. If you have questions, email Customer Service at support@rnareset.com. If you wish to place an order by phone, call 1-888-577-3703.REFERENCES