

*One of the world's leading experts on nutrient supplementation.*

# Carolyn Dean MD ND

## Total Body ReSet for Men

A Holistic Guide to Longevity, Fitness  
and Mental Health for Men

- Addresses the most common concerns for men's fitness, wellness, mental health, and longevity.
- Supports men as they become proactive in their own healthcare.
- Includes sage advice from other men about nutritional, emotional, and spiritual wellness.

What do men want? You want to unlock your peak potential and experience good general as well as sexual health, longevity, and a strong body. What health questions do you have? Heart and prostate health are two major concerns that many men ask about. *Total Body ReSet for Men* speaks to these issues and also covers these important topics:

- Anti-Aging
- Exercise
- Heart Health
- Diet and Intermittent Fasting
- Mental Health
- Sexual Health
- Top Five Causes of Death in Men and How to Avoid Them
- Post-Covid Men's Health Update

Follow the health journey of eight men who worked with the holistic wellness strategies of one of the world's leading medical experts on nutrition and health. Also, read about the latest Magnesium Research.

*Total Body ReSet for Men* is not just an information-rich resource, but a reliable and friendly guide for every man's health journey, providing critical information about building and maintaining complete well-being throughout his lifetime.



## Medical Doctor, Naturopath, and Dedicated Researcher

Carolyn Dean MD ND is the author of over 50 books including best seller *The Magnesium Miracle*® and her newest book *Magnesium: The Missing Link to Total Health (Revised)*. And, other noted publications including *IBS for Dummies*, *Hormone Balance*, *Death by Modern Medicine*, and 110+ Kindle books to date. Dr. Dean is committed to helping anyone understand more about nutrients, their requirements in the body, and ways to promote health and vitality in a proactive manner.

In 2014, Carolyn Dean MD ND launched the RnA ReSet® brand based on nutrient protocols she built through 40+ years of experience in private healthcare practice. Dr. Dean's career as a medical doctor and naturopath resulted in a collection of unique, proprietary formulations that support precise applications while remaining safe for everyday use.

Dr. Dean continues to provide her leadership and vision for enabling people to take control of their own health. This includes her 45+ years of educational resources including guidebooks, presentations, and a history of other audio, video, and written assets for anyone wanting to learn more about nutrients and their health.

ISBN 979-8-9884711-8-9



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**TOTAL BODY RESET FOR MEN**  
**A HOLISTIC GUIDE TO LONGEVITY, FITNESS,**  
**AND MENTAL HEALTH**

**Carolyn Dean MD ND**

**A Complement Formula Book**

## 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.*

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## TABLE OF CONTENTS

<b>INTRODUCTION .....</b>	<b>1</b>
WHAT TO EXPECT .....	1
<b>CHAPTER ONE: ANTI-AGING .....</b>	<b>3</b>
LONGEVITY PROTOCOL .....	4
MAGNESIUM AND LONGEVITY .....	5
VITAMINS AND AGING .....	8
AGING AND INFLAMMATION .....	8
MAGNESIUM AND TELOMERES .....	9
<b>CHAPTER TWO: EXERCISE FOR HEALTH .....</b>	<b>13</b>
STAY HYDRATED AND MINERALIZED .....	13
<b>CHAPTER THREE: HEART HEALTH BASICS .....</b>	<b>16</b>
<b>CHAPTER FOUR: WEIGHT LOSS &amp; DIET .....</b>	<b>24</b>
INTERMITTENT FASTING AND KETO DIET .....	24
WEIGHT LOSS RESOURCES .....	25
<i>The Problem with Sugar in Your Diet.....</i>	<i>26</i>
<b>CHAPTER FIVE: MENTAL HEALTH .....</b>	<b>28</b>
ANXIETY, DEPRESSION AND SLEEP .....	30
EXCERPTS FROM THE MAGNESIUM MIRACLE (2017) DR. CAROLYN DEAN .....	30
UPDATED SUPPLEMENT RECOMMENDATIONS .....	40
STRESS RELEASE .....	40
<b>CHAPTER SIX: THE LATEST MAGNESIUM RESEARCH .....</b>	<b>41</b>
MAGNESIUM AND MUSCLES .....	42
THEORY OF MAGNESIUM AND MUSCLE HEALTH .....	44

<b>CHAPTER SEVEN: SEXUAL HEALTH .....</b>	<b>50</b>
WHAT IS A PENIS? .....	50
<i>Erectile Dysfunction Risk Factors.....</i>	<i>51</i>
<i>What Do I Recommend? .....</i>	<i>52</i>
<i>What About Viagra .....</i>	<i>54</i>
MALE INFERTILITY .....	54
<i>Supplement Recommendations:.....</i>	<i>55</i>
<b>CHAPTER EIGHT: THE PROSTATE .....</b>	<b>56</b>
PROSTATE ENLARGEMENT (BPH) .....	56
<i>Symptoms of BPH .....</i>	<i>56</i>
<i>Prostate Massage .....</i>	<i>57</i>
<i>Supplement Recommendations .....</i>	<i>58</i>
PROSTATITIS.....	58
<i>Prostatitis Symptoms.....</i>	<i>59</i>
<i>Prostatitis Treatment.....</i>	<i>59</i>
MEN WITH YEAST .....	59
<i>Health Problems Associated with Yeast Overgrowth.....</i>	<i>62</i>
<i>The Downward Spiral .....</i>	<i>64</i>
PROSTATE CANCER .....	64
<i>The Total Biology Conflict of Prostate Cancer.....</i>	<i>65</i>
<i>Supplement Recommendations .....</i>	<i>65</i>
<b>PART II: TOP FIVE CAUSES OF DEATH AND POST-COVID UPDATE.....</b>	<b>66</b>
<b>CHAPTER NINE: HEART DISEASE .....</b>	<b>68</b>
WHAT IF YOUR HEART SYMPTOMS ARE REALLY MAGNESIUM DEFICIENCY SYMPTOMS? .....	68
MY SUPPLEMENT RECOMMENDATIONS.....	70
<b>CHAPTER TEN: CANCER: COLON, LUNG .....</b>	<b>71</b>

## TOTAL BODY RESET FOR MEN

MAGNESIUM AND CANCER .....	71
THE CAUSES OF CANCER .....	72
<i>Cancer Facts</i> .....	73
<i>Overcome Cancer by Overcoming the Fear</i> .....	73
<i>The Biology of Cancer and Total Biology</i> .....	73
<i>My Total Biology Story</i> .....	75
<i>Metabolic Treatment of Cancer</i> .....	75
<i>Basic Plan</i> .....	76
<i>What Nutrients Stand Out as Cancer "Cures"</i> .....	77
<i>Colon Cancer</i> .....	77
<i>Intestinal Polyps</i> .....	78
<i>Prevention:</i> .....	79
LUNG CANCER .....	79
<i>Lung Cancer and Cigarettes</i> .....	79
<b>CHAPTER ELEVEN: UNINTENTIONAL INJURIES .....</b>	<b>82</b>
COMMON SENSE ABOUT INJURIES .....	82
<i>Supplement Recommendations</i> .....	83
ADDICTIONS .....	83
<i>Alcohol</i> .....	83
<i>Coffee Addiction</i> .....	86
<i>Tobacco Addiction</i> .....	87
<b>CHAPTER TWELVE: CHRONIC RESPIRATORY DISEASE .....</b>	<b>94</b>
CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) .....	94
<i>Preventing COPD</i> .....	95
<i>Treatments for COPD</i> .....	95
<i>Picometer Magnesium</i> .....	95
<i>Nebulizing Magnesium, Silver, and Hydrogen Peroxide</i> .....	95

<i>Supplement Recommendations .....</i>	<i>96</i>
<b>CHAPTER THIRTEEN: STROKE .....</b>	<b>97</b>
MY SUPPLEMENT RECOMMENDATIONS.....	102
<b>CHAPTER FOURTEEN: LONG COVID: THE NEW FACE OF MAGNESIUM DEFICIENCY .....</b>	<b>103</b>
<b>CONCLUSION .....</b>	<b>105</b>
<b>APPENDIX A .....</b>	<b>106</b>
TESTIMONIALS FOR CHAPTER ONE - ANTI-AGING .....	106
<i>My Anti-Aging Experience by Gregg Sanders .....</i>	<i>107</i>
<i>Gregg Sanders - Biography .....</i>	<i>113</i>
<i>Health, Performance, and Longevity by Bertron Hill .....</i>	<i>114</i>
<i>Bertron Hill – Biography .....</i>	<i>119</i>
<i>Beyond Material Health by Michael Sandler .....</i>	<i>121</i>
<i>Michael Sandler - Biography .....</i>	<i>128</i>
TESTIMONIALS FOR CHAPTER TWO – EXERCISE .....	130
<i>Elite Athletes and the Completement Formulas by Ben Pelton.....</i>	<i>131</i>
<i>Ben Pelton - Biography .....</i>	<i>134</i>
<i>Enhanced Performance by Fredo Lopiccolo .....</i>	<i>135</i>
<i>Pro Athletes and the Completement Formulas by Jack McClinton, III .....</i>	<i>137</i>
<i>Jack Paul McClinton, III - Biography.....</i>	<i>140</i>
TESTIMONIALS FOR CHAPTER THREE: HEART HEALTH .....	141
<i>Magnesium Deficient Atrial Fibrillation by Kevin Greisl .....</i>	<i>142</i>
<i>Kevin Greisl - Biography .....</i>	<i>144</i>
<i>Dr. Dean’s Foreword to Healing Heart and Mind .....</i>	<i>146</i>
<i>Healing Heart and Mind by Roman Hines.....</i>	<i>146</i>
TESTIMONIAL FOR CHAPTER FOUR – WEIGHT LOSS.....	150
<i>Long Term Intermittent Fasting by James Gunther .....</i>	<i>151</i>

## TOTAL BODY RESET FOR MEN

<i>James Gunther - Biography .....</i>	<i>154</i>
TESTIMONIAL FOR CHAPTER FIVE: MENTAL HEALTH .....	156
<i>Dr. Dean's Foreword to Jason's Mental Health Journey .....</i>	<i>156</i>
<i>My Mental Health Journey by Jason Smith .....</i>	<i>158</i>
<i>Jason Smith - Biography.....</i>	<i>167</i>
<b>APPENDIX B .....</b>	<b>169</b>
FDA HEALTH CLAIM REGULATIONS LIMIT HOW WE CAN DESCRIBE THE COMPLETEMENT FORMULAS .....	169
IDEA #1 - RESTORATIVE AND PREVENTATIVE SUPPLEMENTATION IS IMPERATIVE. ....	170
IDEA #2 - NATURAL HEALTH STRATEGIES AND GUIDANCE BY DOCTORS WILL CONTINUE TO DIMINISH OR DISAPPEAR. ....	171
IDEA #3 - THE DIETARY SUPPLEMENT INDUSTRY CAN BE ITS OWN WORST ENEMY. ....	173
IDEA #4 - CONSUMERS ARE AT A DISADVANTAGE. ....	176
IDEA # 5 - HEALTH FREEDOM AND PERSONAL CHOICES MUST BE SECURED BY INDIVIDUALS AND FAMILIES. ....	177
<b>APPENDIX C .....</b>	<b>179</b>
THE DOWNWARD SPIRAL .....	179
<b>MEET DR. CAROLYN DEAN MD ND .....</b>	<b>181</b>
THE DOCTOR OF THE FUTURE .....	181
DISCLOSURE .....	183

## INTRODUCTION

What do men want? Good health on all levels, longevity, resilience, and a strong, attractive body. What do men want to know about? The questions I receive show that heart and prostate health are two major men's health concerns. Additionally, post-COVID, men are looking for more emotional balance and stress relief. These subjects and more are covered in this book. I also provide the male point of view on these health topics. I found several men who were happy to share their personal experiences with my formulas, and you can find their words in [Appendix A](#).

## WHAT TO EXPECT

The first five chapters are designed to be supported by the testimonials in [Appendix A](#). This information will give a basic knowledge base about men's health and the issues they face. Chapter One talks about anti-aging and longevity. Chapter Two explores Physical Fitness which is an important men's health topic. Chapter Three introduces a discussion about heart disease, a big area of concern for men. Chapter Four deals with weight loss incorporating Intermittent Fasting and use of well-absorbed nutritional supplements. Chapter Five covers Mental Health which is an increasing concern for men post-COVID.

Chapter Six presents the current science about magnesium from Dr. Taylor Wallace, who heads the team that is doing research on our picometer magnesium and comparing it to other magnesium products. Taylor's material is not a personal account, but his interest in magnesium has escalated since he began working with us.

Chapter Seven begins a discussion of and answers questions about Sexual Health. Then, Chapter Eight focuses on the prostate – healthy, enlarged, inflamed, and/or cancerous.

Chapters Nine through Fourteen cover the top five causes of death and post-COVID issues for men and what you can do to build wellness around these conditions.

In this book, I offer a simple health prescription. It's a proven system that incorporates hydration with sea-salted water, picometer-sized, stabilized mineral ions, and food-based vitamins that provide the building blocks for creating healthy cells.

Note: In order to improve the structure and function of your cells and, therefore, overall wellness, I have made various supplement recommendations throughout this book. My formulas are designed to synergistically fulfill these nutrient needs, so I suggest that you discuss using specific products and doses with your health care practitioner. Unfortunately, in order to comply with FDA guidelines for describing supplements, it is challenging to make specific product recommendations from my Completement Formulas. (See [Appendix B](#) for a more detailed explanation.)

Note: Throughout the book, I'll use the words "picometer magnesium" and "picometer minerals" instead of the unwieldy "picometer-sized, stabilized mineral ions."

Note: In order to share important health information, within FDA guidelines, we developed [a membership website](#), where you can find your own answers regarding building more wellness, using our formulas and information resources. So, you will see various references to information available to members throughout this book.

## CHAPTER ONE: ANTI-AGING

Many men following my supplement recommendations using highly absorbed, picometer magnesium, picometer multiminerals, and picometer silver; whole food and methylated B vitamins combined with L-Methionine and L-Taurine; whole food and natural A, C, D3, E, and K2 vitamins; algae-based Omega 3's; and a soil-based probiotic that also contains a gentle antifungal, *Saccharomyces boulardii*, say that our formulas are extending their lives, making them more productive and healthier. [Gregg Sanders' story](#) in [Appendix A](#) attributes an antiaging response to my barley liquid, which in this book we call "The Drops."

Here is another customer who noticed a significant improvement in his well-being as a result of the Complement Formulas:

*I am a 69-year-old male, still working full time, treating myself the alternative way, and supporting my wife with breast cancer. Even with all that, I was given a new lease on life, and I send my thanks and gratitude to Dr. Dean. I have been on [the Complement Formulas] for a number of months. My life is now so much easier due to having enormous levels of energy. My happiness starts as I wake up early in the morning, as I look forward to new, exciting events in the day. I exercise on a regular basis, and nothing seems to be difficult for me in life. I am at the peak of my physical, mental and spiritual life. It is all due to Dr. Dean's [Complement Formulas]. ~Jakob B*

For improvements in your well-being, I personally suggest researching and talking with your health care practitioner about using my Complement Formulas because of the synergistic support they provide.

## LONGEVITY PROTOCOL

The following is a note I sent to a doctor who wanted to know my recommendations for him with his primary concern being longevity. He does not have any aggravations or chronic ailments. He is 91. He was only using picometer magnesium and picometer multiminerals sporadically. I told him the following:

*People don't know how good they can feel until they become saturated with nutrients. The following is the protocol I am using today at age 75, and I plan to continue this protocol up to, including, and beyond age 120. In this and other places where formulas are mentioned I will follow FDA guidelines by not giving out brand names.*

- *Picometer Magnesium: 2 tsp a day*
- *Picometer Multiminerals: 2 tsp a day*
- *Picometer Potassium: 1-2 tsp a day*
- *Picometer Silver: 1-2 tsp a day*
- *Picometer Zinc plus Copper: 1/2 tsp a day*
- *Picometer Calcium: 1 tsp a day*

*I do the math and measure all the minerals out in ounces and pour about 10 days' worth into an empty 16 oz mineral bottle.*

*Each morning, I put about 9 tsp of the mixture in a 32 oz mason jar of sea salted water. I add two scoops of Vitamin C powder and drink it throughout the day. By doing this I'm covering a good portion of my daily water intake.*

*With some of my swallows I take:*

- *Whole Food and Methylated B Vitamins combined with L-Methionine and L-Taurine: 2 a day*
- *Natural, plant-based D3K2: 2 a day*
- *Omega-3 Algae: 2 a day*
- *Whole Food Vitamin C: 2 a day*
- *A soil-based humic/fulvic probiotic that also contains Saccharomyces boulardii: - 2 a day*

That's my basic *Longevity Protocol*, using maintenance amounts. If faced with more stress, a cold or flu, surgery, or traveling – I increase my intake of all the minerals.

## **MAGNESIUM AND LONGEVITY**

Aging itself is a risk factor for magnesium deficiency; as we get older, we become more deficient in magnesium and, therefore, require more in our diet and in supplement form. Telomeres, the deciding factor in aging, are protected by magnesium.

Aging in industrialized societies is associated with an increasing prevalence of hypertension, heart disease, reduced insulin sensitivity, and adult-onset diabetes. Aging in general also means altered calcium and magnesium ion levels, indistinguishable from those observed in hypertension and diabetes.<sup>1</sup> Excess calcium relative to magnesium creates a level of calcification throughout the soft tissues of body that some antiaging experts say is a sure sign of aging.

Blood sugar management is extremely important in good health and longevity. Insulin resistance plays a major role in exacerbating hypertension, heart disease, and diabetes mellitus. Insulin-resistant states, as well as what is often thought of as “normal” aging, are characterized by the accumulation of calcium and depletion of magnesium in the cells. With this in mind, clinical researchers in this century are finally suggesting that an imbalance of calcium and magnesium ions might be the missing link responsible for the

frequent clinical coexistence of hypertension, atherosclerosis, and metabolic disorders in aging.<sup>2</sup>

In 2022, the FDA accepted the health claim that magnesium can lower blood pressure. So, we know that some people are moving in the right direction.<sup>3</sup> And this is a very important health claim because too many people are being diagnosed now since they lowered the cut off for high blood pressure to 130/80.

As is evident from animal experiments and epidemiological studies, magnesium deficiency and calcium excess may increase our susceptibility to cardiovascular disease as well as accelerate aging.<sup>4</sup> In a study of nursing home residents, low magnesium levels were significantly associated with two conditions that plague the elderly, calf cramps and diabetes mellitus.<sup>5</sup> Centenarians (individuals reaching a hundred years of age) have higher total body magnesium and lower calcium levels than most elderly people.<sup>6</sup>

“Smart drugs” such as piracetam, oxiracetam, pramiracetam, and aniracetam are thought to enhance learning, facilitate the flow of information between the two hemispheres of the brain, help the brain resist physical and chemical injuries, and be relatively free of side effects. Magnesium fits all the above criteria for “smart drugs,” but it is much less costly and has no side effects.

In 1993, Dr. Jean Durlach, a preeminent magnesium expert in France, summed up the existing research on magnesium and aging with the following seven points.<sup>7</sup>

1. Chronic marginal magnesium deficiency reduces life span in rats.
2. Magnesium deficiency accelerates aging through its various effects on the neuromuscular, cardiovascular, and endocrine apparatus; kidneys and bones; and immune, anti-stress, and antioxidant systems.
3. In developed countries, magnesium intake is marginal throughout the entire population regardless of age: around 4 mg/kg/day instead of a minimum of 6 mg/kg/day recommended to maintain balance. However, diseases,

- handicaps, and physical or psychological impairments expose elderly individuals to more severe nutritional deficiencies and higher requirements.
4. Around the age of seventy, magnesium absorption is two-thirds of what it is at age thirty.
  5. Various mechanisms of deficiency include intestinal malabsorption; reduced bone uptake and mobilization (osteoporosis); increased urinary losses; chronic stress; insulin resistance leading to diabetes with severe magnesium loss in the urine; lack of response to adrenal stimulation; loss caused by medication, especially diuretics; alcohol addiction; and cigarette smoking.
  6. Magnesium deficiency symptoms in the elderly include central nervous system symptoms that seem largely “neurotic”: anxiety, excessive emotionality, fatigue, headaches, insomnia, light-headedness, dizziness, nervous fits, sensation of a lump in the throat, and impaired breathing. Peripheral nervous system signs are common: pins and needles of the extremities, cramps, muscle pains. Functional disorders include chest pain, shortness of breath, chest pressure, palpitations, extra systoles (occasional heart thumps from an isolated extra beat), abnormal heart rhythm, and Raynaud’s syndrome. Autonomic nervous system disturbances involve both the sympathetic and parasympathetic nervous systems, causing hypotension on rising quickly or borderline hypertension. In elderly patients, excessive emotionality, tremor, weakness, sleep disorders, amnesia, and cognitive disturbances are particularly important aspects of magnesium deficiency.
  7. A trial of oral magnesium supplementation is the best diagnostic tool for establishing the importance of magnesium.

## VITAMINS AND AGING

Even though my bias is towards magnesium, other nutrients are important. Research has shown that lifestyle and nutrition factors play a role in epigenetic aging and that supplementation with specific nutrients may slow or reverse it. Researchers investigate epigenetic aging as related to the modification of our genes, specifically through DNA methylation, which may, in turn, directly affect the biological age of an individual. The genetic variations in the MTHFR gene create a breakdown in "gene transcription" – the ability to produce particular proteins.

While research that focuses on one nutrient at a time is important, we can't lose sight of the fact that all well-absorbed nutrients are at play. Methylated Bs also play a role in modifying epigenetic aging. However, the bottom line is that methylation is ruled by magnesium with the help of vitamin B2 (riboflavin). And according to [Rhonda Patrick PhD](#) and [Steve Horvath PhD](#), vitamin D and omega-3s also play a role. It's obvious to me that the more research that is done on nutrients, the more they will find that all the nutrients work together synergistically. Absence of proof is not proof of absence!

## AGING AND INFLAMMATION

Inflammation correlates with aging. Common among inflammatory-based diseases is the disruption in the tightness and stability of endothelial and vascular tissues. Endothelial cells form the inner lining of the heart and blood vessels (veins, arteries, capillaries) and the lymphatic system. This endothelial disruption contributes to poor nutrient absorption, inflammatory cell migration, and abnormal clotting – shortening biological age. Both omega-3s and vitamin D directly affect cellular health. We also see that magnesium, vitamin C, and zinc have similar anti-inflammatory effects, making them important longevity nutrients.

## MAGNESIUM AND TELOMERES

On my [July 6, 2020 radio show](#), I discuss magnesium and telomeres and how supplementing with magnesium can improve your well-being and longevity. This information is so important, that I am including a summary of that podcast:

*As we baby boomers age, we're desperately trying to find ways to stay younger. Anti-aging research is a multibillion-dollar industry. And besides superficial cosmetic enhancements, finding a way to protect our telomeres has become the holy grail of longevity research.*

*It should come as no surprise that magnesium is closely associated with telomeres. But the real shock is how few researchers are focusing on the miracle of magnesium in keeping telomeres from unraveling. Instead, they are looking for drugs or formulating expensive supplements to save the telomeres—ignoring the solution that's right before their eyes.*

*What's a telomere? A telomere is an essential part of chromosomes that affects how our cells age. Telomeres are the caps at the ends of chromosomes that protect them from unraveling or getting attached to another chromosome. They are like the plastic cap at the end of a shoelace or the knot at the end of a string to keep it from unraveling. Here's another analogy: it's like the many extra stitches you put at the end of a line of sewing to prevent the thread from pulling free. Those extra stitches represent redundant sequences of nucleotides—the building blocks of DNA. They don't have a function other than protecting chromosomes.*

*Aging is documented in our DNA: year by year, greater numbers of redundant telomere segments at the end of our chromosomes are nibbled away, eventually*

*leaving the chromosome exposed. Telomere segments keep genes stable but shorten over time as cell division becomes less efficient, especially if the enzyme telomerase reverse transcriptase is deficient or not working properly. You don't have to guess what mineral this enzyme depends upon—magnesium, of course.*

*Shortened telomeres correspond with many conditions associated with aging, including heart disease. Heart disease is often a product of magnesium deficiency. Two brilliant magnesium researchers, Drs. Burton and Bella Altura, who wrote the foreword to *The Magnesium Miracle*, have published well over 1,000 scientific articles, most of them on magnesium. In 2014 the Alturas participated in a groundbreaking study on magnesium and the enzyme telomerase.*

*In it the Alturas review twenty-five years of their research that prefigures this present study. The paper's discussion section is especially important, showing how telomeres are damaged by a host of environmental factors and how this damage is treatable and preventable by therapeutic levels of magnesium.*

*The following overview of [the Alturas' paper](#) may sound complex and scientific, but I want you to understand the incredible value of magnesium in all tissues, in all cells, in all our mitochondria, and in the production of our RNA and DNA. It also summarizes many aspects of magnesium research:*

#### *Aging and Magnesium Deficiency*

*It's common knowledge that over the age of sixty-five, many people show metabolic decline, with the appearance of atherosclerosis, hypertension, cardiovascular diseases, and type 2 diabetes, culminating in congestive heart failure. All of the attributes of aging have been associated clinically and experimentally with magnesium deficiency. The authors make the following very important observation: "The aging process is also associated with an increase in*

*the levels of proinflammatory cytokines in tissues and cells all present in Mg-deficient animals, tissues, and different cell types.”*

*Oxidative Stress, Telomerase, and the Heart Certain markers of oxidative stress appear in cardiovascular tissues and DNA with an accompanying decrease in ionized magnesium levels. This indicates that magnesium deficiency could lead to multiple mutations in the genomes of multiple cell lines. The Alturas’ study shows that magnesium deficiency shaves off the ends of telomeres, which can be equated with aging and cardiovascular changes including hypertension, decreased ejection fraction, and cardiac failure.*

#### *Magnesium Deficiency and Endothelial Damage*

*Studies by the Alturas in the late 1980s demonstrated changes in the endothelial lining of blood vessels due to magnesium deficiency. The Alturas say that magnesium’s importance in controlling microcirculation and in lipid buildup in the arterial walls is still being overlooked by the next generation of researchers.*

#### *Magnesium Deficiency and Chronic Stress*

*Recent studies confirm that short-term magnesium deficiency causes marked reduction in heart cellular glutathione and in cells activating nitric oxide synthases that protect DNA. These findings support the theory that magnesium deficiency can cause mutations in many types of cells.*

#### *Magnesium Deficiency and Heart Failure*

*All studies to date have confirmed, experimentally and clinically, that congestive heart failure is an inevitability by age seventy-five to eighty-five for people in magnesium-deficient states.*

### *Magnesium and Cell Signaling for the Heart*

*In the mid-1990s, the Alturas theorized that magnesium ions function as extracellular signals in the pathobiology of cardiovascular disease. A total of forty-two studies now support that theory. Magnesium has a critical role in the regulation of cardiac hemodynamics; vascular tone and reactivity; endothelial functions; carbohydrate, nucleotide, and lipid metabolism; prevention of free radical formation; and stabilization of the genome. Another seventeen studies find that magnesium has a crucial role in control of calcium uptake, subcellular content, and subcellular distribution in smooth muscle cells, endothelial cells, and cardiac muscle cells.*

### *Magnesium Deficiency and Genotoxicity*

*Summing up the role of magnesium in our genes, the Alturas point out that magnesium deficiency can induce cell cycle arrest (and senescence), can initiate programmed cell death, and is associated with DNA damage (genotoxic events). These magnesium- deficiency-related changes can occur in multiple cell types, including cardiac and vascular smooth muscle cells. Of note is that atherosclerotic plaque in the arterial walls of hypertensive patients shows considerable DNA damage, activation of DNA repair pathways, increased expression of p53 (a tumor suppressor protein), oxidation, apoptosis, and increased levels of ceramide (a waxy lipid).*

*In addition to the important role of therapeutic amounts of magnesium daily, diet, exercise and the quality of your mind space play roles in longevity and wellness.*

## CHAPTER TWO: EXERCISE FOR HEALTH

We are living in a culture that supports regular exercise and a desire for our bodies to function optimally. We exercise to keep trim and toned and to decrease our stress levels. Athletes are exercisers who push their bodies to the extreme, and we can learn from their experience.

In the Testimonials for Chapter One, which you can find in [Appendix A](#), you see how [Gregg](#) practices yoga, [Bert](#) is a Qi Gong master, [Michael](#) was a competitive cyclist and now is a barefoot runner. So, it's obvious that regular exercise is an important component of a healthy lifestyle. In the Testimonials for Chapter Two, which you also can find in [Appendix A](#), we continue to explore this topic with [Ben](#), [Fredo](#), and [Jack](#). You can click to their stories right now to personalize what I'm about to tell you about exercise.

I must warn you that a crash exercise program can make you crash. Imagine the following scenario. You're reaching 50 or 60 years of age, and you suddenly look at the scale, stand sideways looking at the mirror, assess your coffee, sugar, and alcohol intake, and decide it's high time to get healthy. The next day you begin an exercise program that's way too advanced for your (un)fitness level. And then you crash with muscle pain, heart palpitations, and exhaustion. What should you do instead? Hydrate with sea salt water and supplement with picometer magnesium and picometer multiminerals and slowly begin an exercise program – just begin by walking!

### STAY HYDRATED AND MINERALIZED

I am quoting the following [blog](#) at [drcarolyndean.com](#) to emphasize the importance of hydrating and mineralizing when exercising.

*Intense exercise can deplete your mineral stores to dangerous levels. All that sweat dripping off your body is loaded with minerals. With new extreme fitness*

*modalities like CrossFit becoming "the new yoga", and competitiveness increasing to new heights, today's athlete is demanding more from their body, and depleting more minerals than ever. As a result, [Sudden Cardiac Deaths are increasing in young athletes](#) due to inadequate hydration and mineral loss. So, what are your options for maintaining a healthy level of nutrients in your system during and after intense exercise?*

**1. Sip sea-salted water to help keep cells hydrated.**

*This is the foundation of your hydration and remineralization strategy. Drinking water is great, but if you don't take enough minerals, water won't even find its way into your cells and begins to collect in extracellular tissues, especially feet, legs and hands. You can develop "sausage fingers" and swollen ankles. So, spike your water with sea salt. Measure your body weight in lbs. and divide that number in half and drink that many ounces of water a day. Add 1/4 tsp of sea salt (for its 72 minerals) in every liter of drinking water. Choose a water with some color to it so you know it still contains minerals.*

**2. Add magnesium to create energy and relieve cramping.**

*Magnesium's most important function is the creation of energy in the trillions of cells making up our body. Magnesium is a cofactor in the production of ATP (adenosine triphosphate) in several steps in the Krebs cycle, which is how human cells create energy. Magnesium is THE relaxation mineral. It relaxes muscles, including the heart. So, it can easily ward off the cramps associated with intense exercise.*

**3. Replace what you sweat out. Add electrolytes.**

*Electrolytes are positively or negatively charged ions that conduct electrical activity. They are like the motor oil in your car—they don't make the engine run,*

*but they are essential to keeping your body running smoothly. Proper function of the nervous, cardiac, and muscular systems depends on maintaining adequate electrolyte levels. A lack of electrolytes during exercise can lead to muscle fatigue, dizziness, and nausea.*

*Water moves to areas of the body where electrolytes are most concentrated. Therefore, electrolytes play a critical role in balancing hydration throughout the body, especially when electrolytes and water are being lost through sweating.*

*Common electrolytes include magnesium, sodium, potassium, calcium, chloride, and bicarbonate. There are many commercially-marketed electrolyte drinks you can buy at the corner store but they're usually nothing more than sugar water, food coloring, and one or two electrolytes (usually just sodium) – but never magnesium. So, it's important to find a high-grade source of electrolytes. I recommend a picometer multimineral liquid that can be added to your sea salted magnesium water.*

## CHAPTER THREE: HEART HEALTH BASICS

Heart disease is the number one cause of death in men. Although typically women supplement calcium more than men, those who take calcium supplements can begin developing heart disease as the unabsorbed calcium is deposited in soft tissues, including blood vessels. What keeps calcium properly dissolved in the blood and directed to the bones and teeth? Magnesium, that's what.

Men may not take calcium supplements the way women do, but they can just as easily develop calcium excess from being magnesium-deficient while eating dairy products, taking calcium-fortified foods and drinks (such as orange juice!), or eating Tums!

What causes magnesium deficiency? Let me count the ways! Actually, I did count the ways and came up with almost 100 Factors that burn off magnesium and make us magnesium deficient. Fun Fact Four from my book, [\*Magnesium: The Missing Link to Total Health\*](#), discusses the following causes for magnesium deficiency:

### ***The Many Reasons for Magnesium Deficiency***

*There are many reasons for magnesium deficiency. Among the major causes are: magnesium deficient soil, magnesium deficient food, prevalence of processed food use, fad diets, eating sugar, and stress. The following are a more in-depth discussion of these factors.*

### ***Magnesium-Deficient Soil***

*It is quite discouraging that today we are no wiser about the mineral depletion of our farmland that was formally described in a 1936 Senate document that wisely stated:*

*Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until depleted soils from which our food comes are brought into proper mineral balance? The alarming fact is that foods (fruits, vegetables, and grains) now being raised on millions of acres of land that no longer contain enough of certain minerals are starving us—no matter how much of them we eat. The truth is that our foods vary enormously in value, and some of them aren't worth eating as food.*

*Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins or upon the precise proportions of starch, protein, or carbohydrates we consume.*

*Laboratory tests prove that the fruits, the vegetables, the grains, the eggs, and even the milk and the meats of today are not what they were a few generations ago. No man today can eat enough fruits and vegetables to supply his stomach with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them! And we are turning into a nation of big stomachs.*

*The above statement was written eighty-six years ago, which means 86 more years of depleting our soil yet still expecting to get nourishment from our food supply.*

*Mineral depletion of the soil is one of the causes of obesity as people eat more and more calories searching for nutrients.*

### ***Grass Tetany***

*Ranchers and golfers know more about magnesium in the soil than farmers. In the 1930s, André Voisin, a French biochemist wrote about grass tetany, which is a metabolic disease of cattle and goats caused by magnesium-depleted soil.<sup>8</sup> When animals eat magnesium-deficient grass they become irritable with staggers, tremors, and spasms. Most dramatically, the animals fall down in convulsions when they are startled by sudden loud noises or otherwise frightened or excited.*

*Voisin says grass staggers began in the 1930s when high-potassium potash became the fertilizer of choice. Why? Because it's cheap, easily obtained, readily absorbed by plants, and makes plants look green and healthy. Potassium is so easily absorbed that plants favor its uptake above magnesium and calcium. Crops grown with excessive amounts of high-potassium potash have a low content of magnesium and calcium and high potassium levels. However, you will never know that since there is no minimum amount of minerals required in our grains, fruits, or vegetables -- the nutrients in such foods are not routinely measured and never labeled.*

*Even if the magnesium content of soil is high, using potassium fertilizer can prevent its absorption into the plant. But because most agricultural land in America has been overworked for decades and fertilizers don't replace this important mineral, magnesium is rarely found in our soils.*

*Why do I mention golfers? I live beside a golf course, and I was curious what was being sprayed on the greens every Sunday morning. So, I rerouted my morning walk to the loading station, and what did I see in the tanks? The biggest tank was filled with a magnesium compound!*

*Chlorophyll is the blood of plants; magnesium is the mineral inside the chlorophyll molecule just as iron is in the center of the hemoglobin molecule that's part of red blood cells. People whose livelihood depends on green grass diligently spray their grass with magnesium!*

### ***Deficient Food from Deficient Soil***

*Foods that commonly contain magnesium are leafy green vegetables, nuts, seeds, whole grains, and chocolate. However, unlike vitamins, which can be manufactured by plants, if they have sufficient sunlight and water, minerals must be present in the soil to show up in plants. If there is no magnesium in the soil, plants will have none; they cannot manufacture it out of thin air. So don't believe it when someone says that you can get all your nutrients in a good, balanced diet. That may be true only if you eat organic food, and then only if the organic farmers use a full spectrum of minerals in their fertilizer.*

*Actually, I've tested this theory by eating exclusively from the organic, biodynamic farm that I support. All my magnesium deficiency symptoms began to come back within a matter of days. Therefore, I'm convinced that to get enough magnesium today, you need to take supplements.*

### ***Processed Food Lacks Magnesium***

*We get the food out of the ground and begin refining and processing it, which ends up wasting significant amounts of magnesium. The process of extracting oils from magnesium-rich nuts and seeds strips away this essential mineral. Nearly all the magnesium in grains is lost during the milling process when the bran and germ are removed from whole grain to make white flour.*

*For example, one slice of whole-wheat bread provides 24 mg of the mineral, while a slice of white bread has only 6 mg. And yet, magnesium is never considered in the fortification of refined foods. Finally, in the kitchen, when vegetables are boiled, magnesium leaches out into the cooking water. Of note is the fact that less calcium than magnesium is lost due to food processing and cooking, another reason the average diet is higher in calcium than magnesium.*

*Ironically, at a time when there are no more nutrients in the food supply, people seem to be embracing one "fad" diet after another. Young and old alike are "going raw" and drinking green smoothies. I volunteer at my organic farm market twice a week. All ages are buying bushels of kale and collards and handfuls of our turmeric and ginger and bragging about their vegan or vegetarian status. In the opposite extreme, the Paleo, Keto, and Carnivore diets are reaching cult-like status. I think any effort to improve one's diet is commendable—except, unfortunately, I say it's a little too late – that ship has sailed.*

*We know this for a fact because there has been a gradual decline of dietary magnesium in the United States, from a high of 500 mg/day at the turn of the century to barely 175–225 mg/day today.<sup>9</sup> You may ask if any of the current fad diets are closing the gap on magnesium deficiency. I say no, because even if the produce is organic and even if you eat a lot of it, you can still be magnesium-deficient if the food comes from magnesium-deficient soil. Let's take a closer look at the current diet fads.*

### ***Paleo, Keto, Carnivore Diet Problems***

- 1. Regarding a Paleo Diet, in order to digest a high-protein diet, more magnesium is required. Also, you get less magnesium in a Paleo diet because you avoid grains that can potentially offer some magnesium.*
- 2. A Keto diet is extremely low in carbs, which is where you find the most magnesium (leafy greens and grains).*

3. Similarly, the Carnivore diet is high in protein and moderate fat with no carbs. When a high protein diet is metabolized, lots of homocysteine is produced. This amino acid oxidizes cholesterol, and oxidized cholesterol is the kind that is said to damage blood vessels. The major enzymes involved in breaking down and getting rid of homocysteine are magnesium dependent. Thus, oxidized cholesterol created from homocysteine builds up when there is a lack of magnesium. The breakdown of homocysteine also requires vitamins B12, B6 and folate (B9).

### ***Sugar's Drain on Magnesium***

*If there is little magnesium left in plants, even the raw-foodists and green-juicers succumb to magnesium deficiency. For one thing, they eat way too much fruit, even though they may say they avoid sugar – you have to have something to make the green drink palatable. Also, they think they can eat all the fruit they want "because it's natural."*

*I received an email from a young man who asked if there was anything wrong with him eating sixteen bananas a day on his vegan diet! I told him to do the math. One medium-sized banana has about 27 grams of carbs; sixteen bananas give him a total of 432 grams. A balanced diet should only offer 100–150 grams of carbs a day.*

*Besides overloading with sugar and overworking his pancreas to make insulin, this fruitarian is using up his magnesium stores to metabolize fruit sugar. Raw foodists give themselves permission to lace their green drinks with lots of pineapples, mangos, bananas, and apples to try to overcome the bland or bitter taste of greens. High intake of fruit sugars can trigger Type 2 Diabetes (partly as a result of magnesium deficiency) and can also cause dental caries.*

*Natasha Campbell- McBride, N.D., in her book, Gut and Psychology Syndrome, says that 28 atoms of magnesium are required to process one molecule of glucose.<sup>10</sup> If*

*you are trying to break down a molecule of fructose, you need 56 atoms of magnesium. That's an extremely unbalanced and unsustainable equation that drains magnesium.*

*As I mentioned earlier, magnesium is the central mineral in "plant blood" or chlorophyll, much as iron is the central mineral in hemoglobin. You would think a diet high in green vegetables would have you covered. Not so. I have consulted with people who are drinking more than 40 ounces of organic green juice a day, yet they are still magnesium deficient, with symptoms such as heart palpitations and leg cramps, which can be immediately relieved with proper magnesium supplementation. Let me repeat this fact: if the food you are eating is not grown on soil replenished with minerals, the food will automatically be mineral deficient—even if it is organic.*

### ***The Impact of Stress***

*Stress or trauma of any type – physical, mental, emotional, environmental – can cause magnesium deficiency. Adrenaline is like an unstable accelerant that gets you all revved up with no place to go! It's not just a theory that stress causes magnesium deficiency and a lack of magnesium magnifies stress. Animal experiments<sup>11</sup> where adrenaline is given intravenously show that it decreases magnesium as well as calcium, potassium, and sodium. This proves that when you are in a revved-up state and burning adrenaline, you are also burning off magnesium.*

*There are more than a dozen major metabolic processes that are affected by bursts of adrenaline, including heart rate, blood pressure, blood vessel constriction, and contraction of all muscles, including the heart. Each of these functions requires magnesium to bring them back into balance. When IV adrenaline is stopped in these experiments, the body recovers in about thirty minutes, showing a rise in potassium*

*during that time. However, it takes much longer for magnesium to reach normal levels.*

*Adrenal fatigue follows after a time of chronic stress, anxiety, and panic attacks, and it seems to be occurring in epidemic proportions in recent years. Adrenaline, noradrenaline, and cortisol (elevated in chronic stress) deplete magnesium. Stress causes excess elimination of magnesium through the urine, further compounding magnesium deficiency.<sup>12</sup> "Stress" is such an overworked word, but we all suffer physical, emotional, and mental stress every day, and every bit of it drains magnesium.*

Two of the people I have worked with that rehydrated and remineralized have written their stories for this Chapter, which can be found in [Appendix A](#). [Kevin Greisl](#) talks about his experience with improving his heart rhythms. [Roman Hines](#) story is entitled, "Healing the Heart and Mind." Please click on the above links to go directly to their stories.

## CHAPTER FOUR: WEIGHT LOSS & DIET

### INTERMITTENT FASTING AND KETO DIET

I follow the premise of Intermittent Fasting (IF), which spaces out my meals and incentivizes my body to regularly use up its sugar/glycogen liver stores. In this way, I don't build up a fatty liver, and my body also turns on fat burning when I run out of glycogen. Most people only eat two meals a day on an Intermittent Fasting regimen. I stop eating by 7pm and don't eat again until 2pm the next day. In the Testimonials for Chapter 4, which can be found in [Appendix A, James](#) describes his preference for skipping dinner and not eating until the following morning. Click on the above link to get a personalized look at Keto before you read my more technical words.

The Keto Diet is high fat, moderate protein, and low carb to which I add fiber as psyllium seed powder and picometer magnesium and picometer multimineral. I probably eat more protein than fat. My fat comes from the fat on rib eye steak and a daily serving of avocado. Here is the recommended distribution of fat, protein, and carbs in a Keto Diet.

60-75% (or more) of calories from fat

15-30% of calories from protein

5-10% of calories from carbs

Fiber – psyllium seed powder, 1 TBSP every morning

Supplementing with picometer magnesium and multimineral and whole food and natural vitamins dramatically cuts down on hunger, cravings, and overeating because you are satisfied with all the nutrients you are getting in supplement form and don't plow through empty calories to try and get those nutrients from food.

Instead of writing a whole diet chapter, I'll give you my resources.

## WEIGHT LOSS RESOURCES

When someone is on the Keto Diet and following Intermittent Fasting, it is extremely important to keep your body saturated with minerals that you may be lacking because you are limiting your carbohydrate intake. And it's in the carbs that we supposedly find antioxidant vitamins and minerals. When you dramatically reduce your carb intake, your body flushes out water and electrolytes. This includes sodium, magnesium, and potassium. As a result, you may experience what's known as the "keto flu," symptoms such as headaches, fatigue, muscle cramps, nausea, and brain fog.

If you're feeling fatigued while on the keto diet, it's important to check your potassium intake. A healthy adult should aim to consume 3,500–4,700 mg daily from foods. But the average person only consumes about half of this amount each day. While it is possible to get enough potassium through diet alone, many people who follow a keto diet may need a supplement to help fill in the gaps.

Below are three eBooks I've written that will give you more information about diet and weight loss. To learn more about diet and weight loss and how it affects your wellness, the following comprehensive books are available on [my members' site](#).

- [\*ReSet Your Ideal Weight\*](#) for details on the Keto Diet and Intermittent Fasting.
- [\*ReSet The Yeast Connection\*](#) is a very detailed look at yeast overgrowth including a recipe section.
- [\*Sugar: Without the Icing\*](#) is a serious warning about the dangers of sugar.

## The Problem with Sugar in Your Diet

Sugar is the most dangerous “food” that affects health and longevity. The quote below is taken from a 2006 article by the late Dr. James Howenstine. It represents the strongest indictment I’ve seen against sugar and describes why it has such detrimental effects.

### *“Ascorbic Acid Competes with Sugar in the Immune System”*

*Insulin moves both glucose and ascorbic acid into cells including phagocytic immune cells (white blood cells). The phagocytic cells like leukocytes attack and remove microbes, tumor cells and debris from the blood. The level of ascorbic acid in leukocytes may be 80 times greater than that found in plasma. Glucose and ascorbic acid are constantly competing for insulin transport so diets high in sugar and carbohydrates will decrease the amount of ascorbic acid that enters cells and thus create undesirable effects on the immune response.*

Dr. Howenstine further comments that the ascorbic acid/glucose competition disrupts superoxide – a pathogen killer and inhibits the ability of DNA and RNA to make new white blood cells.

On my [March 30, 2020 radio show](#), Dr. Thomas Levy reinforced Dr. Howenstine’s statement with the following comment:

*Ascorbate is derived from glucose – it’s a very simple molecule. Ascorbate uses the insulin transporter of glucose to get into cells. It even crosses the blood-brain barrier. There’s not a cell in your body that does not utilize vitamin C as the primary source of electrons, donating them to glutathione, which is the most concentrated antioxidant inside your cells.*

*But, in addition to that, vitamin C donates 2 electrons per molecule. Most other antioxidants donate only one. So, this gives ascorbate more power.*

This simple chemical competition results in vitamin C losing its position in the cells if there is too much circulating glucose and nullifying its important antioxidant mechanism.

Lest you think I'm putting vitamin C on a pedestal and ignoring magnesium, I asked Dr. Levy which nutrient is more important, magnesium or vitamin C. He said magnesium is more important because it has many more bodily functions than vitamin C.

Seventy percent of the American population is overweight and obese, so the story in [Appendix A](#) by [James Gunther](#) will hit a cord for a large segment of our audience. If you haven't read it already, James provides a wonderful illustration of a young man taking control of his body and regaining his health. His story is a step-by-step, one-foot-after-another, prescription that anyone can follow. He labels his contribution as, "Long Term Intermittent Fasting."

## CHAPTER FIVE: MENTAL HEALTH

Statistics show that women suffer more mental health issues than men, but is that entirely true? In my experience, men tend to self-medicate their emotions with alcohol, street drugs (as you will see with our guest writer, [Jason](#)), gambling, and/or extreme sports. Whereas women obtain prescription medication from their doctors and are entered into medical databases where their numbers are counted and reported. Neither approach is a cure! Click the link to read Jason's story, which is found in [Appendix A](#), to personalize addiction before reading my more clinical approach.

Symptoms of emotional distress are similar in both sexes. However, men may express more anger and irritability, which also confuses the diagnosis and sends them off to anger management classes.

Depression, anxiety, and stress have multiple causes and multiple treatments. As in all health conditions, good nutrition, proper nutrient supplementation, exercise, and sleep provide a solid foundation for health. Frequently, when you are facing major stress or grief, you may be unable to sleep and will stop exercising and eating properly. This causes a vicious cycle of improper body care and can prolong problems or deepen distress.

Additionally, psychologists have identified a type of depression where a person who is grieving a loss – death, illness or even adultery – will maintain their depression to show how much they care or how guilty they are. Survivor's guilt is a real condition. Other reasons for emotional distress can include brain allergies from foods or chemicals, hypothyroidism, hypoglycemia, and yeast overgrowth.

But let me give you a more detailed introduction to this Mental Health chapter for which I rely heavily on the "Anxiety, Depression, Sleep" chapter in *The Magnesium Miracle*.<sup>13</sup> I've left it mostly intact because the information is vitally important. Not enough

people are aware that mental health can depend on proper nutrient balance.

## **ANXIETY, DEPRESSION AND SLEEP**

### **Excerpts from The Magnesium Miracle (2017)<sup>14</sup> Dr. Carolyn Dean**

*How do we go from being a calm person in control of our nervous system to an anxious, fearful individual? I think it's due to a gradual but chronic decrease in magnesium reserves. When the body is stressed – and it can be for a dozen different reasons, our magnesium reserves dump this crucial mineral into our blood stream, and we can become one of those people blessed with the ability to cope. We are both calm and alert. Our friends and relatives think it's just who we are but it's really how much magnesium we have in reserve.*

*If the stress continues and we don't rest or replace our magnesium between episodes, our magnesium stores become depleted. Then, when faced with the next stressor, our stress hormones (adrenalin and cortisol) don't activate our magnesium reserves with a calming effect. Instead, adrenalin revs up our heart rate, elevates our blood pressure, and tenses our muscles in a fight or flight reaction.*

#### ***Three Things You Need to Know about Magnesium, Anxiety, and Depression***

- *Magnesium supports our adrenal glands, which are overworked by stress leading to combined magnesium deficiency symptoms and adrenal exhaustion symptoms of anxiety, depression, muscle weakness, fatigue, eye twitches, insomnia, anorexia, apathy, apprehension, poor memory, confusion, anger, nervousness, and rapid pulse.*
- *Serotonin, the "feel-good" brain chemical that is artificially boosted by Prozac, depends on magnesium for its production and function.*

- *Magnesium deficiency has been strongly linked to sleep disorders, which can either cause or increase anxiety.*

*Millions of people try unsuccessfully to cope with their problems or medicate their stress with overeating, cigarettes, alcohol, street drugs, and other addictive behaviors to suppress their pain. We are a nation suffering a 32 percent incidence of anxiety, depression, and drug problems. Instead of treating stress reactions properly with magnesium, each year millions of people are introduced to the merry-go-round of psychiatric drugs and psychological counseling for symptoms that may in fact be rooted in magnesium deficiency.*

*You're stressed out, not sleeping, tense, and irritable and you don't know that simply taking a good magnesium supplement could pull you out of that downward spiral. All these symptoms are interwoven as you can see from the following cases of people who fortunately discovered that much of their suffering was due to magnesium deficiency.*

- *I have been using [picometer magnesium] for about 2 weeks for my anxiety attacks and they already feel so much better. I am up to 1 tsp. twice a day.*
- *I've been sleeping very well, experiencing very little or no anxiety, hardly any or no heart palpitations – this is after having suffered AFib and anxiety for almost 10 years. I'm stronger in the evening hours than I used to be and can do many, many things throughout the day and night that I couldn't do before without some kind of a reaction. I do relax and rest and pace myself. I faithfully take my [picometer magnesium, picometer multiminerals, methylated and food based Bs, and the barley drops.] Sometimes I don't always get all my salt water down, but I aim to reach my goal every day.*

- *I found a one-minute testimonial on YouTube by Justin, who was giving a shout out to our Completement Formulas and [picometer magnesium], which helped him deal anxiety after exposure to black mold. Here's what Justin says:*

*My magnesium miracle started back in 2016. I was exposed to black mold in a house I was living in, and it caused my stress response to spiral. My central nervous system felt like it was on fire all the time. I was doing a Post Doc and I eventually resigned and spent a year and a half experimenting with different vitamins, supplements, and herbs. Eventually, came upon picometer magnesium thanks to a recommendation from a practitioner friend of mine. Basically, it had a very calming antianxiety effect, and it allowed me to get out of bed and get back to life. And now, even though I'm working from home, I have a good job and everything, and I really owe all that to picometer magnesium so thank you for a great product.*

*People do not develop anxiety, panic attacks, or depression because they have a deficiency of Valium or Prozac. Our bodies do not require these substances for essential metabolic processes. However, we can develop a myriad of psychological symptoms because of a deficiency of magnesium, a nutrient our body does require. It doesn't make any sense to merely switch our addictions from sugar, alcohol, drugs, and cigarettes to prescription medication without looking at the possible underlying metabolic causes. Psychiatrists, all too often, rely on prescription drugs for suffering patients and have no insight into the metabolic functioning of the mind and body and what happens when nutrients are deficient. Anxiety and depression are often nutrient-deficiency diseases and chemical sensitivities, certainly not drug-deficiency diseases.*

## ***Magnesium Deficient Anxiety***

*Is anxiety driven by brain hyperexcitability or adrenaline surges? It's likely to be both. Neurons in constant firing mode can't turn off because there is too little magnesium to repel calcium, which is the firing trigger. The neurons keep firing until the cell collapses.*

*An important study in 1995 showed that even marginal magnesium deficiency could induce the brain to become hyperexcitable, as shown by EEG measurements.<sup>15</sup> The study lasted six months, with thirteen women ingesting a very deficient, 115 milligrams of magnesium daily. This amount is only 30 percent of the RDA. They remained magnesium deficient on 115 mg for the first three months, during which time their EEGs showed hyperexcitability.*

*During the second three months, they received 315 mg daily—a little closer to the 360 mg RDA recommended for women. On this dose of magnesium (315 mg), it took six weeks for EEG readings to show significant improvement in brain function and decreased excitability. Studies like this one convinced me to recommend twice the RDA for people with obvious magnesium deficiency symptoms.*

*Stress is so prevalent in our daily lives that we have become desensitized to it and the message it is trying to give us, which is to slow down. Anxiety is a chemical reaction created when the adrenal glands respond to a stressful event by releasing adrenaline. Adrenaline is very useful if you're trying to escape from a dangerous situation, because it stimulates the fight-or-flight response: your heart starts pumping faster; digestion slows down; energy stores are released from your liver and made available to the heart, lungs, and muscles; and the muscles of your arms and legs are activated.*

*All of these responses require magnesium. So, each time you experience any*

*kind of stress, your magnesium stores are tapped to minimize stress reactions and to keep the body's 1,000 enzyme processes active. This magnesium depletion itself stresses the body, which can result in panic attacks causing even more stress. Not only do your overworked adrenals cause magnesium depletion but even more adrenaline is released under stress. If your magnesium levels are already low, you feel even more irritable, nervous, edgy, or ready to explode. It's the proverbial Catch-22.<sup>16</sup> To put an end to anxiety, you need to replace magnesium daily.*

*During stress reactions, calcium is also required to stimulate the release of adrenaline, but calcium excess can cause a flood of adrenaline. However, having sufficient magnesium will buffer excess calcium and keep it within normal levels, limiting the stress response. Magnesium is important because it naturally diminishes the excitability of the nervous system and lowers the level of calcium around nerve cells. This function of magnesium is also significant in heart disease and other stress-induced illness.<sup>17 18</sup>*

*Magnesium regulates the hypothalamic–pituitary–adrenal axis as shown in the following study "Magnesium Deficiency Induces Anxiety and HPA Axis Dysregulation."<sup>19</sup> In this study, magnesium restriction in mice enhanced anxiety-related behavior. The chemical findings showed elevated plasma ACTH levels, which indicates a revved-up stress response. In the second arm of the study, anxiety symptoms were reversed with anxiolytic and antidepressant drug treatments. Why on earth didn't they just give magnesium to the poor mice?*

### ***Chronic Stress***

*According to Hans Selye, the Canadian doctor famous for his work on stress, magnesium is depleted when the body shifts from a short-term fight-or-flight reaction to a chronic stress reaction. The adrenal glands produce stress hormones. One is norepinephrine, which acts like adrenaline and is more a short-term stress*

*hormone. Another is cortisone, which is a precursor to cortisol. Elevated cortisol is an indication of chronic stress. Production of both norepinephrine and cortisone causes depletion of magnesium, and both can be active simultaneously.*

*Chronic stress can come from feeling insecure and threatened or from exposure to toxic chemicals, heavy metals, or even loud noise, all of which assault the nervous system and overwork the immune system. For example, in one study, constant loud noise in an industrial work setting induced a significant increase of Serum Magnesium (as magnesium was released from tissues) and significantly increased urinary excretion of magnesium, indicating a magnesium deficiency, which lasted for forty-eight hours after exposure.<sup>20</sup>*

### ***Depression***

*More and more Americans are becoming depressed, getting depressed at a younger age, and experiencing more severe and frequent periods of depression. Each generation born in the twentieth century has suffered more depression than the previous one, and since World War II the overall rate of depression has more than doubled.<sup>21 22</sup> A recent study in the Archives of General Psychiatry showed a doubling of depression in women from 1970 to 1992, with the use of psychiatric drugs skyrocketing as a result.<sup>23</sup>*

*A remarkable study of almost 500 depressed people by Drs. Cox and Shealy found that the majority of sufferers were magnesium deficient. The authors of the study advised clinicians that they should consider the distinct possibility of a therapeutic benefit from the use of magnesium therapy in chronic depression.<sup>24</sup>*

*I would never say that magnesium deficiency is the only factor in depression, and I often recommend a mega nutrient compound for the treatment of depression and manic depression. It is called Empower Plus, and I'll describe it in the*

*treatment section below.*

*A 2016 study "Dietary Magnesium Intake and the Incidence of Depression: A 20-Year Follow-up Study" declared itself the first prospective study with 20 years of follow-up to report the association between magnesium intake and the incidence of depression in men.<sup>25</sup> I think it's worth looking up this study even just to see the impressive list of references. It seems that researchers have been proving the connection between depression and magnesium for a long time, but the medical world hasn't been paying attention. An earlier study in 2009, published by the same group, found an association between magnesium intake and anxiety as well as depression.<sup>26</sup>*

*The way researchers report their results may prevent doctors from jumping on the magnesium bandwagon. In the 2016 20-Year Follow-up study, instead of shouting their conclusion from the rooftops that "magnesium intake may have an effect on the risk of developing depression," they mildly and merely say, "Further studies are needed to investigate whether sufficient magnesium intake could have implications for prevention or treatment of depression."*

*May I exclaim – Lord Suffering Cats! Why can't magnesium researchers come down from their ivory tower, make a definitive statement, and demand that clinicians listen to them? Lives are at stake! Instead, they make their observations, never draw conclusions, and continue to demand funding for never-ending research while the public waits for science to tell them what to do!*

*I often reference my experience in medical school, where there was a complete lack of education about nutrients, to explain why doctors consistently fail to recognize nutrients as viable therapeutic aids.*

*Let me explain one of the ways magnesium functions to relieve the mind of anxiety and depression. You may be familiar with serotonin, the body's natural*

*"feel-good" brain chemical. Magnesium is important in the serotonin story because it is a necessary element in its production and the release and uptake of serotonin by brain and gut cells. With proper amounts of magnesium, nature makes sufficient serotonin, and you experience emotional balance. But when stress depletes magnesium, a vicious cycle spins out of control, and depression can occur.*

*Authors of the October 2014 paper "Role of Dietary Factors in Psychiatry" made the following statement: "It was found that the individuals with low cerebrospinal fluid levels of magnesium also have lower CSF levels of 5-hydroxyindoleacetic acid, which is a metabolite of serotonin, indicating serotonin deficiency.<sup>27</sup> CSF levels of magnesium were lower in patients with major depression as compared with controls, and CSF levels of magnesium were low in persons who attempted suicide. The paper concluded with this statement: "Deficiency of magnesium caused depression, behavior and personality changes, apathy, irritability and anxiety."*

*Instead of looking at the dietary factors in psychiatry, including magnesium deficiency, the pharmaceutical industry has focused its research for the treatment of depression on selective serotonin reuptake inhibitors (SSRIs), such as Prozac, to capitalize on serotonin's chemical effects instead of giving serotonin what it really needs—magnesium.*

*SSRIs create artificially elevated levels of serotonin in the body by preventing its breakdown and elimination; serotonin lingers longer in the brain and theoretically causes mood elevation. This is what is supposed to happen on paper, but everyone has a different reaction to the manipulation of his or her brain chemicals. For some people, prolonged, rising levels of serotonin can liberate them from long-term depression. For others, the drug can lead to anxiety and irritability. A small but significant group can feel released from their apathy just long enough to act on suicidal or homicidal thoughts. Another group of people tends to have flattened moods in which they can neither weep nor laugh, keeping them from the*

*extremes of depression or mania but relegating them to a one-dimensional life.*

### ***Sleep And Magnesium***

*We take sleep for granted until we start losing it! There are countless causes of insomnia – remarkably, many of them are either due to magnesium deficiency or treatable with magnesium supplements. The long list includes numerous medications, caffeine, alcohol, heart disease, pounding heartbeat, nighttime cortisol surges, restless legs, pain, hormone shifts, fear, stress, anxiety, heartburn, constipation, depression, dementia, OCD, ADHD, arthritis, and poor recovery from exercise. I'll talk more about these many of conditions and explain their relationship to magnesium deficiency in this chapter.*

*Insomnia is actually one of the first symptoms to be alleviated with magnesium therapy. There is a saying in magnesium circles that the mineral is so effective that if a person complains that magnesium isn't helping them sleep – then they just haven't taken enough. Many people find that the laxative effect prevents them from reaching therapeutic levels of magnesium. Fortunately, the discovery of picometer magnesium solves that problem.*

*Many sleep studies confirm the effectiveness of magnesium supplementation. However, I find it frustrating that magnesium sleep research is done repeatedly and doctors don't get the message to report this to their patients. If they do recommend magnesium, they reference magnesium oxide, which may partially work, but it usually causes an extreme laxative effect, and the patient discontinues the treatment.*

*How does magnesium help us sleep? Twitchy, restless, tense muscles keep you from falling into a deep sleep. Tight muscles make you hyperalert and irritable; any noise or even an active dream will wake you up. Magnesium relaxes tight, twitchy muscles so you can reach a deeper level of sleep. There are many other*

*mechanisms that I will briefly outline in the following studies.*

- *GABA is the main inhibitory neurotransmitter of the CNS, and thus, activation of GABA(A) receptors favors sleep. One paper reported on the magnesium deficiency-induced, anxiolytic-like behavior in mice.<sup>28</sup>*
- *Magnesium sleep research shows that oral magnesium reverses age-related neuroendocrine and sleep EEG changes.<sup>29</sup>*
- *Magnesium supplementation improves magnesium deficiency symptoms and inflammatory stress in older adults (over 51 years) with poor sleep.<sup>30</sup>*
- *Magnesium reduces heart rate response to sympathetic nervous stimulation, to exercise and to sleep problems.<sup>31</sup>*
- *Two studies showed chronic sleep deprivation reduces intracellular magnesium and increases heart rate and plasma catecholamines.<sup>32 33</sup>*
- *One last study found that dietary magnesium deficiency decreases plasma melatonin in rats.<sup>34</sup>*

### ***Diet Advice for Anxiety, Depression, Sleep***

- *Exclude alcohol, coffee, white sugar, white flour, gluten, fried foods, trans fatty acids (found in margarine and in baked, fried, and processed foods).*
- *Animal protein: Organic: grass-fed beef, free-range chicken and eggs, fish (wild salmon)*
- *Protein from dairy: fermented dairy, non-lactose cheese, our protein powder, which is non-casein, very low lactose whey, pea, rice protein.*
- *Vegetarian protein: legumes, non-gluten grains, nuts, seeds*
- *Healthy carbs: raw, cooked, and fermented vegetables and 2-3 pieces of fruit a day. The foods high in calcium are usually abundant in magnesium*

*as well; they include nuts and seeds, sardines, bok choy, collards, and broccoli.*

- *Fats and oils: butter, olive oil, flaxseed oil, sesame oil, and coconut oil.*

## UPDATED SUPPLEMENT RECOMMENDATIONS

I continue to recommend supplementing magnesium to increase your mental health. However, since updating *The Magnesium Miracle*<sup>35</sup> in 2017, I have expanded the nutrients offered in my Completement Formulas, so I recommend the following supplements in place of Empower Plus. Please research and discuss the use of following with your health care professional:

- picometer magnesium
- picometer minerals
- natural, food-based omega-3 fatty acids, particularly EPA and DHA
- whole food and methylated B Vitamins with amino acids, L-Methionine and L-Taurine
- whole food Vitamin C
- a soil-based probiotic with *Saccharomyces boulardii*

## STRESS RELEASE

Exercise is excellent for alleviating both anxiety and depression. Try walking, biking, Yoga, Pilates, and swimming. Other forms of stress release include prayer, meditation, long baths, journal writing, and the Emotional Freedom Technique (EFT) to help you wean off medication under supervision. Also be sure and read the stories in [Appendix A](#), where most of our guest writers incorporate some form of exercise into their routine.

## CHAPTER SIX: THE LATEST MAGNESIUM RESEARCH

Our dear friend and esteemed researcher, Dr. Taylor Wallace, is a guest contributor to this book, and he makes scientific observations on magnesium and muscle health. Taylor's story is not about his health but about how his scientific view of magnesium has changed since he began working with us on our research projects.

Let me tell you more about Dr. Taylor Wallace PhD, CFS, FACN. Taylor is a professor in the Department of Nutrition and Food Studies at George Mason University and the principal and CEO of the Think Healthy Group, whom we hired to further our understanding of magnesium and our unique formula. Taylor's academic research interests are in the area of nutritional interventions to promote health and prevent the onset of chronic disease. He has a PhD and MS in Food Science and Nutrition from Ohio State University and a BS in Food Science from the University of Kentucky. He operates the popular food and nutrition blog, [www.DrTaylorWallace.com](http://www.DrTaylorWallace.com), is a member of Forbes Health Advisory Board, and a regular guest commentator in the mainstream media, regularly seen on NBC4 Washington and the Dr. Oz Show.

Taylor is a fellow of the American College of Nutrition and is the 2015 recipient of the Charles A. Regus Award, given by the American College of Nutrition for original research and innovation in the field of nutrition. He is a Senior Fellow of the Center for Magnesium Education & Research, the Editor-in-chief of the *Journal of the Dietary Supplements*, Deputy Editor-in-chief of the *Journal of the American College of Nutrition*, Nutrition Section Editor of *Annals of Medicine*, the Editor of seven academic textbooks, author of over 75 peer-reviewed manuscripts and book chapters, and author of the cookbook, *Sizzling Science*. In 2021, the Governor of Kentucky commissioned Dr. Wallace a Kentucky Colonel, the state's highest title of honor.

The above is Taylor's professional bio, but here's what he wants us to know about him personally:

*I've always had a passion for food and food science ever since I was a kid in the kitchen with my grandmother, Mamaw.*

*Now that I work as a food scientist, I've devoted my career to two things: one, research that can help create a more safe, healthy and nutritious food supply in a fast-growing world with diminishing natural resources; and two, bringing my knowledge of food science to everyday Americans—so I can show them that healthy can be tasty, too, and that the right foods can help prevent chronic disease, instead of being scared of ingredients or additives like xanthan gum that are harmless. My goal is to help people understand what's in their food and why so they can make the best choices for their families.*

*That's why I founded the Think Healthy Group, a food science and nutrition consulting firm that generates high-quality scientific research that can inform better national and international food policies and educational campaigns.*

*And it's why—after four years as a regular guest on the Dr. Oz Show—I officially "leaked" my secret recipes and scientific skills in my new cookbook, Sizzling Science.*

We at RnA ReSet are extremely fortunate to have worked with Dr. Wallace on our picometer magnesium absorption and Ionized Magnesium testing studies. Our work piqued his interest in magnesium and made him an advocate of this important mineral.

## **MAGNESIUM AND MUSCLES**

We all have muscles, but men do seem to want their muscles to keep getting bigger and stronger. However, men already have the upper hand since the male hormone testosterone pumps up muscles, and that knowledge has led to the practice of using performance-enhancing drugs called anabolic steroids. But what about magnesium? Being an avid exercise proponent, Dr. Wallace thoroughly explores the research on magnesium and muscle health, showing how important it is to include magnesium in your

exercise routine. A baker's dozen of my clinical comments appears throughout Taylor's article, indicated by "Note" in brackets.

## THEORY OF MAGNESIUM AND MUSCLE HEALTH

BY DR. TAYLOR WALLACE

*Emerging evidence suggests a positive effect of magnesium supplementation on skeletal muscle function. Muscle health is a well-recognized indicator of general health, supporting basic daily activities like walking, jumping, and standing. Muscle fitness, the ability to do daily activities, is one of the crucial determinants of quality-of-life assessments and the risk of injury.<sup>36</sup> The measurement of muscle fitness includes multiple parameters, such as muscle mass, endurance, peak torque, angle-specific torque, and standing long jump. [Note: Torque means rotational movement.]*

*Magnesium ( $Mg^{2+}$ ) is a naturally occurring mineral found in many foods and added to certain fortified foods. [Note: This is a rare occurrence, most of the food supply is magnesium deficient.] As the fourth most abundant mineral in the human body, magnesium is instrumental in more than 600 enzymatic reactions. [Note: Most publications say there are 300-350 enzymatic reactions. I've found reference to 1,000 or 80% of known metabolic functions.]<sup>37</sup> Our body has about 24–29 g of magnesium in total, with most magnesium stored in the bones and muscle tissue.<sup>38,39</sup>*

*Because of its diverse biological functions, magnesium helps regulate muscle and nerve function, immune system functionality, blood sugar levels, and blood pressure.<sup>40</sup> When we eat food that contains magnesium, it is absorbed throughout the intestine and excreted in the urine, feces, and sweat. The kidney is the primary organ that regulates magnesium levels in the blood, holding onto magnesium when its levels become low. However, long-term low intake, some health conditions, and certain medications may still cause magnesium insufficiency or even deficiency.*

*Magnesium has grabbed researchers' attention due to its unique role in muscle contraction and relaxation. The key muscle contraction and relaxation factor is the calcium ion, which is regulated by magnesium in the excitation-contraction coupling*

*(ECC) process.<sup>41</sup> Therefore, magnesium potentially influences muscle performance, strength, and endurance. Additionally, the magnesium ion is involved in the energy production process and regulates other electrolytes in the body, including calcium, sodium, and potassium.<sup>42</sup> Low magnesium status is found to be associated with muscle pain, muscle cramps, and weakness, implying the importance of magnesium in normal muscle functioning.*

### **Current Evidence on Muscle Health**

*Studies have shown that higher serum magnesium levels are associated with enhanced grip strength, lower-leg power, knee extension torque, and ankle extension strength in the elderly.<sup>43</sup> In addition, researchers have found magnesium status is linked with performance in both anaerobic and aerobic exercises.<sup>44</sup> Since muscle strength and endurance are the direct indicators of exercise performance, these findings suggest the association between magnesium status and muscle health. However, the efficacy of magnesium supplementation in improving muscle fitness is inconsistent.* [Note: The inconsistency is likely due to the variable absorption of magnesium supplements. Taylor is currently running studies showing the superior absorption of our liquid picometer magnesium compared to other forms of magnesium.]

[Note: One result of our 2020 Purdue study<sup>45</sup> found that frozen blood collected from our participants when thawed in 2024 showed the same level of magnesium on ionized magnesium testing. This opens up an avenue to do iMg testing at specialty labs using frozen blood shipped from all over the U.S.]

*An early study on the effectiveness of magnesium supplements found muscle soreness and performance were not significantly improved when participants were supplemented with 212 mg/day of magnesium oxide,<sup>46</sup> the least bioavailable form of magnesium.* Note: Magnesium oxide is only 4% absorbed. What remains is flushed through the intestines as a laxative.

*As more studies have emerged, researchers recently found mixed results regarding the impact of magnesium supplementation on muscle strength and endurance during exercise and muscle recovery post-exercise in athletes and physically active people.<sup>47</sup> A possible explanation is that athletes and physically active people likely require a higher dose to show the effectiveness of magnesium supplementation. For people with low magnesium intake, 300 mg/day oral magnesium supplementation improves physical performance,<sup>48</sup> implying the effects of magnesium supplements may vary based on an individual's dietary regimen. [Note: Most studies don't have an accurate test for magnesium levels before supplementation, so the results will vary dramatically between people who are already magnesium-insufficient and those who have sufficient magnesium stores.]*

### ***How much magnesium should be consumed?***

*The recommended magnesium intake for men aged 19-30 and 31-50 is 400 mg and 420 per day, respectively.<sup>49</sup> Consuming natural food and mineral water is the most cost-effective and safe way to achieve optimal magnesium levels. Magnesium is ubiquitous in food of animal and plant origins. Generally, foods with fiber, particularly nuts and seeds, are good sources of magnesium. One ounce of roasted pumpkin seeds provides 156 mg of magnesium, contributing to 37% of the daily needs.<sup>50</sup> Boiled spinach contains 93 mg of magnesium per 100 g. One cup of plain soymilk has 61 mg of magnesium. Some breakfast cereals are also fortified with magnesium, the amount of which is based on the fortification content. [Note: I, personally, required 1,200 mg of my picometer magnesium for a year and a half to reach "saturation" so, it was impossible for me to meet my magnesium requirements with diet alone.]*

*Adverse effects are rare when consuming magnesium from natural food sources. However, some people experience mild gastrointestinal discomfort when consuming ~500 mg of supplemental magnesium daily. [Note: Again, the GI discomfort will be*

with poorly absorbed, laxative supplements.] *The laxative effects in poorly absorbed magnesium have kept the RDA of magnesium at a very low level. The recommended maximum magnesium intake from non-food sources is 350 mg daily for adolescents and adults aged > 8 years.<sup>51</sup> A higher dose may be administered for certain medical conditions, and most adult men can tolerate a higher dosage that is free of laxative effects. As always, it's important to consult with a registered dietitian nutritionist (RDN) about your supplement regimen.* [Note: Unfortunately, and as noted above, and to emphasize this fact, the National Academy of Medicine recommendations for magnesium supplements are set at a very low amount to avoid the laxative effect, which commonly occurs. that's why I recommend my picometer magnesium to avoid the laxative effect, which commonly occurs.]

### ***Magnesium Deficiency***

*Suboptimal magnesium status in patients is commonly ignored because it is not included in routine electrolyte blood testing during physical examinations along with calcium, potassium, sodium, and chloride. Moreover, assessing magnesium status is difficult since the nutrient is widely distributed among the cells in our body and only 1% remains in the blood. In spite of that, standard magnesium measurement is done on serum even though serum magnesium is not an accurate reflection of the overall magnesium status since it mostly bound (i.e., "tied up") magnesium content.*

*Our lab has recently suggested whole blood ionized magnesium to be a superior indicator of an individual's overall magnesium status. Last year, we were able to show that just one supplemental dose of magnesium chloride increased whole-blood ionized magnesium levels but not other measures of magnesium status (such as urine).*

*How do you know if your magnesium level is low? The following are some common signs of magnesium deficiency: muscle cramps, muscle soreness, weakness, reduced appetite, seizure, migraine, abnormal blood pressure, heart palpitations, and heart*

disease.<sup>52,53</sup>

*Although symptomatic magnesium deficiency is poorly recognized and rarely reported in the U.S., a large portion of the population is not getting enough magnesium from food and may suffer from suboptimal magnesium status. According to the NIH Office of Dietary Supplements (ODS), 48% of Americans are consuming inadequate magnesium.<sup>54</sup> Certain populations, such as adult men aged >70 years, people with gastrointestinal diseases, people with type 2 diabetes, and chronic alcoholism, are more likely to have low magnesium intakes. Clinical deficiency is more common in hospitalized patients, around 10%.<sup>55</sup> The prevalence is even higher in the intensive care unit (ICU) and among people who are critically ill, varying from 20% to 65%. Low but not deficient magnesium status has been thought to trigger latent low-grade chronic inflammation, which predisposes us to a number of chronic ailments over time, including reduced muscle functionality and strength. [Note: Remember, they are comparing levels to the relatively low RDA. If the RDA was raised to appropriate levels, many more people would show deficiency.]*

### ***Magnesium Supplementation***

*Oral magnesium supplementation is a preferential treatment for magnesium deficiency or simply a way to increase magnesium levels in the body. Various types of magnesium supplements are available, the most popular being magnesium oxide, magnesium lactate dehydrates, magnesium citrate, magnesium chloride, and magnesium sulfate.*

*The bioavailability of the supplements is largely based on their solubility in water. In general, organic supplements are more soluble than inorganic supplements.<sup>56</sup> The bioavailability of magnesium supplement is examined in previous studies, which found magnesium aspartate, magnesium citrate, magnesium lactate, and magnesium chloride forms are more bioavailable than magnesium oxide and magnesium sulfate. Our lab is currently studying a picometer (i.e., extremely small) magnesium chloride*

*molecule, which seems to be easily absorbed and tolerated (from a GI standpoint) compared to other types of magnesium supplements on the market.<sup>57</sup>*

*Since magnesium is the primary ingredient in some laxatives, gastrointestinal discomfort is the common undesirable side-effect when taking mega-dose magnesium supplements. Because the kidney regulates magnesium balance, people with severe kidney disease should closely monitor or discontinue supplements to prevent hypermagnesemia (high magnesium level).* [Note: People with kidney disease can be very deficient in magnesium since they are told to avoid it, and those on dialysis lose magnesium because none is included in their treatment. Dialysis patients are known to suffer magnesium deficiency symptoms such as atrial fibrillation, leg cramps, restless legs, insomnia etc.]

### ***Tips for magnesium supplementation***

*As most people do not eat adequate magnesium in their diet, routinely taking supplements may be beneficial, considering magnesium's crucial role in supporting physiological functions, including normal muscle function. For people with optimal magnesium levels, supplementation may not produce a prominent effect on muscle fitness. However, people at a higher risk of deficiency or those with suboptimal magnesium status may greatly benefit from supplementation. If you are currently taking other medications or have any health conditions, consult your RDN before using magnesium supplements.* [Note: Unfortunately, Registered Dietitians follow the standard RDA for magnesium supplementation. Actually, your pharmacist may be more helpful. But I say that magnesium has a failsafe- diarrhea – if you take too much, making it one of the safest nutrients to take.]

## **CHAPTER SEVEN: SEXUAL HEALTH**

Erectile dysfunction (ED) is the most common sexual problem in men; it occurs when the penis fails to become erect or stay erect during sexual activity. It can be an occasional occurrence in most men but when erectile dysfunction is an ongoing issue, it's a gut punch to self-confidence, which makes the problem even worse.

It's quite interesting that we didn't hear much about erectile dysfunction until Viagra arrived on the market. A couple of Pfizer employees made an accidental discovery about the action of Viagra while they were searching for cardiovascular drugs. When you do a search for ED therapies, you come up with a page full of Viagra ads.

### **WHAT IS A PENIS?**

The penis functions to serve as a conduit to eliminate urine and to deliver sperm and semen. Yes, they both travel through the urethra tube but, fortunately, not at the same time. Urine is filtered by the kidneys and runs into the bladder and then travels through the urethra. Sperm are produced in the testicles and join with seminal fluid produced in the prostate. Together they pass through the urethra as an ejaculate. As noted above, urine and semen are not able to pass out at the same time. During sexual arousal, muscles at the base of the bladder contract to close off the passageway from the bladder into the urethra making it impossible for urine to be released during ejaculation. Good to know!

There are three tubes inside the penis. We already learned about the urethra. The other two tubes are called the corpora cavernosa. These are spongy tubes that are soft until filled with blood, which are necessary to create an erection. When a man is sexually aroused, nerves will release chemicals that will increase the flow of blood to the penis. The blood will flow into two chambers located in the penis. When a man gets an erection, the corpus cavernosum will relax and then trap the blood inside. The pressure of the

blood inside of the chambers will cause the penis to become hard. If you have poor circulation, you will have less blood flow and a weaker erection.

When a man orgasms, another set of nerves will create a signal. When this signal reaches the penis, it causes the muscular tissues of the penis to begin to contract releasing the spermatic fluid and releasing the blood back into circulation. At this time the erection will go down.

When a man is not sexually aroused, his penis is going to feel soft and limp. A man may notice the size of his penis varies based on cold, warmth, and stress. This is quite normal as it reflects the amount of blood that is coming and going through the penis. This next sentence is very important. Stress of any kind translates into blood being shunted to the muscles involved with fight or flight – not to the muscular tissues in the penis.

### **Erectile Dysfunction Risk Factors**

- Age: men over the age of 50 are more likely to develop ED.
- High blood sugar
- High blood pressure
- High cholesterol
- Obesity
- Smoking
- Alcohol consumption
- Use of illegal drugs<sup>1</sup>.
- Sedentary lifestyle

Let me define the true causes of Erectile Dysfunction.

## 1. Mineral Deficiency

You will notice that many of the above factors are related to magnesium deficiency, especially high blood sugar, blood pressure, and cholesterol. Even obesity, alcohol and drug consumption can come from wanting stimulants that should be coming from magnesium and other minerals like zinc. A sedentary lifestyle can be a way of adapting to a lack of energy due to magnesium deficiency.

## 2. Poor Circulation

Medicine says that sufficient blood flow is the most important aspect of getting and maintaining an erection. What causes poor circulation? Dehydration, peripheral vascular disease, lack of exercise, obesity, atherosclerosis, high blood pressure, heart arrhythmias, Type II diabetes, and low ejection fraction. Also, on the list of what causes erectile dysfunction is all the medications that are prescribed for the conditions just mentioned.

### What Do I Recommend?

1. **Proper hydration.** Take your body weight in pounds and divide it in half. Drink that many ounces of water a day. Into each liter of water put ¼ tsp of sea salt. Add your picometer magnesium, multi-minerals, and other minerals to the liter of water along with a scoop of Vitamin C Powder and drink throughout the day.
2. **Picometer Minerals:** Picometer magnesium, multi-minerals, and potassium will assist in improving vascular health, weight, heart performance, and insulin balance. Sexual health depends on physical health, good energy, and mental health so you want all your cells to be perfect.
3. **Avoid Meds That Cause Erectile Dysfunction.**

They comprise a very long list! We can almost say any medication is going to

have an effect on the ability of the penis to achieve and sustain an erection.

- a) Antidepressants
- b) Psychiatric medicines
- c) Antihistamine medicines
- d) High blood pressure medicines
- e) Diuretics
- f) Thiazides
- g) Beta blockers.
- h) Parkinson disease medicines
- i) Chemotherapy
- j) Hormonal medicines
- k) Opiate analgesics
- l) Recreational drugs

#### **4. Avoid Stress and the Fight or Flight Reactions**

I said it above and it bears repeating. Stress of any kind translates into blood being shunted to the muscles involved with fight or flight – not to the muscular tissues in the penis.

Procreation, which is supposedly the biological imperative of the sex act, is put on the back burner when that saber tooth tiger is breathing down your neck. The tiger may be in the form of fending off road rage; your boss; demanding friends or relatives; the IRS etc. etc. It's all the same to the body and the penis. Until along comes Viagra, which turbo jets the corpora cavernosa and off you go!

If ED seems to reflect powerlessness as a conflict in life. To dissect the conflict basis of disease, I recommend a session or series of sessions with a specialist in German New Medicine or Total Biology. You can email

[support@drcarolyndean.com](mailto:support@drcarolyndean.com) for practitioner recommendations.

## 5. Consider Low Testosterone

Low testosterone is another cause of ED that probably gets too much attention because studies show that men can achieve erection with low to high levels of testosterone. It's important to check out the first four causes I mentioned above before signing up for testosterone injections. I haven't had experience with these injections so I'm going to step aside and refer you to your local endocrinologist if you feel you should pursue that avenue.

### What About Viagra

I have a bit of a beef about Viagra. The product insert that comes with Viagra gives you the following advice:

*Be aware that with the abnormal stimulation of your penis with Viagra you are ready to go, but your partner may not be safely lubricated to avoid vaginal tears! That's right. If you don't engage in a proper amount of foreplay, your partner is not going to have an enjoyable experience. NOTE: You can make liberal use of George's Aloe Gel as a lubricant.*

## MALE INFERTILITY

Males contribute 50% to fertility and 50% to infertility. Infertility is not just a female problem. A man's diet and lifestyle can have a tremendous effect on semen and sperm count. Additionally, sugar exposure reduces production of sex hormone-binding globulin, a predictor of metabolic health. This means, in preparation for starting a family, you should avoid smoking and greatly decrease your intake of sugar, coffee, alcohol and refined foods. An excellent diet will achieve optimum results.

You should also avoid wearing tight underwear. The testicles are meant to hang away

from the body and they make more viable sperm at a lower temperature than body temperature. Hot tubs should also be avoided.

### **Supplement Recommendations:**

Please research and discuss the following supplement recommendations with your health care professional:

- picometer magnesium
- picometer minerals
- whole food Vitamin C
- Arginine, 500 mg twice daily to enhance sperm motility

## **CHAPTER EIGHT: THE PROSTATE**

I'll tackle benign prostate hypertrophy first, then prostatitis before I get to prostate cancer.

### **PROSTATE ENLARGEMENT (BPH)**

As men age, benign prostatic hyperplasia (BPH), or enlarged prostate, is a common problem. It affects about 1 in 3 men over age 50, and up to 90% of men by age 85. The prostate is a gland that surrounds the urethra, and when it is enlarged it can put pressure on the urethra and cause symptoms including the feeling of needing to urinate more often or more urgently, and frequent nighttime urination. In nutritional medicine, we know that zinc is as important for the prostate as iodine is for the thyroid and a zinc deficiency can lead to prostate hypertrophy. Perhaps research will never be done to link BPH with zinc deficiency, however you can take zinc as part of your daily protocol to support your immune system.

### **Symptoms of BPH**

The following are symptoms of BPH:

- Urinary frequency (urinating more often)
- Urinary urgency (the need to empty the bladder urgently)

- Urinary hesitancy (difficulty starting the urine stream)
- Urinary straining (requiring more pressure or bearing down to empty the bladder)
- Poor urine stream and dribbling

Medically, treatment of BPH may include drugs or surgery, and of course, depends upon the individual, any underlying medical conditions, and the severity of symptoms.

The prostate gland is located at the base of the penis; it produces prostatic fluid, a liquid carrier for semen. One in two men by age 50 have BPH, which occurs when the walnut-sized gland swells in response to several possible triggers: hormone imbalance (too much estrogen and dihydrotestosterone [DHT] and too little testosterone); estrogen mimicking chemicals; and zinc deficiency. Medically, BPH is said to be a normal part of aging and the symptomatic medical treatment is with drugs and surgery.

Unfortunately, far too many men are having prostate surgery for benign prostate enlargement. The side effects of this operation include impotence, so this surgery should not be taken lightly. In addition to the basic supplements mentioned below, it is also important to have an optimum diet and avoid heavy, fried, spicy, rich foods that can increase the toxic burden on the body. Please read about the German New Medicine/Total Biology conflict that may partly be the cause of prostate enlargement and cancer.

## **Prostate Massage**

The prostate is located at the base of the penis and can be accessed externally or internally. Prostate massage is also called “milking the prostate” a procedure that can help soften and shrink an enlarged prostate. The massage can be done manually or with an internal or external device that exerts some pressure on the prostate. Unless you find a doctor or medical massage therapist who can give you guidance, you will have to rely on internet research to learn how to apply these techniques and devices.

## **Supplement Recommendations**

I suggest supplementing with picometer zinc/copper and multiminerals for prostate enlargement. Please discuss the use of these supplements with your health care professional.

## **PROSTATITIS**

An 'itis' on the end of prostate means the prostate is inflamed and likely swollen. This walnut-sized gland is located directly below a man's bladder. The prostate gland's function is to produce fluid (semen) that nourishes and transports sperm.

Prostatitis often causes painful, burning, or difficult urination. Other symptoms of prostatitis include pain in the groin, pelvic area, or genitals, and sometimes flu-like symptoms.

According to the Mayo Clinic, prostatitis is usually caused by a nonspecific infection, giving rise to the name 'non-specific prostatitis'. If it's a bacterial infection, supposedly it can be treated successfully with antibiotics. However, allopathic medicine admits that sometimes prostatitis isn't caused by a bacterial infection and a specific cause is never identified. But even though they don't know what they are treating, they usually prescribe an antibiotic. How can the problem get better if the treatment causes the problem?

This overprescribing with antibiotics, which some of us, who know about yeast overgrowth, came up with the theory that prostatitis may be related to a yeast infection with *Candida albicans*. Yeast will overgrow in the intestines under the influence of antibiotics, sugar, and beer!

It's also important to note that if your prostatitis is caused by yeast, then antibiotics are going to make it worse because they encourage yeast overgrowth.

## Prostatitis Symptoms

- Pain or burning sensation when urinating
- Difficulty urinating, such as dribbling or hesitant urination
- Frequent urination, particularly at night
- Urgent need to urinate
- Pain in the abdomen, groin, or lower back
- Pain in the area between the scrotum and rectum (perineum)
- Pain or discomfort of the penis or testicles
- Painful orgasms (ejaculations)
- Flu-like symptoms (with bacterial prostatitis)

## Prostatitis Treatment

My comprehensive book, [ReSet the Yeast Connection](#), is available on my members' site and gives a thorough protocol for yeast management. This includes picometer silver and a probiotic which contains soil-based probiotics and a gentle antifungal called *Saccharomyces boulardii*.

Now that I've opened up the Pandora's Box of yeast as a cause of prostatitis, let me describe Yeast Overgrowth. I do say that yeast overgrowth and mineral deficiencies are the underlying causes for most chronic disease. So, if you can control yeast overgrowth with a soil-based probiotic containing *Saccharomyces boulardii* and picometer silver, you are "on the road to wellness."

## MEN WITH YEAST

Yeast overgrowth caused by *Candida albicans* is a very common condition that is not recognized by allopathic medicine. When it overgrows, it can contribute to IBS, leaky gut, and even colitis. It can also cause oral thrush, groin rash, or penile rash. The ABCs of

yeast in men are Antibiotics, Burping, and Beer equal Candida. Men usually don't see a doctor about their yeast symptoms, or if they do, they are routinely misdiagnosed.

Here's how serious I think Yeast Overgrowth is; I consider it to be the probable cause of ~50% of chronic illness, yet it is actively ignored by medicine. The other ~50% of chronic disease is likely related to magnesium deficiency. Let me first describe yeast in general before I define yeast in men.

The yeast, *Candida albicans*, normally lives in the lower gastrointestinal tract where it functions to metabolize undigested food that reaches the large intestine. However, when you take antibiotics, you kill off good and bad bacteria allowing yeast to fill in the gap. A diet high in sugar and simple carbohydrates feeds the marauding yeast that can then grow up into the small intestine. Yeast commonly lives on mucus membranes and the skin. Women seem to be more susceptible to yeast, perhaps because they have three times the mucous membrane surface of men. And the female hormones, including the Birth Control Pill favor the growth of yeast.

Doctors think yeast is simply a pesky vaginitis in women but don't realize that men are also involved because yeast vaginitis is a sexually transmitted disease. They simply ignore the possibility of yeast overgrowth in the GI tracts of men and women missing a treatable condition. Antibiotics, cortisone, stress, alcohol, and a highly refined bread-and-sugar diet will cause Yeast Overgrowth in both men and women.

*Candida* evolves from a budding yeast form to a tissue-invasive mycelial form under these influences. When the yeast travels into the small intestine looking for more food, it proceeds to puncture holes in the intestinal lining, creating a condition known as "leaky gut".

Yeast also produces 78 different metabolic by-products with far ranging side effects. One of the byproducts is alcohol. Dr. K. Iwata in Japan diagnosed "drunk" disease in people who had not consumed any alcohol but appeared to be intoxicated. This is an

extreme condition caused by excess yeast in the intestines, which creates a fermentation process following sugar ingestion that produces alcohol after sugar ingestion. Perhaps Yeast Overgrowth is the reason that some people who consume even a small amount of alcohol can very quickly feel and act drunk.

Another byproduct of the digestion of sugar by yeast is acetaldehyde, which is so potent a toxin that it can damage every tissue in the body including the brain! Acetaldehyde combines with red blood cells, proteins, and enzymes; it travels to all parts of the body and easily passes across the blood brain barrier. If you have Yeast Overgrowth and also drink alcohol, you are hit with a double dose of acetaldehyde hangover or brain fog. Acetaldehyde damages the structure of red blood cells making them unable to squeeze through tiny capillaries to bring oxygen to all parts of the body. Acetaldehyde also blocks the attachment of oxygen to red blood cells.

The brain uses 20% of all the oxygen that we inhale but stiff red blood cells cut down that amount considerably leaving you gasping for air and feeling woozy. Acetaldehyde damages nerve cells and induces a deficiency of three important vitamins: The nerve vitamin, B1 (thiamine), the energy and neurotransmitter vitamin, B3 (niacin), and vitamin B5, which is crucial for normal brain function.

The list of yeast toxins includes: Zymosan, which causes inflammation and has been directly associated with psoriasis; Arabinitol, which damages the immune system, nervous system, and the brain; and Gliotoxin, which disrupts the DNA in white blood cells killing them outright. Other toxins block thyroid function, impair hormones and may account for depression, anxiety, and fatigue. The accumulation of toxins from yeast and from a leaky gut can manifest as hypothyroidism, chronic fatigue syndrome, and fibromyalgia.

Symptoms of Yeast Overgrowth range from headaches, head congestion, brain fog, allergies, depression, and anxiety to throat and chronic cold symptoms, swollen glands, coated tongue, gastric upset, gas and bloating, constipation or diarrhea, jock itch, penile itch, prostatitis, arthritis, cystitis, muscle and joint aches, and numbness and tingling of

the extremities. The symptoms are so widespread it is difficult for you or your doctor to even comprehend that they could all be due to one infectious agent. To find out whether you may have Yeast Overgrowth, read Chapter 4 of my book, *[ReSet the Yeast Connection](#)*, which is available on my membership website.

## **Health Problems Associated with Yeast Overgrowth**

Here is a list of men's health problems related to Yeast Overgrowth:

## TOTAL BODY RESET FOR MEN

1. Jock itch
2. Itchy scrotum, groin
3. Swollen scrotum
4. Itchy feet or toes
5. Itchy ears or scalp
6. Dry, itchy, flaky skin
7. Itchy feet or athlete's feet
8. Loss of sex drive
9. Impotence
10. Prostatitis
11. Cravings for sweet foods or drinks
12. Craving beer
13. Penile infection (burning, irritation, white discharge, red rash)
14. Difficulty urinating
15. Urinary frequency or urgency
16. Painful intercourse
17. Sexual dysfunction
18. Swollen scrotum
19. Constipation
20. Bad breath
21. Bloating
22. Indigestion
23. Frequent intestinal gas
24. Frequent diarrhea, very loose stools
25. Irritability or mood swings
26. Fatigue or lack of energy.
27. Memory loss

## The Downward Spiral

Many years ago, I created a chronology of ailments and treatments called The Downward Spiral that culminates in Yeast Overgrowth. I'll put that list in [Appendix C](#). Give it the once over and see if you may have suffered a range of symptoms from childhood ear infections to IBS that indicate you may have a yeast problem. If you see yourself in this picture, there is a more detailed overview of Yeast Overgrowth my eBook, [ReSet the Yeast Connection](#), which is available on my membership website.

## PROSTATE CANCER

Prostate cancer is reaching epidemic proportions, as one in six men will develop this condition in their lifetime, in part, because the population is living longer. It is said that most men by age 80 will have prostate cancer partly because of the many inescapable hormone-disrupting chemicals in our environment. These chemicals end up in our drinking water, our food, and the air we breathe. Our bodies reach a state of overload and without help, the immune system cannot detoxify all the poisons as well as keep the body free of cancer cells.

My friend and former marine, the late Dr. Roby Mitchell, said that chronic inflammation and irritation of the prostate can lead to abnormal cells being formed – these are cancer cells. The condition is called prostatic inflammatory neoplasia (PIN). Furthermore, he says that early detection and treatment of PIN prevents prostate cancer, like the way we get rid of intestinal colon polyps to prevent colon cancer.

There has been recent acknowledgment that the PSA test for prostate cancer is inaccurate and ambiguous; that could be because if inflammation is present, there will be an elevation of PSA levels. Your PSA can be tested by your primary care doctor or a urologist. If your PSA comes back above 2, you have a prostate infection, according to Dr. Ron Wheeler M.D., a urologist and medical director of the Diagnostic Center for

Disease in Sarasota, Florida. This infection is non-specific prostatitis and will respond to a yeast-free diet and antifungal treatments.

## **The Total Biology Conflict of Prostate Cancer**

Total Biology is the study of the conflict basis of disease. The question asked in one of my classes was: What is the conflict that triggers prostate cancer? The answer is that prostate cancer is the conflict of the grandfather.

Here's the scenario of Conflict of the Grandfather. The grandfather is supposed to be responsible for reproduction in the clan, for carrying on the line. Or in a grandfather who has grandchildren, prostate cancer is the worry that something might happen to one of his grandchildren. If a grandchild dies, it puts the survival of the species at risk and so the prostate cancer is to stimulate the prostate to produce more sperm and thus more children.

My teacher presented the case of a man who developed prostate cancer. He was on the second floor looking into the yard. He saw his son having a big argument with his daughter in law. He got scared that they would not have children and he developed prostate cancer shortly after that.

There are other aspects of the prostate, but they would best be discussed with a practitioner in German New Medicine/Total Biology. Write [support@drcarolyndean.com](mailto:support@drcarolyndean.com) for my recommendations. I'll talk more about the conflict basis of disease in [Chapter Ten](#).

## **Supplement Recommendations**

See [Chapter Ten](#) for specifics about my supplement recommendations and also incorporate what makes sense for you from the above cancer information in this chapter.

## PART II: TOP FIVE CAUSES OF DEATH AND POST-COVID UPDATE

According to the CDC, the following are the top five causes of death for men:<sup>58</sup>

All Races & Origins<sup>1</sup>, Male, All Ages<sup>2</sup>

Rank	Disease	Percent
1)	Heart Disease	24.3%
2)	Cancer	21.6%
3)	Unintentional Injuries	7.4%
4)	Chronic Lower Respiratory Disease	5.2%
5)	Stroke	4.3%

Data available in Table 1 of the [NCHS National Vital Statistics Report Volume 70, Number 4 May 17, 2021](#).

<sup>1</sup> Persons identified as White, Black, American Indian or Alaska Native, or Asian, Native Hawaiian or Pacific Islander were of non-Hispanic origin. Persons of Hispanic origin may be of any race. Figures for origin not stated are included in “all races and origins”

but not distributed among race and Hispanic origin groups. For more information on race and Hispanic origin classification please see the Technical Notes section of ["Deaths: Leading Causes for 2018"](#).

<sup>2</sup> Figures include all ages, including age not stated.

[Note: The data presented are percentages of deaths. Due to rounding, some percentages appear to be ties but are not.]

## CHAPTER NINE: HEART DISEASE

### WHAT IF YOUR HEART SYMPTOMS ARE REALLY MAGNESIUM DEFICIENCY SYMPTOMS?

Magnesium relaxes heart muscles and the smooth muscles lining blood vessels – and calcium tightens them. They work together but too much calcium throws the heart and the heart rate and rhythm out of balance by causing too much tightening. But what if you can saturate your body with a non-laxative picometer magnesium to overcome magnesium deficiency and eliminate calcium excess, and that results in fewer heart symptoms? I ask, wouldn't this possibility be worth exploring? I write about the importance of magnesium for the heart in my book with the never-ending title, which is available on my members' site: [\*Heart Health for Tachycardia, Angina, Atherosclerosis, High Cholesterol, Hypertension and Atrial Fibrillation.\*](#)

I see heart disease as a progression from simple tachycardia all the way to heart attack and atrial fibrillation (if they don't find out about magnesium). Tachycardia is where a lot of heart symptoms begin. Many of our customers tell us that their first indication of "heart problems" is a fast heart rate accompanying stress and anxiety and instead of magnesium, they are offered a beta blocker drug to force their heart to slow down.

I won't go into the details of the various heart conditions since you can read about them in the free download of [\*Heart Health\*](#), which is available on my members' site. I'll also refer you to [\*Heart Health\*](#) to read about various medical interventions for heart disease such as angioplasty for blocked coronary arteries and cardiac ablation for atrial fibrillation.

Magnesium was first shown to be of value in the treatment of cardiac arrhythmias in 1935, and since then, there have been numerous double-blind studies showing magnesium to be of benefit for many types of arrhythmias including atrial fibrillation,

ventricular premature contractions, ventricular tachycardia, and severe ventricular arrhythmias. Magnesium supplementation has also been shown to be helpful in angina due either to a spasm of the coronary artery or atherosclerosis. And yet cardiologists still do not use it to a meaningful degree in their protocols. They think magnesium is a laxative and just avoid it!

While doctors lag behind in their understanding of the value of magnesium, in 2018, cardiovascular researchers James J. DiNicolantonio, James H. O’Keefe, and William Wilson updated the cardiac community with their research demonstrating, once again, the correlation between magnesium deficiency and heart disease in their paper “[Subclinical Magnesium Deficiency” A Principal Driver of Cardiovascular Disease and a Public Health Crisis.](#)” In the abstract of the paper, the research team makes these comments:

*Because serum magnesium does not reflect intracellular magnesium, the latter making up more than 99% of total body magnesium, most cases of magnesium deficiency are undiagnosed. Furthermore, because of chronic diseases, medications decrease in food crop magnesium contents, and the availability of refined and processed foods, the vast majority of people in modern societies are at risk for magnesium deficiency. Certain individuals will need to supplement with magnesium in order to prevent suboptimal magnesium deficiency, especially if trying to obtain an optimal magnesium status to prevent chronic disease. Subclinical magnesium deficiency increases the risk of numerous types of cardiovascular disease, costs nations around the world an incalculable amount of health care costs and suffering and **should be a considered a public health crisis.** That an easy, cost-effective strategy exists to prevent and treat subclinical magnesium deficiency should provide an urgent call to action.*

I tell our customers that this is the best paper to print out and take to your doctors if you want them to learn why you are supplementing picometer magnesium and why you want IV magnesium if you have to have surgery or any heart procedures. It's also the best paper to show your friends and family to alert them to the chaos in medicine that has made magnesium deficiency a public health crisis. This paper talks about heart disease, but there are 65 diseases that I have identified that may truly be magnesium deficiencies but are being treated by drugs and not highly absorbed magnesium.

## **MY SUPPLEMENT RECOMMENDATIONS**

To improve your cardiovascular health, I suggest researching my *Completement Formulas* and discussing using the following supplements with your health care practitioner:

- picometer magnesium
- picometer minerals
- whole food and methylated B Vitamins
- natural, food-based Vitamins D3 and K2
- whole food Vitamin C and natural ascorbic acid
- natural, high quality protein supplement
- natural Omega-3 Fatty Acids with Vitamins A and E

## CHAPTER TEN: CANCER: COLON, LUNG

We tell both men and women that smoking can cause lung cancer and to get regular colonoscopies to prevent colon cancer. But first let me cover cancer in general and share what I've learned over the years.

Cancer is occurring in epidemic proportions. One in two people will be diagnosed with cancer in their lifetime. It is a terrifying statistic and a horrendous disease that most people try to ignore. After all, if the "war on cancer" has failed so miserably, what can an individual do about this disease? We cannot stay in denial, however; we must arm ourselves with knowledge about the real causes of cancer so that we can fight the causes as well as the disease.

### MAGNESIUM AND CANCER

I've listed four major points about magnesium and cancer in my book, *The Magnesium Miracle* (2017)<sup>59</sup>, that makes me want to remind everyone to Take More Magnesium!

1. Dr. Mildred Seelig wrote [Magnesium in Oncogenesis and in Anti-Cancer Treatment: Interaction with Minerals and Vitamins](#). She noted an important relationship between magnesium deficiency and cancer, which should have alerted the cancer establishment to do further research. But unfortunately, it didn't.
2. J. I. Rodale wrote a chapter on cancer and magnesium in his 1963 publication [Magnesium: The Nutrient That Could Change Your Life](#). He quoted Dr. Delbet, a French doctor who felt that magnesium acts as a "brake" for cancer. Delbet also observed that as the body grows older it grows more deficient in magnesium, and with this loss in magnesium there is a decrease in vitality, resistance, and cell regeneration.

3. Drugs such as painkillers, diuretics, antibiotics, and cortisone, many of which are inappropriately used, further deplete magnesium and other minerals, allowing symptoms to get completely out of control. Surgery, malnutrition, third-degree burns, serious injuries, pancreatic inflammation, liver disease, malabsorption disorders, diabetes, hormonal imbalance, and cancer are all seriously stressful medical conditions requiring increased amounts of magnesium.
4. Research has shown that even the pain of cancer can respond to magnesium. Cancer sometimes metastasizes into nerve bundles located in the neck or lower back and may not respond to even the strongest analgesics such as morphine. There is a special receptor site called NMDA that is responsible for creating this type of nerve pain; magnesium helps block this receptor. In cases of severe pain, intravenous magnesium has shown very powerful analgesic effects.

I think it's safe to say that any well-designed nutrient study will show some benefit to preventing and even treating cancer, but those studies are not being properly done. They would be too costly and take years to perform. Therefore, I recommend that everyone take well-absorbed nutrients to keep your cells as healthy as possible.

## **THE CAUSES OF CANCER**

The known causes of cancer include chemical exposures, smoking and secondhand smoke, radiation, malnutrition and excessive psychological stress. In 1989, the World Health Organization (WHO) stated that 89% of all cancer is caused by pesticides, radiation and other toxic chemicals in our environment.

Diet and smoking have become cancer scapegoats, however, while the chemical industry continues to pollute our air, water and food. Only recently have we studied the chemicals stored in body tissues and the chemicals found number in the hundreds.

## **Cancer Facts**

When I first wrote about cancer in the late 90s, cancer care costs were \$5 billion annually in the US. Now, national costs for cancer care were estimated to be \$190.2 billion in 2015 and \$208.9 billion in 2020.

We have lost the war on cancer. Since President Nixon declared a war on cancer, treatments have been limited to drugs, surgery, and radiation; the survival rate has become no better, and the lifetime incidence of cancer is now 1 in 2.

In my previous writings, I was limited by the medical and naturopathic approach to cancer. I had lists of what causes cancer and how to avoid them without having any confidence that it could be cured. It was less than optimistic.

## **Overcome Cancer by Overcoming the Fear**

Now, I firmly believe that it's the fear of cancer that's driving so much of it our way. Cancer has become much more common since I went to medical school in the mid-70s, so I know it can't be genetic. It's partly due to the deplorable condition of our food, air and water. But there is more to this picture.

The stressors that trigger or aggravate cancer can be overwork, depression after a divorce, a death in the family on top of a horrible diet. Some major stress, either acute or chronic, is often lurking in the background. When people acknowledge their stress and do something about it, they often recover their health. These are the people that say they are grateful for their illness because it's gotten them back on track. Of course, they don't say that in the throes of illness but when they come out the other side. I recently updated to a much more positive approach in a recent blog that I will drop here.

## **The Biology of Cancer and Total Biology<sup>60</sup>**

A 2024 public health statistic finds that every day, 1,700 people in the US are dying of cancer, that's almost 70 people an hour. Cancer is catching up to heart disease as the biggest killer. Cancer was actually a rare disease when I went to medical school in the

mid-70s. Now it's slated to be the number one killer. So, it's time I took a closer look and I do that through the lens of the Conflict of Disease and practical Metabolic Therapy.

In the past number of years, I have talked about Total Biology and German New Medicine and the Conflict Basis of Disease as the key to deconstructing cancer. That may help us understand the psychology of cancer and why people succumb but there is also the metabolic basis of disease. I think if we can master both "causes" we can defeat cancer.

[NOTE: German New Medicine came out of Germany with the work of Dr. Gert Hamer. Total Biology arose in France with the work of Dr. Claude Sabbah. There was some cross communication between the two doctors. I studied Total Biology because it came to Canada through French-speaking Quebec and was taught by Naturopath Dr. Gilbert Renault.]

The premise is that disease is the result of the body trying to solve a Conflict which ends up creating physical symptoms. Recognizing and acknowledging the Conflict can help resolve the physical issues.

Dr. Gert Hamer, an oncologist and psychiatrist in German faced a tragedy when his son was fatally wounded. He sat by his son's bedside for several months, unable to save his life. Three months after he died, Dr. Hamer developed testicular cancer and his wife developed ovarian cancer. Dr. Hamer was shocked by these "coincidences". Were their bodies trying to stimulate the organs that could give them another child? When Hamer searched his cancer patients' files, he found that all his patients had suffered a shock before their cancer diagnosis. They had a major Conflict that they thought couldn't be resolved.

Consider this example. A child is in intensive care and the mother is devastated, her body tries to solve the problem of being unable to nurture her child by stimulating the milk ducts to produce more cells and more milk. When the child survives and is safe at home, the clump of new cells begins to resolve, which is often when it is noticed as being irritating or painful and "misdiagnosed" as cancer.

## **My Total Biology Story**

I've had a real fear of water all my life. When I began studying Total Biology in 2007, I realized I had to confront that fear. I called my aunt in Scotland to learn stories about my ancestors. I was told that in the 1920s, three relatives, young men, in their 20s, and a doctor, who they were bringing to a home birth, drowned in storm that capsized their boat.

Fantastically, my life circumstances seem to have been directed by that story and I see instances in my life that solved the ancestral tragedy of drowning that I could have relived in my life. Here were my solutions. In my mid 20's I decided to go to medical school, but I was quite adamant that I would never do home births. I also decided early on that I did not want to have children, so I would never have to summon a doctor. The underlying fear of water was solved when I heard the story of my ancestors drowning. It was clear to me that I was carrying this ancestral conflict and just hearing this story made me realize it wasn't a psychological problem that I had to live with but something that completely dissolved when light was shed on it.

From not wanting to engage knee high waves, I began snorkeling with a small boogie board by myself meeting sea turtles and schools of fish, and even swimming over a resting reef shark without any sense of fear.

I suggest the following German New Medicine Resources which seem more robust and organized than Total Biology at this time: See Danny Carroll's educational information at [www.Danny-Carroll.com](http://www.Danny-Carroll.com). You can enter your email to receive a free 400-page eBook by Dr. Gert Hamer. It's called, "The Psychic Roots of Diseases." You must also read Danny Carroll's book, "Terminal Cancer Is a Misdiagnosis."

## **Metabolic Treatment of Cancer**

The Warburg theory of cancer proposes that cancer tumors are driven by damaged mitochondria that are unable to use oxygen to make energy. When that happens, the body turns on a more primitive process called fermentation to make energy without

oxygen. And it just so happens that cancer cells are fed by this fermentation process that uses glucose and the amino acid glutamine. Dr. Otto Warburg proposed this theory in the early 1920's and it's always made sense to the alternative medicine community but will never gain traction as long as Big Pharma is in charge of using expensive, toxic, patented drugs to kill cancer cells just short of killing the patient.

A very good person to follow regarding the metabolic treatment of cancer is Dr. Thomas Seyfried, he basically tells his patients to switch to a very low carb diet which stops putting glucose into the fermentation cycle to feed cancer cells. What follows is ketosis, so he's talking about a Ketogenic Diet.

For his cancer patients he's developed a Glucose/Ketone Index Calculator to help a person stay in ketosis. Cancer cells can't burn ketones and fats, they only burn glucose and glutamine.

Glutamine is the most abundant amino acid in the body, so that can't be stopped. But Dr. Seyfried says he's working with a safe drug that targets Glutamine that unfortunately has limited availability because it's not accepted by the FDA. It's called DON - 6-diazo-5-oxo-L-norleucine. Until that drug is available here's a very basic plan to research and discuss with your health care practitioner:

### **Basic Plan**

1. Avoid sugar and pursue a Keto diet as much as possible to increase your ketone production.
2. Do periodic fasting – 1-3 days every 3 months, but I say to keep taking your Completement Formulas, which keeps you from feeling you are starving yourself.
3. Avoid substances and circumstances that damage the mitochondria – environmental toxins; chemicals in our air, food and water; medications; stress.
4. Excel in healing your mitochondria with all the Completement Formulas – picometer magnesium, multiminerals, silver, zinc plus copper; whole food vitamins A, B, C, D, E, K2; and essential fatty acids in omega-3 algae.

## **What Nutrients Stand Out as Cancer “Cures”**

I began learning about the nutrients for the prevention and treatment of cancer in my Naturopathic training in the late 1970s. All antioxidants seem to have a role in keeping cells on the straight and narrow. However, the most important ones seemed to be selenium, vitamin C and vitamin A.

Selenium may be the easiest to take and the most helpful. Vitamin C is usually recommended Intravenously, which is not available to most of the public. Vitamin A in high doses can be toxic. But selenium first caught my attention as helpful in the prevention and treatment of AIDS and cancer. I followed the work of Dr. Harold Foster, a Canadian selenium researcher. I recommend his paper, “Selenium and Cancer: A Geographical Perspective” that’s available at the Orthomolecular News Site.

Selenium is a trace element that is essential for human health. It may help decrease cancer risk by repairing DNA damage, reducing oxidative stress, boosting the immune system, and destroying cancer cells. However, selenium supplements may also have negative effects when used in too high doses. The FDA says that the safe upper limit of selenium is 400 micrograms.

As I mentioned earlier, if you want more information and more encouragement to drop your fear of cancer, please follow Danny Carroll and Dr. Thomas Seyfried.

## **Colon Cancer**

I saw very few cancer patients in my practice; it really wasn’t that prevalent thirty years ago. I remember one patient, Edward, who came in with abdominal pain. When I examined him, I thought I felt something in his abdomen, along his intestine. I immediately sent him for X-rays. Apparently, I had developed a reputation at the local hospital that “If Dr. Dean sends someone for tests, you’re going to find something.” They

found that Edward had a tumor in his intestine that had created an intussusception, which is an intestinal obstruction that results when a part of the intestine folds into a section next to it. It is a medical emergency and can be fatal if left untreated. The folding was created by a tumor. The treatment was emergency surgery to remove a section of the bowel. The surgeon offered post-surgical treatment that included chemotherapy and radiation.

My patient, his wife, and I discussed his options. Back in the 80s, cancer was even more scary than it is today, but they were very clear that chemo and radiation were not something they wanted to consider. We went with high dose Vitamin C, diet, and detox. My patient did well from the beginning but he said he knew he was 100% on the right track when he found out during follow up visits with the surgeon that the two other men that had shared his hospital room who had the same colon cancer surgery had died in spite of, or because of, their chemo and radiation.

I wasn't aware of German New Medicine/Total Biology back in the 80s but now I would recommend this patient talk with a practitioner to assess what in his life can't he digest? And why does he "feel like s—t. Or is it something "I can't seem to get rid of in my life." Contact Customer Service at [support@rnareset.com](mailto:support@rnareset.com) for a practitioner referral. And visit [www.Danny-Carroll.com](http://www.Danny-Carroll.com) for free book on German New Medicine.

## **Intestinal Polyps**

Polyps in the large intestine are called colorectal polyps – growths that project on a stalk from the lining of the colon or rectum. They usually produce either no symptoms or a vague aching around the site of the polyp. Painless rectal bleeding and anemia can be a sign of polyps. That's why the screening test for polyps is a stool test for blood.

Most polyps are benign but there is one type, called adenomatous polyps that can transform into cancer, especially if they are larger than one centimeter. Polyps tend to increase with age and with a family history of polyps or colon cancer.

Doctors can detect polyps through a colonoscopy, snipping them off at the base when they are discovered, which prevents them from becoming cancerous. The ability to do this makes colonoscopy a life-saving procedures.

### **Prevention:**

- Eat a balanced diet high in fiber, and high in antioxidant fruits and vegetables to ensure that you have one or two bowel movements daily.
- Avoid cigarettes and alcohol.
- Maintain a normal body weight.
- Exercise daily.
- Get regular colonoscopies. You should have your first one at age 50 and repeat it every 5 years – or sooner if they do find polyps. Do not accept a “virtual colonoscopy”. The amount of radiation during such a procedure can be very high and dangerous.
- Read up on German New Medicine/Total Biology. [www.Danny-Carroll.com](http://www.Danny-Carroll.com).

## **LUNG CANCER**

### **Lung Cancer and Cigarettes**

Smokers are inhaling anywhere from 4,800 to 7,000 chemicals – depending on what is inside their particular cigarette brand. These chemicals are byproducts of the chemical interactions of over 600 different ingredients found in every cigarette and most other tobacco products.

These ingredients include: Benzene, Cadmium, Arsenic, Methanol, Formaldehyde, Hexamine, Lead, and more than 600 hundred others. All the above ingredients have been

found to cause cancer along with more than 55 other ingredients commonly found in cigarettes. The list is short because most chemicals have not been thoroughly studied. Cigarette smoking has been found to increase likelihood of cancer affecting all systems and organs in human body.

In his late 70s, my Dad decided to quit smoking. He and my Mom were in Florida at the time, and I was due for a visit. He asked me to bring my acupuncture needles to help him quit. He did great but within a few short years he was diagnosed with lung cancer. He didn't quit soon enough, and there was also a Total Biology reason that I spoke about above. My mother had a pancreatitis attack that the Florida doctors indicated could be pancreatic cancer. Fortunately, it wasn't, but the fear of her being ill and dying, terrified my father. He didn't really express it but, long after the fact I realized that the fear went to his lungs. According to Total Biology, the type of lung cancer he developed (one large tumor) is related to "fear of someone else dying." Multiple tumors are "fear that you are dying."

I knew about 714-X injections for cancer. I had even visited Dr. Gaston Naessens in Quebec, so I obtained the treatment for my Dad, and my mother, who had been a nurse administered it. He did well and at one of his checkups the doctors were amazed that his lungs were clear and told him so. Unfortunately, he decided that if he was cured, he would stop treatments but after a year or so, it recurred. The 714-X treated the physical tumor but I didn't know about Total Biology at the time, so I was not able to address his fear.

I don't have much more to say about lung cancer. Basically, I think that the combination of a nontoxic therapies and addressing the conflict that causes the "cancer" can be lifesaving. But, of course, the main way to avoid lung cancer is to not smoke in the first place. I do have concerns that with the easy access to legal marijuana, young people are putting their lungs at risk, and we are likely to see a rise in lung cancer due to this irritant. You cannot inhale burning smoke into your lungs and expect to come out

unscathed.

For my overall recommendations, please review, "[Basic Plan](#)," and "[What Nutrients Stand Out as Cancer 'Cures.'](#)"

## CHAPTER ELEVEN: UNINTENTIONAL INJURIES

According to the CDC, injuries and violence affect everyone, regardless of age, race, or economic status. In the first half of life, more Americans die from injuries and violence — such as motor vehicle crashes, suicide, or homicides — than from any other cause, including cancer, HIV, or the flu. This makes injury the leading cause of death among persons aged 1–44-year-old. In this report, the CDC notes the following:

- Unintentional injuries are the leading cause of death for Americans aged 1-44 years old.
- Unintentional injuries include opioid overdoses (unintentional poisoning), fentanyl poisoning, motor vehicle crashes, and unintentional falls.
- Suicide is now the 2nd leading cause of death for this 1-44 age group, and numbers of suicides continue to rise.
- Homicide remains in the top 5 leading causes of death for the 1-44 age group.<sup>61</sup>

### COMMON SENSE ABOUT INJURIES

Accidents happen and the key to minimizing the risk of death is to use common sense and avoid potentially dangerous situations. Simple actions like wearing a seatbelt while in a car, wearing a helmet when **cycling**, skiing, skateboarding, or other activities where **head injuries** occur help decrease risk of death in an accident.

Driving while impaired on **drugs** or **alcohol** is never acceptable and causes a dangerous situation not only for the driver but for those around him. Impaired driving includes not only alcohol but also medications that can cause sedation, including **over-the-counter cold** and **sleep** medications. It also includes driving when tired or sleepy. Many authorities on impaired drivers consider texting and cell phone use impaired driving.

Most accidents happen around the house and routine **prevention** can help decrease

those accidents. Easy fixes include making sure that floors aren't slippery or wet, stair railings are secure, and walks and driveways are well maintained and well-lit at night. Smoke and carbon monoxide detectors can only work if their batteries are fresh.

## **Supplement Recommendations**

The immediate treatment for any injury is Arnica, a homeopathic for shock, swelling, bleeding, and bruising. Also take extra picometer magnesium, especially for head injuries.

## **ADDICTIONS**

According to the CDC, unintentional overdoses and poisoning are classified as unintentional injuries and are two of the most significant causes of death for men between the ages of 1-44.<sup>62</sup> So, looking at some of the "Gateway Addictions," only makes sense in the destabilized, post-COVID environment. A gateway addiction refers to addiction to a substance that is believed to increase the likelihood of progressing to the use of more potent and harmful drugs.

### **Alcohol**

Alcohol is a high caloric toxic drink that causes weight gain, yeast overgrowth, nutrient depletion, liver damage and brain damage. To be metabolized, it robs the body of many vitamins and minerals, especially the B vitamins and magnesium. One of the dangers of alcohol lies in its primary waste product – acetaldehyde. This poison is also produced when *Candida albicans* (yeast) digests sugar from our diet. Exhaust fumes and smoking cigarettes are further sources of acetaldehyde poisoning. Magnesium becomes depleted when this toxin is present because it is a necessary cofactor for the enzyme that metabolizes acetaldehyde.

Acetaldehyde attaches to red blood cells, proteins and enzymes, travels to all parts of the body and passes across the blood brain barrier where it is responsible for creating the symptoms we identify as a hangover. It does that by blocking the attachment of oxygen to red blood cells. It also damages the structure of red blood cells making them

rigid, so they are unable to squeeze through tiny capillaries to bring oxygen to the tissues. The brain uses 20% of all the oxygen that we inhale but stiff red blood cells cut down that amount considerably leaving you gasping for air and feely woozy.

Acetaldehyde also induces deficits in three important vitamins: the nerve vitamin, B1 (thiamine), the energy and neurotransmitter vitamin, B3 (niacin), and vitamin B5. These B vitamins are crucial for normal brain function. When they are lacking, neurons (brain nerve cells) can be irreparably damaged. Alcohol and acetaldehyde are also damaging to the liver. The amount of alcohol dehydrogenase, the enzyme that breaks down alcohol, increases dramatically in response to alcohol consumption. Some people produce small amounts of this enzyme and alcohol stays in the bloodstream making them feel drunk very quickly.

People become addicted to the alcohol high. When their blood alcohol level drops, they crave more. When alcohol isn't available or people are "on the wagon," sugar is a socially accepted substitute because it maintains a steady level of alcohol in the body by feeding yeast. Blood tests before and after a large amount of sugar can show an elevation in blood-alcohol levels. People have been arrested for drunk driving and failed the Breathalyzer test without touching a drop of alcohol. In fact, one of the byproducts of yeast is alcohol.

### **Diet**

Eliminating sugar from the diet is the first step in treating alcoholism because it curbs the craving for alcohol. Follow a good diet of vegetables, fish, chicken, whole grains, and fruit and strictly avoid refined foods and sugar, coffee, and tea to further prevent alcohol cravings. Low blood sugar (hypoglycemia) can trigger cravings for sugar or alcohol; therefore, it is wise to eat small frequent meals to keep the blood sugar in balance.

## Supplement Recommendations

- methylated and food-based B vitamins, L-methionine and L-aurine - L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification.

**Dosage:** 1 capsule twice per day.

- picometer magnesium - This mineral drives 1,000 enzyme systems and is responsible for metabolizing alcohol and acetaldehyde. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

**Dosage:** ½-1 tsp twice per day.

- a food-based, organic Vitamin C Complex together with a complimentary ascorbic acid supplement - Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron.

**Dosage:** 1 capsule twice daily together with 2,000 mg of ascorbic acid.

- picometer minerals – a fully absorbed multiple mineral that contains 12 complementary minerals

**Dosage:** ¾ tsp twice a day.

- sprouted liquid barley supplement

**Dosage:** 2 drops per day

## **Herbs**

Damage to the liver must be addressed in the treatment of alcoholism. Milk thistle is the most important herb in this regard. Use an organic, whole plant extract and take the recommended dosage indicated on the label.

## **Acupuncture**

Alcohol and drug detox clinics often employ ear acupuncture in their treatment protocols. Ear acupuncture can be extremely useful for balancing neurochemistry, calming the nervous system and eliminating cravings. However, it usually does not have lasting effects if not accompanied by elimination of sugar, a good diet and supplemental nutrients.

## **Coffee Addiction**

Coffee is probably the most consumed beverage on the planet and there are many reasons why. It's a stimulant and a laxative, which may account for a recent flood of media reporting that coffee is a health drink! If your blood flows well because your heart is stimulated by coffee and you are not as constipated when drinking java – yes, you may experience benefits. If you are already stressed to the max, adrenaline pumping non-stop and addicted to other stimulants like alcohol and sugar, coffee is simply adding to your stress.

An accumulation of stimulants can make your heart jumpy and set your nerves on edge. In a certain group of stressed-out and toxic folks, even one cup of coffee is enough to trigger a serious heart arrhythmia. You know you're addicted because, when you try to stop, you get a pounding headache – that can't be healthy. The only way out is to cut it out!

The good news is that you don't have to go cold turkey. Start by taking magnesium. Magnesium is the body's natural energizer, and it relaxes the bowel, so it's a gentle laxative as well, so it does what coffee does, naturally. It's also calming, treats insomnia

and neutralizes adrenalin surges preventing anxiety. Plan a time 2-3 weeks after starting magnesium to wean off coffee; you will be amazed how easy it can be.

### **My Recommendations**

I recommend supplementing picometer magnesium. With magnesium under your belt, switch to black tea for one week only. For withdrawal symptoms of irritability, sensitivity and headaches take Chamomilla 12X, a homeopathic remedy (one dose, 3-4 times a day) or you can increase your magnesium intake by one more dose per day. Then stop black tea and switch to herbal teas or a grain coffee substitute, available in health food stores. Chamomilla can be continued another few days. Read labels, because some herb teas, especially green tea, can be caffeinated.

### **Tobacco Addiction**

Generally, men tend to use all tobacco products at higher rates than women. In 2015, 16.7 percent of adult males and 13.6 percent of adult females smoked cigarettes. 129 Such differences may relate to a combination of physiological (particularly ovarian hormones), cultural, and behavioral factors.

### **Types of Smoked Tobacco Products**

There is a variety of tobacco products and while cigarettes are the most popular, they are by no means the only possible method of inhaling tobacco smoke. Some of these methods and products hail from the past when cigarettes were not readily available, but they've managed to survive to this day and still have a large user base.

### **Cigarettes**

About 5.8 trillion cigarettes were smoked worldwide in 2014, a staggering number only overshadowed by the fact that 2015 was even worse – we still don't have an exact number but if trends are to be believed cigarette consumption is on a global rise.

There are currently around 40 million cigarette smokers in the United States of America. That's close to 17% of total population. One-third of them are living with a smoking-related illness.

A cigarette is a roll of tobacco. The name is reserved for nearly all products that are rolled in thin paper or anything else that does not contain tobacco. It's the most widespread means of nicotine delivery – cigarettes are dominant in most developed countries and only give way to cigars and other tobacco smoking products in Cuba and India where cigars and hookahs are a preferred method of smoking.

Whenever you light a cigarette you create a chemical reaction called combustion. Combustion is not a nice-sounding word – it's something you expect to find in engines and not near your mouth and lungs. The combustion process rearranges chemicals inside the cigarette, creating toxic gasses that are harmful to your health all on their own – even without considering all the poison you're breathing in.

### **Light and Menthol Cigarettes**

For some reason, most people think that smoking cigarettes branded as 'light', 'mild', or 'ultra' reduces risks to one's health. There is absolutely no evidence backing this up.

Same goes for menthol cigarettes. They contain substances usually found in peppermint and spearmint plants and cause a cooling sensation while smoking. Since that cooling sensation facilitates smoking by making it less unpleasant, people tend to believe that they are avoiding the worst from cigarettes. Actually, they are equally exposed to harmful substances as people smoking regular cigarettes – they're just noticing it less which can be more harmful in and of itself.

In fact, the only reason menthol cigarettes exist is to lure younger people to smoking more easily. Flavors and the cooling sensation appeal to the younger population which is why it's illegal in the US to manufacture and sell menthol and flavored cigarettes. Also, manufacturers can no longer brand cigarettes as light or mild as it's prohibited by law

and deemed to be misleading.

### **Cigars and Pipes**

Cigar and pipe smokers also often claim that they are avoiding the worst health dangers of enjoying tobacco by actively avoiding cigarettes, which they perceive to be the worst type of nicotine delivery system. The common excuse is that they smoke one or two cigars a day and that that is nothing compared to 20 – 30 an average cigarette smoker smokes.

Actually, a cigar contains half an ounce of tobacco which is roughly as much as a pack of cigarettes. Also, a cigar will have anywhere between 100 and 200 mg of nicotine while an average cigarette contains 12 mg. As you can see, smoking two cigars is as bad as smoking a pack of cigarettes, if not worse.

Also, every tobacco that is manufactured for smoking – including the one that goes into pipes – is treated with pesticides and other chemicals so a lot of those that are present in cigarettes are present in pipe tobacco.

### **Hookahs**

Hookahs pose the same danger to your health as cigarettes. An average hookahs session lasts 1 hour. During that time, a smoker inhales 90,000 ml of smoke as opposed to 500-600 ml a smoker smoking a cigarette inhales.

Tobacco in hookahs is heated by charcoal. Studies suggest that this method of delivery puts smokers at risk of inhaling much larger quantities of harmful carbon monoxide and heavy metals as well as nicotine.

### **Bidis and Clove Cigarettes**

Bidis hail from India. They are hand-rolled, and the tobacco is covered in a tendu or a temburni leaf that is native to Asia. They can be flavored or unflavored.

Clove cigarettes (also referred to as Kreteks) are from Indonesia. They usually contain 60% tobacco and 40% cloves. They are banned in the United States because of the blanket ban on flavored cigarettes.

All smoking tobacco products bring with them health risks, and none is 'safer' than the other. All contain harmful substances that create toxic chemicals when they burn and most also contain a highly addictive drug, nicotine.

### **E-Cigarettes**

Higher nicotine e-cigarettes have driven the surge in e-cigarette sales in recent years, with those containing at least **4%** nicotine comprising nearly three-quarters of the e-cigarette market in 2018. Unlike in Europe, where e-cigarette nicotine concentrations cannot exceed 2%, there are no nicotine concentration restrictions in the United States.

### **What Are E-cigarettes?**

E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Using e-cigs is called vaping.

Nicotine is a dangerously addictive drug but when absorbed through a cigarette or any other smoking equivalent the effects can be devastating because it's not the only substance that is absorbed. In fact, while some studies show that, while nicotine might cause cancer, it is possibly one the least cancerogenic ingredients that are added in cigarettes.

**Nicotine effects:** decreased memory/alertness. decreased appetite. increased intestinal activity. increased heart rate and blood pressure.

- The nicotine content in a cigarette can vary greatly from one brand to the next.
- On the low end, a single cigarette may contain about 6 milligrams (mg) of nicotine. On the high end, about 28 mg.
- The average cigarette contains about 10 to 12 mg of nicotine.

- You don't inhale every milligram of nicotine as it burns. You'll probably inhale about 1.1 to 1.8 mg of nicotine by the end of each cigarette.
- This means that for a pack of 20 cigarettes, you'll likely inhale between 22 to 36 mg of nicotine.

Your body absorbs nicotine very quickly. Once you inhale, the nicotine goes from your lungs into your bloodstream and right to your brain in a matter of seconds.

Addictive chemicals are purposely put in tobacco making it very difficult to give up. Tobacco is cured with sugar, which stimulates combined sugar and tobacco cravings. Smoking natural tobacco eliminates the chemicals, making it easier to quit tobacco. *Natural Spirit* is the brand name of one natural tobacco. You may have to roll your own for a while as well – it's a sure way to cut down when you have to stop and make them. You know you're over tobacco when it's just too much bother to roll a cigarette.

During the first month after quitting smoking there is often a worsening of "smoker's cough". This happens because the small hair cells that line the bronchial tubes start to regenerate after being paralyzed for years. They immediately begin to move and clear mucus, which often contains black tar held deep in the lungs. Although uncomfortable, coughing up this poisonous material is a good sign that things are improving.

### **Diet**

Drink lots of pure water to help flush out toxins. An adult body is 70% water and if you have been smoking for years, your internal fluids are contaminated. The guideline for water intake is to drink half your weight in ounces of water. If you weigh 150 lbs., that means you should drink 75 oz of water a day. To make sure the water you drink is utilized properly at the cellular level, you have to take minerals that are absorbed at the cellular level, this means *ReMag* and *ReMyte*, and sea salt. I think it's important to mix ¼ tsp of sea salt in every pint of drinking water for the 72 minerals that you can no longer find in tap water, distilled water, reverse osmosis water, or highly filtered water.

Maintain a good diet and in the initial stages, avoid red meat, sugar, coffee, alcohol and refined foods, which can stimulate the craving for cigarettes.

### **Supplement Recommendations**

- methylated and food-based B vitamins, L-methionine and L-aurine - L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification.

**Dosage:** 1 capsule twice per day.

- picometer magnesium - This mineral drives 1,000 enzyme systems and is responsible for metabolizing alcohol and acetaldehyde. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

**Dosage:** ½-1 tsp twice per day.

- a food-based, organic Vitamin C Complex together with a complimentary ascorbic acid supplement - Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron.

**Dosage:** 1 capsule twice daily together with 2,000 mg of ascorbic acid.

- picometer minerals – a fully absorbed multiple mineral that contains 12 complementary minerals

**Dosage:** ¾ tsp twice a day.

- sprouted liquid barley supplement

**Dosage:** 2 drops per day

**Guidance Re: Substituting Addictions**

Try to avoid substituting one addiction for another. Most people who give up smoking begin eating sweets and rapidly gain weight. Find out the reason for your addiction and avoid being dependent on any substance.

**Herbs**

\* Lobelia is called Indian tobacco and in small doses can treat tobacco withdrawal.

\* Avena sativa, also called wild oats, can also help with tobacco withdrawal. The tincture form is used for both herbs at a dose of 5 to 10 drops in 4 ounces of water three times a day.

\* Fenugreek seed tea, 1 teaspoon per cup of boiling water steeped for seven minutes, can help loosen the mucus that accompanies cigarette withdrawal and can also lessen coughing episodes. Drink several cups a day.

**Acupuncture**

Ear acupuncture can help curb the craving for nicotine. There are several points in the ear that can be used to balance the body by easing irritability and clearing the lungs of the buildup of waste material. A doctor trained in ear acupuncture can administer these treatments.

## **CHAPTER TWELVE: CHRONIC RESPIRATORY DISEASE**

### **CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**

Emphysema and chronic bronchitis are two types of chronic obstructive pulmonary disease. They are both commonly due to the effects of the hundreds of tobacco toxins on the lungs. The walls of the bronchial tubes are damaged and thickened losing their ability to transfer oxygen from inhaled air through the lungs into the blood stream. Symptoms include shortness of breath, wheezing, and inability to take a deep breath. Smoker's lungs are at increased risk for developing bronchitis and pneumonia.

Do men smoke more than women? According to a WHO Bulletin:

*Worldwide it is estimated that men smoke nearly five times as much as women, but the ratios of female-to-male smoking prevalence rates vary dramatically across countries. In high-income countries, including Australia, Canada, the United States of America and most countries of western Europe, women smoke at nearly the same rate as men. However, in many low- and middle-income countries women smoke much less than men. In China, for example, 61% of men are reported to be current smokers, compared with only 4.2% of women. Similarly, in Argentina 34% of men are reported to be current smokers, compared with 23% of women.*

In years past, while in the US, as many women smoke as men, men probably smoked more cigarettes per day damaging their lungs to a greater extent. However, equality has hit COPD making the incidence of this chronic condition similar in men and women.

There's more to cigarettes than the highly addictive nicotine. As I mentioned above, smokers are inhaling anywhere from 4,800 to 7,000 other chemicals. These chemicals are byproducts of the chemical interactions of over 600 different ingredients found in every cigarette and most other tobacco products.

## **Preventing COPD**

Of course, the only way to prevent COPD is to take a pass on cigarette smoking and vaping! With humans always wanting to fit in and be part of the crowd, there are always going to be bad habits that the crowd follows. Probably the biggest deterrent to cigarette smoking is the financial cost before the ultimate cost to health is recognized.

## **Treatments for COPD**

When my father wanted to quit smoking, I did ear acupuncture on him, which helped with the withdrawal symptoms of nicotine cravings, irritability, restlessness, anxiety, insomnia, depression and weight gain. You can also put constipation on this list because nicotine seems to have a laxative effect.

## **Picometer Magnesium**

Most of the symptoms of cigarette withdrawal, including constipation, also respond to picometer magnesium. Building up your dose to about 600-900 mg a day can very helpful for the irritability, restlessness, and insomnia; and may help the cravings, depression, and weight gain.

## **Nebulizing Magnesium, Silver, and Hydrogen Peroxide**

For improving the structure and function of the lungs themselves, I would nebulize or snort straight picometer silver and diluted picometer magnesium and diluted 3% hydrogen peroxide. If you don't want to bother with a nebulizer, purchase a handful of

small nasal squirt bottles and fill each with a different remedy. Dilute the magnesium, and 3% hydrogen peroxide half-in-half with saline. Picometer silver can be used at full strength. Every day inhale several squirts of each remedy. One in the morning, one at noon and one in the evening.

Picometer silver will act as an anti-bacterial, anti-viral and anti-fungal. It will help wound healing in the lungs and also stimulate stem cell production in the bone marrow. Picometer magnesium will relax bronchial muscles and help prevent wheezing. Hydrogen peroxide will help prevent infection.

## **Supplement Recommendations**

For something as serious as COPD, I recommend supplementing with picometer minerals, whole food vitamins, a natural protein supplement, and soil-based probiotics.

## CHAPTER THIRTEEN: STROKE

Stroke seems so arbitrary, occurring seemingly out of the blue. However, there are reasons why people have a stroke and there are ways to prevent them. The following short text is taken from Chapter Two of my *Magnesium Miracle*<sup>63</sup> book.

*A 2015 study confirms that magnesium has a major role in dissolving calcium crystals in calcified arteries. We know about coronary artery calcification that leads to heart attacks; carotid artery (in the neck) calcification leads to stroke; and don't forget about kidney artery calcification that can initiate the process of kidney failure.*

A New Zealand doctor Mark Bolland studied the intake of calcium supplements for osteoporosis and found that they can cause kidney stones, acute gastrointestinal events, and increase the risk of myocardial infarction and stroke. Bolland concluded that any benefit of calcium supplements in preventing fracture is outweighed by an increased risk for cardiovascular events.

Below is an excerpt from Chapter Two of *The Magnesium Miracle*:

*Calcium can precipitate out of the blood and deposit in the lining of arteries, causing hardening of the arteries (arteriosclerosis); the new term is vascular calcification. Calcium can coat and stiffen cholesterol deposits (plaque) in the arteries, leading to atherosclerosis. This, in turn, can cause blood pressure to rise as well as increase the risk of heart attack and stroke.*

The following is from Chapter Five of *The Magnesium Miracle*:

*A burst or blocked blood vessel in the brain is all it takes to cause a stroke. The damage is so confined in the skull that it destroys critical brain functions. Stroke is initiated by hypertension, atherosclerosis, and diabetic complications—all of which are associated with low magnesium. Keeping blood vessels strong, preventing blood from clotting inappropriately, and healing stroke-damaged areas are all within the scope of the miracle of magnesium.*

*Stroke has devastated the lives of millions of people in the U.S. Each year, 15 million people worldwide suffer a stroke. The CDC's Stroke Facts, updated in 2015, paint a very scary picture. Every year, almost 800,000 people in the United States have a stroke. Almost one quarter, 185,00 people, have had a previous stroke. Stroke kills almost 130,000 Americans each year; many of the rest are left disabled. Stroke is a leading cause of serious, long-term disability.*

*What evidence is there of the importance of magnesium in stroke? All deaths due to stroke among Taiwan residents (17,133 cases) from 1989 through 1993 were compared with deaths from other causes (17,133 controls). It was determined that the higher the magnesium levels in drinking water used by the Taiwanese residents, the lower the incidence of stroke.<sup>64</sup> Also, in study of 4,443, men and women aged 40-75, lower dietary magnesium intake was associated with higher blood pressure and stroke risk. The investigators said such results "may have implications for primary prevention."*

*Decades of research show that withdrawal of magnesium from cerebral arteries causes them to spasm, whereas elevated magnesium produces relaxation. Animal studies show that when there is normal or elevated magnesium in the brain, the damage caused by stroke is reduced and the neurological deficit is lessened. This is because magnesium blocks calcium from flooding the cells and causing injury. Research also indicates that the area of the brain damaged by stroke contains injured neurons that can remain hyperactive (if they don't have enough magnesium) for*

*several hours after the stroke has occurred.*

*Damaged neurons are frantically struggling to survive and need even more oxygen, glucose, and magnesium than normal. In addition, when these vital nutrients are deficient, those neurons become especially vulnerable to the damaging effects of excitotoxins that rush in to fill the void left by depleted nutrients. Hospitalized patients commonly have low magnesium levels, which means that neurons are even less likely to survive. According to one researcher, a state of severe magnesium deficiency alone is enough for rats to develop widespread injury to their brains, affecting key brain functions.*

*A study of stroke patients in New York highlights the absolute requirement for magnesium intervention in the ER. Ninety-eight patients admitted to the emergency rooms of three hospitals with a diagnosis of stroke exhibited early and significant deficits in magnesium ions as measured with a sensitive ion-selective electrode. The stroke patients also demonstrated a high calcium-ion-to-magnesium-ion ratio, signs of increased vascular tone, and abnormal cerebral vessel spasm.*

*Animal experiments show that intravenous magnesium can prevent hemorrhagic stroke (induced by alcohol) and the subsequent fall in brain magnesium ion levels as well as other metabolic factors. Recent data indicate that alcohol-induced cellular loss of magnesium ions is associated with cellular calcium overload and generation of free radicals.*

*What about humans? Can they benefit from IV magnesium to reverse the symptoms and the damage caused by stroke? I interviewed Dan Haley, a former New York assemblyman, on this topic. Dan had spent over a decade researching alternative healing modalities and wrote a book called, *Politics in Healing*. When Dan suffered a stroke that paralyzed his entire left side in August 2004, one of his many friends advised him to see a doctor in Washington, D.C., who offers IV magnesium and oxygen for stroke recovery. Dan had already seen some improvement with several*

*acupuncture treatments and could move his left hand, but his doctor had to go to China, so Dan went in the other direction, to Washington. Within ten days of receiving daily treatments as an outpatient, Dan was walking and had full use of his left arm again.*

*Dr. Bruce Rind is Dan's Washington doctor. He and Dr. Sean Dalton developed the RELOX procedure for stroke, which consists of an intravenous vitamin-mineral solution, with a heavy emphasis on magnesium, and the simultaneous application of oxygen by mask. In Dan's case, Dr. Rind added hour-long sessions in a hyperbaric oxygen chamber to further enhance the delivery of oxygen to the brain.*

*Drs. Dalton and Rind presented their RELOX protocol at the Neuroscience 2005 Conference in Washington. The conference was attended by 30,000 people and honored with a keynote address by the Dalai Lama. In their talk, "Stroke Rehabilitation: An Investigation of Clinical and Neurological Recovery with a Nutrient-Oxygen Intervention," the doctors pointed out that there has been little research focused on the potential of cost-effective nutraceutical-biologic interventions to improve/restore clinical and neurological function in subacute-chronic stroke patients who are functioning with paralysis and no hope of cure. They told the audience that the RELOX procedure has been administered to a patient population of over 200 who have suffered the aftereffects of stroke from periods ranging from a few days to twenty-plus years.*

*Their results have been nothing less than miraculous. Patients with mild to moderate impairment experienced "moderate to significant, relatively sustained clinical recovery of cognitive, motor, and sensory functions after three 40-minute treatments with no significant adverse effects." SPECT scans of these patients suggested "cerebral functional volume recovery correlated with CBF (cerebral blood flow) and metabolic increases."*

*Contrary to most medical opinion, Drs. Rind and Dalton are proving that the area of*

*stroke damage "may represent relatively viable, functionally depressed, albeit potentially salvageable regions for a more extended period following stroke or other cerebral insult than heretofore estimated."*

*The good doctors know this to be a real possibility because their procedure has helped the majority of patients that have been treated. They advise that, "Given the potentially remarkable personal, social, and economic benefits for patients and society, further investigation of the RELOX Procedure's clinical and neurological efficacy, safety, and mechanisms of action is warranted."*

*Drs. Rind and Dalton planned a pilot study of chronic stroke patients involving acute-subacute stroke, cerebral palsy, and traumatic brain injured patients. I have been unable to find any such study in medical databases so perhaps they did not get the funding to run their study. However, Dr. Rind is still practicing in Gaithersburg, DC and has RELOX listed as one of his many modalities.*

*In the meantime, I've had some success with using picometer magnesium in place of IV magnesium therapy. In Chapter 18, Lynn writes about her husband Dana and how he was able to replace his thrice-weekly IV magnesium drips with picometer magnesium and improve his magnesium blood test results and his health. So, I was not too surprised when I received the following email about picometer magnesium's effect on stroke symptoms.*

*"My wife had a stroke four years ago. While researching brain damage repair after stroke I discovered that brain glial cells have a collagen structure and need magnesium and vitamin C, so she's been taking both according to your blog recommendations. Apparently, Einstein's brain was overly abundant in glial cells, which made me decide to try and increase my wife's. Guess what? She has made big strides in speech recovery and organizational activities at home in just three months of [picometer magnesium]. I don't think this is placebo not at 77 years of*

*age. Also, since I've been using [picometer magnesium], it's reduced my AFib."*

## **MY SUPPLEMENT RECOMMENDATIONS**

I suggest researching my *Complement Formulas* and discussing using the following supplements with your health care practitioner:

- picometer magnesium
- picometer minerals
- whole food and methylated B Vitamins
- natural, food-based Vitamins D3 and K2
- whole food Vitamin C and natural ascorbic acid
- natural, high quality protein supplement
- natural Omega-3 Fatty Acids with Vitamins A and E

## **CHAPTER FOURTEEN: LONG COVID: THE NEW FACE OF MAGNESIUM DEFICIENCY**

As soon as Covid came along, I thought about my experience with Chronic Fatigue Syndrome ("CFS") (and Fibromyalgia), which I began treating in the early 80s. Over time I realized that these chronic conditions were a combination of magnesium deficiency and yeast overgrowth and all the various stresses and toxins that can cause magnesium deficiency and yeast overgrowth. I saw so many people with CFS and Fibromyalgia that I gave the whole syndrome a new name – Total Body Meltdown. Working with Total Body Meltdown helped me formulate the nutrients to provide the building blocks that create healthy cells which help overcome this condition.

Currently, Long Covid is going through the same stages of being ignored or diagnosed as a mental aberration that CFS went through back in the 1980s. That's because there is no physical test that can diagnose Long Covid, and until there is one and until that abnormality has a drug that will treat it, Long Covid will just be another set up symptoms that allows researchers to scoop up research funding to "study" but not treat it. Long Covid is also being confused with people who suffer side effects from the Covid jab.

Long Covid has been recognized a lot faster than CFS because so many people are reporting it because the incidence of Covid was so high. But I also think it's because most people took a lot of antibiotics, steroids, and other medications that caused immediate yeast overgrowth and the media promoting doomsday 24/7 along with the drugs caused magnesium deficiency. Vitamin C, vitamin D, zinc, and selenium deficiencies are also part of the Long Covid picture.

As I mentioned earlier, I find that every symptom of Long Covid is related to magnesium (and mineral) deficiency and yeast overgrowth. I recommend vitamin,

mineral, and essential fatty acid building blocks to make cells healthy that in turn make tissues and organs healthy. When the immune system is supported by nutrients, it's better able to deal with yeast overgrowth.

## CONCLUSION

Thank you for reading this book. I've probably given you too much scientific material, but I balanced that with [Appendix A](#) where you can find inspiring testimonials from several of our customers. Don't be surprised if you see yourself in some of these stories, as you learn how to ReSet your health.

## **APPENDIX A**

### **TESTIMONIALS FOR CHAPTER ONE - ANTI-AGING**

Many of our customers say that our formulas are extending their lives, making them more productive and healthier. The following three men talk about their journeys into well-being, using my formulas. Because of FDA regulations that my words or the words of my customers can't suggest my formulas health any health conditions, the names of my formulas have been removed from the following stories, with their permission.

## **My Anti-Aging Experience by Gregg Sanders**

I became involved in the health food movement back in the early 70's. This is when the meme "you are what you eat" became popular. Most of my friends thought I was crazy. I was looking for the perfect diet, the best vitamins, the perfect water, the best way to think and the beginning of a spiritual journey. For the last 45 years I have seen many food disciplines come and go. Red wine is good, red wine is bad. Margarine is good, butter is bad. Carbs are good, carbs are bad. It depended on what marketing board was paying advertisers to promote their product. But I was just as susceptible to suggestion as everybody else and during that time I developed numerous "food rules".

Over 10 years ago, I was introduced to a liquid formula derived from sprouted barley seeds. In a short period of time, I realized there was something very different about this 'supplement'. I stopped taking my vitamins, began challenging my food rules, and reviewing my expectations of more.

The changes I experienced after taking these drops were profound. Having worked in a grocery store for 5 years as a teenager and opening cardboard boxes with my right hand I always, year after year had cracked cuticles, (only the right hand) in dry weather.

The first fall after starting to take The Drops, no cracked cuticles for the first time in 30 years! Months later I realized how soft the skin was on the heels of my feet. Both these effects have carried through to the present. I realized The Drops were working from the inside out.

Looking back at old family pictures it was obvious to me that my hair line had started to retreat by at least an inch and a half. Since using The Drops, that stopped. Also, for

the last 10 years I have been using the same eye wear magnification, 1.25. Very pleased with that.

Most people I meet are surprised that I am 66 years old.

During the first few months it became apparent that taking The Drops shifted my thinking into a more relaxed state. I experienced numerous anomalies, vivid dreams, a feeling of completeness, and a greater expectation of more.

The clarity of my thoughts affected every area of my life, and I was and still am pleased with the outcomes I enjoy. My relationships are whole and healthy. My businesses are all flourishing. The contrast that used to get me off kilter, both personal and professional, is still present but did not have any impact and just roll off me like water on a duck's back. I shifted from 'solving problems' to expecting solutions. These solutions began to present themselves even before the problem developed. I stopped using my mind to solve them and allowed my intuition, my knowing, to speak.

I am an avid skier and have known 'what to expect' from my body as I ski. My first year of skiing on The Drops, I went down the first run and noticed the familiar lactic acid leg burn. Didn't pay attention to it. I was sitting on the ski lift in midafternoon after a dozen runs when I realized that the leg burn had not reoccurred since my first run. During subsequent ski trips, there was no lactic acid buildup in my muscles. Now I expect a higher degree of performance from my body as I do endurance sports like skiing.

I remember talking with a flight attendant who had been taking The Drops for 3-4 months. She was based in Toronto and flew all over the world. She repeatedly suffered from jet lag doing the Atlantic run even after 20 years. She told me about her experience on a recent flight when she woke up in England, went about her day, and by lunch time became aware that there was NO jet lag. Never experienced it again. Her mind relaxed so the body could shift. I like to call that, expectations without thought.

I have met so many people whose idea of being healthy was the absence of

sickness. "I must be healthy; I haven't been sick in years"! It always sounded like a degree of less-than-ness than a degree of more-ness. I have come to expect more from my body. It has all the tools, energy, and chemicals needed to overcome mostly everything. There is no perfect diet except what you decide is the perfect diet. My body listens to my words, and you will never hear me say, "I shouldn't eat this, but it looks so good". Maybe telling your body how good the food is that you eat is where the power of blessing your food comes from?

The last straw for me when it came to my food rules came after reading a study done on 2 different population groups. The study fed both groups the same food: buttery croissants, triple cream cheeses, fatty cured meats, and rich pasta.

If I remember correctly, the participant's sensory receptors, which record both physical and emotional responses, were monitored throughout the study. One group had a well-defined negative sensory response. The other group had a well-defined positive sensory response. The main difference between the 2 groups: one group was American, and one was French. The moral of the study? Food is meant to be enjoyed in France; for those individuals the foods were fantastic! But to the Americans those foods were considered unhealthy, and they fought against it with their negative response.

It was at that point I realized that my mind had already decided what food was good for me and what wasn't based on "my rules" formed by educating myself from other people's preferences and prejudices. It took a few years, while taking The Drops to fully dismantle my rules about food. All the food I now eat is to be in-joyed.

I started introducing The Drops to my family as well. I visited my 80-year-old father some time ago. He had just smacked the back of his hand on a table corner or the counter. It was black, scary black. All I had with me was a concentrated formula of The Drops. I did 2 applications and instructed him to do it a few more times before bed. The next morning, I visited him, and he said, "come and have a look at this"! His hand color was completely back to normal, no sign of a bruise. I wish I had a before and after

picture, but I was so shocked by the blackness that all I focused on was the treatment.

Once I started using The Drops, I cut out all the unnecessary supplementation I had been doing and also stopped going to the chiropractor. Thirty years ago, I was diagnosed with scoliosis, a sideways curvature of the spine. I had used chiropractic adjustments to work on it for many years. After a seven-year break, I felt it was time to go back so I went back to the same chiropractor. He remembered my scoliosis condition and was alarmed to see none of it present. Unfortunately, he had purged his x-rays of all clients he hadn't seen in 7+ years. Had those x-rays been available, it would have been a great testament to the ability of The Drops to allow us to relax and allow. Another great reminder of forgetting yesterday so today can begin anew.

The next most significant change I experienced was after regularly taking picometer magnesium liquid. This was the first mineral supplement I had taken in 10+ years. I don't know how someone can write 4-5 books about such a common naturally occurring mineral, but apparently Dr. Dean did.

I remembered my parents' ritual after working in the garden all day. They would soak in an Epsom's Salt infused bath. Epsom salt is rich in magnesium sulfate. They said it made their aches and pains go away but had no idea of the mechanisms involved. That old timey cure for aches and pains had withstood the test of time.

Prior to putting picometer magnesium into my water bottle I had the usual noisy joints I had come to expect from my legs, back and neck. Sitting at a desk for hours then sprinting off to work on some project was all the exercise I got so I thought creaky joints was to be expected.

That all changed after a month on picometer magnesium. It's a very rare day that I don't jump out of bed with every muscle and joint ready to go as soon as my feet hit the floor.

I have taken up doing yoga 3 times a week for the last 2.5 years. This form of yoga

is all about stretching. My instructor is constantly amazed that I can follow all her routines regardless of the complexity of the stretch.

There was one incident worth mentioning. I had a strain on my right neck muscle about 6 months ago that would just not go away. Stretching, massage nothing seemed to work. Then after 2 weeks I clearly decided, "I am over this, whatever it is". Not a moment later I heard in my knower, "put picometer magnesium on that muscle". A little embarrassed, and 3 applications later the muscle had relaxed by 95%. I guess 95% was all I would *allow*.

As I said before, I've always been in hot pursuit of the very best life has to offer. My desire to be my very best in body, mind, and spirit opened many doors for me. In the 70's I became involved with a spiritually gifted individual, an Edgar Cayce type. Cayce was an American clairvoyant who claimed to channel from his higher self. The person I knew, Michael Blake Read, had a similar gift and had done sessions with heads of state, millionaires, and numerous law enforcement agencies. Reasonably legit. On my first session I asked if there were any lingering effects of a car accident I was in when I was 7 years old. I was crossing the street and was hit by a car going 40 miles per hour. He described the balancing of the brain plates, how everything had settled in place, etc., etc. Then they took the opportunity to tell me about my mineral balance and what was deficient. A whole slew of minerals were low despite being a vegetarian for 5 years. In 1970 there was not much on the health food scene for mineral supplements that had any degree of absorbability.

I did my research and found out that diabetes in coastal areas of the country were the lowest. Probably due to trace minerals from sea spray and the like in the soil. I came to understand that trace minerals, although in extremely small quantities, were important to overall body health. When Carolyn told us about her picometer multiple mineral solution in 2013 I was all in! I am a prolific sweater. I sweat well with minimal physical exertion. I have never used antiperspirants. Never seemed right that I should deny my

body sweating. If my sweat is salty, I need to replenish those vital minerals.

I work in the water treatment business. Many people ask me what is the best water to drink? I am emphatic that the less we do to water the better it is. High pH water never made sense to me. Why would you drink pH 12 water when your stomach condition is akin to muriatic acid, pH 3? Conversely, drinking reverse osmosis water that has had 90%+ of the minerals removed was never a good idea to me.

“Purified water” is basically any municipal water that has been treated with reverse osmosis, (RO) to remove almost all minerals, sanitized then a small amount of calcium and something else put back in so it tastes better, (mostly devoid of a decent mineral spread). Say No to RO. “Spring Water” is the least adulterated. Here in the US, the water bottling industry is well-regulated and if the label says spring water it has to come straight out of a well or spring. It is then filtered, sanitized, typically with UV light or ozone, and bottled.

Water is a universal solvent and over time will dissolve almost everything. But when you supplement your water with minerals the solvency of water is greatly reduced. Based on my research, too much water, devoid of minerals, will start to strip minerals out of your body. This picometer multiple mineral formula has been a life saver for people who want to replenish their trace minerals. I have gotten so used to mineralizing my daily water intake that ‘plain’ water doesn’t taste good anymore. That’s the body saying, “good job”! The object as I understand it is to hydrate the cells, not just consume water. Picometer-size trace minerals do just that.

I have had a heck of a journey as a health hobbyist. It has been much more of a blessing than a curse. I see so many people educating themselves about what’s good and bad for their health. I think the biggest downside is following the fads and not sticking with the facts. Eventually, people won’t be able to eat anything without consequences. One way I continue to protect myself and my mind: I take all of Dr. Deans *Completement Formulas* to some degree or level every day and I haven’t felt this good since my 20’s.

Sometimes, doing less is more. My body knows what to do. I give it the basic building blocks and try to stay out of its way!

## **Gregg Sanders - Biography**

Gregg Sanders is the proud owner and operator of Water Tech Solutions, Inc. with 24 years of water treatment design and engineering, specializing in water filtration, sanitation and remediation applied in a wide range of commercial and industries and applications that include water parks and massive aquariums.

Gregg believes that health and well-being start with our most basic and critical of resources, water. The human body is up to 75% water. We are, quite literally, what we drink. Gregg has applied this philosophy throughout his career and together with his team of specialized technicians, Water Tech Solutions has designed, implemented and maintained water treatment systems for aquariums, drinking water plants, bottling plants, recreational facilities and many other industrial applications throughout North America.

By combining his vast knowledge and skills in water remediation with 10 years of professional experience in hydroponic indoor growing facilities, Gregg continues his lifelong passion for health food education and naturopathic advocacy.

Often referred to as "The Water Whisperer" by his customers and co-workers, Gregg lives in North Carolina with his beautiful wife, wildly successful adult children, and yes, two dogs and a cat. No white picket fence 😊

Gregg Sanders loves The Drops, and in his story, he gives us a glimpse of their power and how they can make a mockery of time!

## **Health, Performance, and Longevity by Bertron Hill**

Due to my early participation in organized sports, over the years, I've developed an "experimenter spirit" where I constantly seek an "edge" to enhance my health and performance. I started playing baseball in 1968 and football and basketball in 1972. I began training with weights in 1973, and I continued playing basketball and American football in high school from 1973 to 1976. I continued my football pursuit at the college level from 1977 to 1980, where I played quarterback and wide receiver.

In 1979, I became a certified personal trainer and worked as a personal trainer during my college summer breaks. Between 1982 and 1983, I tried out for two professional football teams. I was a sergeant in the United States Army from 1985 - 1987, where I led morning physical training with my platoon. During my military service, bodybuilding and powerlifting became my hobbies. After finishing my military service, I continued participating in bodybuilding and powerlifting as hobbies until 1997. After completing my MBA degree in 1996, I decided to pursue my childhood passion of practicing martial arts. In April 1997, I began officially practicing and studying Wing Chun Gung Fu.

Due to my participation in sports from an early age, I was curious about health and nutrition. I started taking vitamins and protein supplements in 1973 to give me that "edge" for freshman football in high school. I became a "health fanatic" in 1975 after finding out that my beloved grandfather, who passed away four days before my tenth birthday, died of "arteriosclerosis." In 1975, I began visiting my hometown's only "Health Food" store with my cousin, an elite football player, and weight trainer, to purchase vitamins and protein supplements. The same year, I bought "Back to Eden," written by Jethro Kloss, and began to explore natural remedies. As I continued participating in football after high school, I continued to take vitamins, protein powder, and other supplements as I pursued the "edge." I even included anabolic steroids. From 1985 to 1987, I participated in bodybuilding and powerlifting, which I continued once I was out

of the army.

After completing my MBA in 1996, I discovered that I had a vast space in my schedule, so I decided to begin practicing martial arts. With a stroke of luck in 1997, I found a small school not far from my home that taught Wing Chun Gung Fu, the art that Bruce Lee learned before moving to the United States. I stopped all weight lifting because it interfered with using the "bone joint power" emphasized in Wing Chun, but I continued to supplement my diet with vitamins, protein, and other supplements. In the fall of 1999, I began exploring and experimenting with Qigong after engaging a Qigong Master who visited my Gung Fu teacher's class. At this time, I began to study and experiment with Chinese herbs like Ginseng to boost my training. After moving to Switzerland in 2004, I began to research and practice Qigong officially with a Qigong Master via mp3 recordings, telephone conversations, and email correspondence. The Qigong was quite extensive, emphasizing "50% practice/experimentation and 50% study."

Through the encouragement of my Qigong Master, I began to engage in special herbal remedies developed by Dr. Jing Chen, based in Monterey, California. They were designed to cleanse my internal organs to assist the flow of chi and I felt they gave me good results.

In November 2011, I discovered Dr. Carolyn Dean from her husband's radio show called "Cash Flow." I found Dr. Dean's explanation of wellness during the show very stimulating. I'll never forget the unique explanation that Dr. Dean gave on one of the Cash Flow shows in 2012 regarding her new product I'll call The Drops. When I heard about them, the "experimenter spirit" in my heart became very curious about Dr. Dean and her Drops. Here are a few notes about The Drops from that particular Cash Flow show:

"Super Sugar" is the perfect food that's completely metabolized and boosts health by perfecting cellular performance. The Drops, when taken under the tongue, will affect the mouth and lipids and connect to the lymphatic system. They also affect five cranial

nerves.

There are six phases that the *RnA ReSet Drops* activate:

1. Respiration - (Skin, Lungs, Sinuses, Sweating) – Extremities get softer and tougher
2. Circulation – Blood, Heart, Facial glow
3. Metabolism – Weight gain or Weight loss, Gut - Endocrine System (Pituitary, Thalamus, Thyroid)
4. Elimination – Improved Bladder and Bile movement
5. Nervous system – Limbic system (Gut), Basal Ganglia
6. Eyes

After hearing Dr. Dean's overview of the phases of The Drops. I bought my first bottle and began taking them in March 2012. From the first drop, I started to feel my body in a new way. It felt like my body systems were being rewired because I became more sensitive, which escalated my Qigong practice. In Qigong circles, an important lesson is to be able to control the "monkey mind" by having the "monkey ride the horse," which emphasizes the importance of using the "mind to control the body by holding a horse stance," which creates the process of allowing the mind to settle into the body. I've found that by taking The Drops, the mind settling into the body happens automatically, which took my training to another level in that I get more benefit with minimal training.

When I read Dr. Dean's, August 2012 article, "[Programming RNA: The Future of Medicine](#)", which summarized her RNA research, I knew that I had found the key to the "alchemical secret for longevity," which is mystically referenced in Qigong. Dr. Dean's statement in the article that "The Drops are giving new information to the RNA which affects our DNA via an improved tuning function of Chromosome 14, allowing the replication of perfect cells to reach 144,000 double-strands of DNA" made perfect sense to me from what I studied in Qigong. It reminded me of a lesson from my Qigong studies:

***"Ancient Life Medicine is to remain consistently growing and regenerating the cells. When wealth is lost, nothing is lost. When character is lost, something is lost. But when health is lost, all is lost."*** To me, The Drops are the real alchemy!

When I tried Dr. Dean's picometer magnesium, I instantly noticed a difference in my energy levels. My concentration levels during my daily tasks and training increased even more. When I read Dr. Dean's book *ReMag: Invisible Minerals Part I* and learned that magnesium activates 1,000 enzyme systems of the body and the picometer magnesium formula is absorbed at the cellular level, I knew that picometer magnesium was the key to "Qi Activation." According to Chinese Medicine and Qigong, "Qi" or "Chi" is electromagnetic-biological energy that circulates through the body. I found out later from engaging with iON that "Qi" is the isometric energy of the body. I was so enthusiastic that I had found a product that activates "Qi" that I immediately called a Chiropractor friend of mine who I used to train in Gung Fu. I wanted to tell him that I had found a product that assists in activating "Qi" and for him to give it a try. Unfortunately for him, he didn't follow up on my suggestion.

I consider engaging Dr. Dean's Completement Formulas as an evolving experience of what it means to explore the true meaning of "Wellness" and "Longevity"! For example, in late 2016, I noticed that I no longer had the "stinging" sensation that would radiate from the bottom of my tailbone up my spine to the top of my head. Since my sophomore year of college football, I've had this "stinging" sensation, and the experience continued after I stopped participating in football. I would experience the "stinging" at least twice a year in my adult life. I attributed the feeling to a series of neck/head injuries from high school and college football. I had become used to this weird sensation over the years. I believe I was experiencing mild symptoms of chronic traumatic encephalopathy (CTE), a brain trauma disorder you hear about in the news that is afflicting football players at all levels. Although I cannot prove it scientifically, I feel that Dr. Dean's Drops and the rest of her Completement Formulas eliminated this brain ailment. Finding Dr. Dean's Drops is

a total blessing for me!

I found Dr. Dean's protein powder/meal replacement the tipping point in my Wellness and Longevity. This protein powder reactivated the muscle memory that I had when I was training seven days a week as a bodybuilder/powerlifter years ago. My muscle memory has returned to the heavy training results with minimal training needed. I've developed an isometric yoga-like "bone joint alignment and power" exercise that engages all of the joints in my body in just 15 minutes as an effect of my engaging Dr. Dean's protein powder.

I'm on all of Dr. Carolyn Dean's Completement Formulas. With over 40 years of experience experimenting with supplements, I can testify that no other products on the planet can compare to her formulas. Based on my overlay of what I've learned from Western physical/sport culture and my study of Chinese qigong, I find that Dr. Dean's formulas are the third level or the "Completion" of integrating the "mind, body, and spirit" complex. Everything is easier for me with the Completement Formulas. I don't have to worry about nutrition as long as I'm engaging the formulas. I'm getting more done with less effort in my daily tasks and training. I have a daily "monk routine" that begins and ends with engaging The Drops, the protein powder and at least 3 liters of water with added picometer magnesium, picometer multiminerals, picometer silver, picometer Zinc. In addition, I take Dr. Dean's food-based B vitamins, vitamin C, vitamin D3 and K2, and Omega-3 in algae form. I never miss taking the formulas.

I feel that this protocol makes me feel better than when I was younger. I feel like a new person every day with no limits! I have more clarity of application of my strength and energy than I did when I was younger. When I was younger, I ran on just the "youth juices" without any understanding or knowledge of the efficient application of energy and effort; that's why I feel the "longevity element" from Dr. Dean's Completement Formulas are the "Completion" of integrating the "Mind, Body, and Spirit."

Now, when I employ what I have learned from weight training, stretching, skeletal

alignment, and Qigong, I have an evolved perspective of engaging my physicality directly from a longevity standpoint thanks to Dr. Dean's Completement formulas.

My experience with Dr. Carolyn Dean and her formulas reminds me of a lesson my Qigong master gave me years ago regarding the "3 Kinds of Doctors." I believe that Dr. Carolyn Dean's formulas have obsolesced Chinese medicine in the "iONic age," and she is the "Third Kind of Doctor"! ☺

Below is the teaching of the "3 Kinds of Doctors":

At the core of the Ancient Teachings are the virtues of Cultivation, Realization, and Empowerment of the Self. From this "Medicine of Life" springs forth the idea of the "3 Kinds of Doctors":

1. The common physician treats patients when they are sick.
2. The advanced practitioner can diagnose and treat disease before it manifests in the physical level of the body.

The highest level of doctor has no patients nor gives any treatments or medicine. These are the great Master Teachers that impart the "Pearls of Wisdom," knowledge of life, and the Way of Nature (Tao) to their students. Special emphasis is placed on how to prevent and heal oneself of pain, illness, and emotional disharmony...in body-mind-spirit through the integration of movement.

## **Bertron Hill – Biography**

Bert was born and raised in Frederick, Maryland, a small city located 44 miles from Washington, D.C. and 47 miles from Baltimore, Maryland. He graduated from Frederick High school in 1977 and from Salisbury State University in 1982 with a Bachelor of Arts in Sociology. He did a brief stint in the U.S. Army from 1985 to 1987 and completed his master's degree in Business Administration in 1996 with a concentration in finance and operational management.

Bert writes a masterful piece that tells “the rest of the story” about his life as an athlete and Qi Kong practitioner. Bert attributes his health, wellness, and longevity to the Completement Formulas.

## **Beyond Material Health by Michael Sandler**

What's a former pro-athlete, turned modern mystic have to do with Magnesium?

Turns out, a lot.

I've had two near death accidents and a third serious event, a trifecta if you will, that cracked all of the bones around my heart, or you could say cracked my heart wide-open.

And if there's one thing I've learned it's how essential it is to get your body, mind and spirit in alignment or balance to heal.

For we aren't just physical beings, or even spiritual beings having a human experience.

We. Are. Pure. Energy.

You see, we are all energetic beings, having an energetic experience, in human form.

And jumping ahead, magnesium is a super-molecule, for getting your body in energetic balance or alignment.

Put another way, we are all an organization of coherent packets of information, quanta, singing in harmony. This organization takes us out of the cosmos of possibility and brings us into physicality here on Earth, or what we call the Earth school, to have a physical experience.

Now, what's important to understand is that this organization can be chaotic, which leads to disease. Or it can be singing in resonance and harmony, which we call perfect health.

It's taken me a very long time to understand this, and many in the spiritual community even longer. Haven't we all seen "spiritual" people who are really struggling with their bodies?

For we do not just have a spiritual experience, but a true balance of energies, body, mind, and spirit--grounded here on Earth. And they must all be in coherence.

And it's taken a long time for me to get into coherence, and more than a bit of steering with a two by four. A cosmic two by four for that matter.

I long ago dreamed of the Tour de France... of racing up the steep French climbs, and through the countryside, and sprinting down the streets of the Champs De Elysée, and through the Arch de Triumph.

Actually, my favorite dreams were the French and Belgian cycling classics, muddy spring races, bouncing along the cobblestone roads, up the steep climbs, and winning a powerful sprint, right to the finish!

These were both my childhood dreams, and I did what I could to make them a reality. I got on a Belgian squad at 20, I took a US team to Europe at only age 21.

Yet just before my 22nd birthday I was hit head on by a car, while racing in the French Alps.

It left me reeling emotionally, spiritually, and in incredible in pain---and with quite the existential dilemma, for I thought, if there ever was a God, God is dead for crushing my dreams. Turns out it was the best thing that could have happened to me, but I didn't know it at the time.

It was one of 5 key accidents that have punctuated my journey.

The first was at age 10, when a bike wreck left me with a shattered knee and femur, requiring six operations.

Then there was the accident in France.

And more than a decade later, as a far more spiritual being, was my first near death experience, that left me with a profound understanding of the Universe and a wisdom well beyond my years. Seven years later still was my second accident, adding to this wisdom, and a year later, the final severe accident, my heart-opening, where a fall on the bike miraculously shattered all the bones around my heart, front, back, and above.

These accidents have left me with a profound “new” understanding of the world, of the Cosmos, and especially my body.

For at the age of 12, after my 6th operation, I was told I had arthritis in my knee and would be lucky to still walk or run by the time I was 18. Of course, I went on to become a professional cyclist.

There was the accident in France, after which I was told I might never ride again (actually, the doctor never said it, he would not answer the question when I asked if I’d ever ride again, he could only look away). I went on to win a race in France - my only European win, only a year later in-between surgeries. Thank you, Spirit!!!

Then there was the first near death experience, a skating accident that left me shattered, and yet more whole than ever. I was told I’d be lucky to keep my leg or live, and yet, despite the insertion of a titanium femur and hip, I learned to walk again, to ride again, and to run, and at an entirely different level.

To heal I had to strip off my shoes, and I went on to co-write the best-selling *Barefoot Running* with my wife Jessica Lee. And after the accident I went on to pursue one of my life’s greatest passion, trail-running mountains. For when you realize your mortality, you decide to do the things that give you greatest joy!

After the second near death accident was more of the same, along with a second, matching, twin titanium femur and hip---the first accident left me with an inch leg length discrepancy, the second miraculously balanced me out!

It was a complete rebuild of the body, from the blood up. I’d lost so much blood from the accident that even after four or five transfusions, the doctors wanted to do more. In fact, they even panicked after trying to get me to move, as my blood values crashed, and they were desperate for me to take on more.

I resisted, though, feeling I’d rolled the dice enough, confident I’d survive, and lived on a couch for several months as I rebuilt my blood. Oh, to have had picometer

magnesium for faster healing! But heal I did, and of course, I went on to run and ride again, and in many ways, stronger than before.

Then there was the last “accident” (in quotes because I know these are actually steering events from the Universe). I’d rounded a bend and felt my front wheel float out from under me. As a former Pro, I have no idea how it could have happened. I can only think Spirit was involved.

Despite shattering all the bones around my heart, and despite being told I’d need surgery to fuse my collarbone back together, I was somehow able to do it with my mind, in cooperation with the body. No surgery was required, and afterward, boy, could I swim! Most importantly, cracking my heart open was just what I needed to finish the transformation to who I am today. For this, I give great thanks.

So, what have I learned from all of this? Well, on the spiritual side, or the mystical side one could say, that we are not just bodies. Instead, we are energetic beings, having an energetic experience, in human form. This means that we are so much greater than our bodies, or larger than our bodies--infinitely larger even. For we exist outside of time and space, and outside of these beautiful carnal suits that carry us around. For our bodies are simply brilliantly crafted sacred vehicles, to help guide us through this lifetime. I’ve called them rental suits, or meat suits, or you could call them your earthly spacecraft that must be returned at the end of their journeys.

But they are magnificent, each and every one of them!

However, you look at these beautiful crafts (and each one is beautiful in its own way, each with unique gifts, unique teaching vessels to guide us through this lifetime), they are here to serve us, to guide us, to teach us and here to help us grow.

The key point is this, we are so much more than our bodies, but when we learn how to get in balance, and in harmony with our body, yes, balance, body, mind and soul, or Spirit if you will, the body will do a special, sacred dance.

You can run mountains, you can ride tours, you can swim oceans--I didn't even mention moving to Maui and the Outer banks, and how I regularly swam in the giant surf.

You can do all of this when your body is in balance with the cosmos.

And, at any age! And *that's the key*. For as I write this, I am still running, still swimming, and of course still riding, and at a healthful, vibrant, younger-than-ever, age of 51.

I regularly don't even remember the number. For when I go out on a group ride or go to climb/run a mountain (usually with my pet rooster Roo now in my arms--a story for another day, but quite the workout!), or to swim a giant lake, I never think of my age. It is never a factor at all.

And bringing it back full circle to the beginning of this beautiful chapter, I now have magnesium on board.

For I consider it a wonder molecule, or element for that matter, of the Cosmos that helps bring our lives into balance. A quick google search calls it an Earth element. And there's a powerful reason for this, for magnesium helps you bring your body in balance with the earth, or helps you connect heaven and earth, in essence, bringing you back down into your body.

This is so important to understand, for as energetic beings, having an energetic experience in human form, it's all too easy to disconnect from our bodies. We've all seen "spiritual" people, or even great teachers this way, who struggle tremendously with their health, even while their spirit reaches toward the Cosmos.

We were never meant to live in disease; we were never meant to live in illness, breakdown, or discomfort. Sure, we are having an earthly experience, which means our bodies are not forever. However, we have been living out of balance with the Earth, and I don't just mean this from a climatological, or ecological perspective.

I mean we haven't been getting the essential nutrients and minerals our bodies need to sustain themselves. In essence, we've been ignoring our bodies, powering through life as spacecraft pilots, without checking under the hood.

And that's where magnesium comes into play for me. For it's a way for me to connect my spirit to my body at a much deeper soul level. It's a way to stay connected to Earth, a way to function at a higher level. A way to keep my system in check and in balance.

And in a very real way, to roll back the years and keep me happier, healthier, and more active than ever. And did I mention, I now sleep like a baby.

When I take picometer magnesium, I feel stronger, and most importantly, recover faster. For the biggest change I've found at 51 is in recovery. I can't punish my body (who would want to!) the way I did when I was young and get back up to do it all over again. The body would quickly break down. And my heart would go "fwitter fwatter" to boot...and that's a technical term!

When I take magnesium on a regular basis--more on this in a moment, I feel stronger, recover faster, and can push my body without it breaking down. I can get up to do it all over again, stronger each day than the last. And as for my heart, when I don't take magnesium, I occasionally hear a crazy drummer in the band...playing a fwitter fwatter completely out of beat with the music. But when I take magnesium, the drum is strong, is solid, and doesn't miss a beat.

Do I credit all of this with magnesium? In a very real way, yes. Because as an energetic being, I need a way to stay connected to my body. Certainly, there is Earthing, a process of putting my bare feet on the Earth or connecting to an earthing pad (like the one I have under my computer at this moment, or under the pillow on my bed) ...these help me connect electrically to the planet.

But there is a wonder-molecule too, essentially a way to imbibe or ingest the Earth, that helps keep me connected at a deep cellular level. And that is the magnesium I take.

And I've found no way to get enough of it in, until I learned of picometer magnesium.

That's why it was so powerful the first time I had Dr. Carolyn Dean on my *Inspire Nation Show*, because I lit up. I was so excited, because I knew, THIS IS IT, the missing ingredient to my return to perfect health! And I knew that everything happens for a reason, that it was a gift she came on my show, to help me get the message, and to share it with the world.

I knew that magnesium wasn't just responsible for helping over 80% of known metabolic processes in the body, but that it would help me to ground, heal, recover, and function at my very best. In essence, it would help me to get in my body, and roll back the years.

And that's just what it's done, and why I consider it a miracle molecule from the Cosmos. I know someday I'll have to ask Carolyn how exactly it came to her, for there's something very sacred and special about it.

Now as for how I drink it. I'm very sensitive to taste, and especially to the taste of water. It's one of the biggest challenges over the past year, travelling around in an RV (we're on a fantastical voyage) and living in different places across the country, many with suspect water. The water tastes very different everywhere we go, and particularly near the big cities (I'm just outside New York City as I write this) or in the desert (don't get me started on the water in Yucca Valley California), the water can taste quite metallic, pharmaceutical, or just plain nasty.

I filter my water, or double-filter it for that matter, but I still don't like it, and used to never drink enough. And that was before I began adding picometer magnesium, which doesn't have much of a taste, but has enough to keep me away.

Until I found my little secret. I love mineral water, and my favorite (no I am definitely NOT paid to endorse it) is Topo Chico. It's supposedly magical water (the myth is an Aztec King used it to heal his daughter) from a natural spring in Mexico. Now I can't say

if it has magical healing properties or not, BUT when I drink it cold, I can put a small capful of picometer magnesium in each bottle, WITHOUT tasting it, and to me, that's magical!

Because it means I can drink great tasting water and get as much magnesium in my body as I desire. Now as for calcium, that's my next step, but that's a chapter for another day!

So, I want to wish you well on your journey, one of Heaven combined with Earth. Of connecting your spirit to your earthly space suit, and to do it in part through magnesium. I wish you well, I wish you health, and I wish you magnesium.

And of course, do check out my podcast, where you'll learn even more about becoming the Modern Mystic you were always meant to be. It's the *Inspire Nation Show* and you can find it on YouTube, on iTunes, or anywhere podcasts are found, and our School of Mystics, at [InspireNationUniversity.com](http://InspireNationUniversity.com).

## Michael Sandler - Biography

Michael Sandler is a mystical teacher and the host of the massively popular *Inspire Nation Show*, a transformational, self-help, spiritually-focused YouTube channel and podcast that has radically transformed the lives of hundreds of thousands worldwide while producing over 2000 shows. He is a best-selling author, speaker, coach, and the co-creator of the School of Mystics, and *AWE, the Automatic Writing Experience*.

A former pro-athlete, and near life-long meditation practitioner it was two near-death experiences (NDEs) that completely transformed his life.

These NDEs led Michael to a much deeper understanding of the world, of spirit, and of our connection to something greater than ourselves. He calls this "getting the big picture" and from that, his book and program *AWE, the Automatic Writing* experience emerged, and the wildly popular School of Mystics, now teaching thousands of "MIT's"

(Mystics in Training), around the globe.

His *Inspire Nation Show* can be found on YouTube, iTunes, and nearly every podcast platform out there, or at the [www.InspireNationShow.com](http://www.InspireNationShow.com) and his courses and the School of Mystics can be found at [www.InspireNationUniversity.com](http://www.InspireNationUniversity.com). Lastly, his best-selling book and program, for turning your journaling into channeling to help you hear from Spirit, gain direction, and get unstuck, *AWE*, can be found at [wwwAutomaticWriting.com](http://wwwAutomaticWriting.com).

## TESTIMONIALS FOR CHAPTER TWO – EXERCISE

We are living in a culture that supports regular exercise and a desire for our bodies to function optimally. We exercise to keep trim and toned and to decrease our stress levels. Athletes are exercisers who push their bodies to the extreme, and we can learn from their experience.

In the testimonials for Chapter One, you saw that Gregg practices yoga, Bert is a Qi Gong master, and Michael was a competitive cyclist and now is a barefoot runner. So, it's obvious that regular exercise is an important component of a healthy lifestyle. Let's continue to explore this topic with Ben, Fredo, and Jack.

However, as I noted in Chapter One, a crash exercise program can make you crash. Imagine the following scenario. You're reaching 50 or 60 years of age, and you decide it's high time to get healthy. The next day you begin an exercise program that's way too advanced for your (un)fitness level. What should you do instead? Hydrate with sea-salted water, take your Completement Formulas and slowly start an exercise program – just begin by walking!

## **Elite Athletes and the Complement Formulas by Ben Pelton**

I am so excited to talk about the amazing experiences I have enjoyed from implementing the protocols and wonderful formulas Dr. Carolyn Dean has created. My job as a human performance expert and professional athlete requires extra focus on managing the longevity and energy outputs of the human body. I have spent the last 20 years researching different methods for improving health and performance so that my clients can live stronger, happier, and healthier lives. I use these five pillars; Breath, Hydration, Nutrition, Movement, & Mindset, to create a strong foundation for health. You can look at each one of these pillars as ways of managing energy. When you focus on optimizing each pillar you will increase your efficiency to create more energy and prevent energy loss.

The elite athletes I work with understand it is vital to have the right nutritional building blocks to develop energy and strength to be successful. It feels really good to be healthy and nutrient sufficient. It feels really good to have energy and to use that energy to create. I know firsthand as a professional athlete how it feels to be in a big championship match and feel exhausted with nothing left in the tank. I also know how it feels to have endless energy at peak performance. The key to having endless energy at peak performance is taking the responsibility upon yourself to take care of your own health. Dr. Dean continues to be my motivation for taking my health into my own hands. Simply put, Dr. Dean is providing the right tools and information to regain control over our own well-being.

When I discovered Dr. Dean's work in 2010 and I began implementing her protocols

in my life, I noticed immediate improvements in my health. The very first formula I started taking from Carolyn was her special Drops. The Drops are a unique formula that has been the cornerstone of my daily routine for the past 10 years. As an athlete, I have become hyper-sensitive to how my body feels and performs on a daily basis. I am very in tune with how I feel, but also use data from different devices to track performance. Over the last ten years, I have been adding each of Dr. Dean's formulas to my daily routine, and I continue to be impressed with how I feel. Not only did my health continue to improve but so did my performance. While using the Completement Formulas, my workload capacity has increased tremendously and during my workouts I feel like I can keep going and going. My clients love the way they feel on the pico-ionic minerals too. I enjoy my job as a human performance coach because I get to witness first-hand how impactful providing the correct nutritional building blocks can be for health and performance training.

My second career as a professional Jiu Jitsu competitor requires extra attention to recovery and rehabilitation of my body. Jiu Jitsu by design is very rough on the joints and can wear the body down. However, with the right care and nutritional building blocks, the body will become extremely resilient. Our human tissue becomes more resilient when the correct amount of load is applied; creating a bearable stress; that in turn creates positive adaptation. The most important part of the adaptation is having the building blocks to fuel the new physiological enhancement. Dr. Dean's formulas are special because of the size of the minerals she is providing. The Pico-Ionic Minerals are so small they are able to pass through the ion-channels of the cell's walls with ease. I love Dr. Dean's formulas because you can feel the saturation of the minerals happen within hours. The formulas have made a huge difference in my body's ability to recover from long bouts of training. I believe the long-term usage of picometer magnesium allows my body to remain relaxed and supple.

Because of this ability to be relaxed my body is very flexible in the tough positions of

jiu jitsu. Other athletes have mentioned to me how impressive my flexibility is; however, when I tell them I never stretch they become very perplexed. I continue to explain to them my body's ability to relax is the major contributing factor for my flexibility. I believe that my flexibility and suppleness have a direct correlation to the amount of magnesium I consume on a daily basis. Because I have been using picometer magnesium for almost 10 years my body is filled with magnesium allowing my tissues to relax and my nerves to be calm.<sup>3</sup>

Sleep is very important for the body to recover. One of the most noticeable changes after beginning Dr. Dean's formulas is how much better I was able to sleep at night. I am able to fall asleep with ease and have amazing dreams. My dreams have become so vivid that I honestly feel like I am living in the dream. This can be quite the experience! From what I can remember I never had dreams like this before starting Dr. Dean's formulas. I look forward to going to sleep because of how well I sleep throughout the night.

A healthy man knows exactly what happens after a good night of rest, the sunrises and so does his libido. Morning erections are a simple sign of whether a man's hormones are healthy or not. Libido can suffer from chronic stress and nutrient deficiencies. Sometimes athletes will over train and not recover fully before going into more training. Repeating this over and over can eventually lower their libido due to chronic stress. I am so grateful for Dr. Dean's formulas which provide all the building blocks to fight off stress and replenish nutrients. I believe my healthy libido is the result of staying active and consuming the Completement Formulas picometer magnesium, vitamins D3 and K2, picometer Zinc, and Omega 3.

There is so much to say about these amazing formulas, but I will keep it short by saying every time I have added one of the nutritional building blocks from Dr. Dean's Completement Formulas to my daily routine, my health continues to improve. I am so happy that I discovered Dr. Carolyn Dean, the information she shares freely and the amazing formulas. She has changed my life, my client's, and my family's. Thank you, Dr.

Carolyn Dean!

## **Ben Pelton - Biography**

I am Benjamin Pelton, a philosopher, athlete, and mentor to many, seeking out the truths of this wonderful world we live in. I attended Florida State University to play men's lacrosse and study mechanical engineering & philosophy. While playing lacrosse I was awarded FSU's Defensive Player of the Year in 2010 and was nominated as a Team Captain. After graduating from FSU with a bachelor's in Philosophy I became focused in teaching corrective exercise and human performance as a consultant. The human body is designed to move, and I have always been interested in understanding the biomechanical laws that govern our physiology. For the last twenty years I have tried to "figure out" the body's abilities to perform at high levels in athletics. I compete regularly in Brazilian Jiu Jitsu and climbed the ranks as one of the top blue belts in the world. I have attended courses ranging from Thomas Myer's Bio Plasticity to Dr. Pavel Kolar's Dynamic Neuromuscular Stabilization from the Prague School of Rehabilitation and more recently GOATA Movement Systems. In 2016 I was a part of the first class of USA certified Wim Hof Method Instructors. Wim immediately blew me away with his accomplishments and feats of strength. Wim lit a fire in my spirit to push myself further than I ever thought possible. He changed my life for the better and is delivering a message that resonates deeply with me.

I have the same respect for Dr. Carolyn Dean and the products at [RnAReSet.com](http://RnAReSet.com). These are the only products that I can fully endorse. They complete everything I've learned about the body and its biomechanics. Integrating these formulas into my routine allows me to manage stress, move and breathe. I know Dr. Carolyn Dean's formulas are a powerful and effective way to manage my nutrition and create a happier, healthier life. To learn more, you can follow me on Instagram @benpeltonplan.

## **Enhanced Performance by Fredo Lopiccolo**

Fredo has called into my radio show ([Dr. Carolyn Dean Live](#)) and over the years has written several testimonials about the effects of our formulas on his and his family's athletic performance. Here are some of his comments:

My wife and my children and I are all athletes, and we love your products! We take picometer magnesium and picometer multiminerals and they help fuel our bodies when we go on our long bike ride tours throughout the state of Michigan – 30 to 100 miles at a time. Both my adult children lift weights, run and cycle and they also take picometer magnesium and picometer multiminerals to give their bodies the proper nutrition.

One of the biggest complaints from fellow cyclists is cramping! My wife and I never have any muscle cramping issues because we take these products. I tell everyone they need magnesium and minerals, but they have to take the right ones; Dr Carolyn Dean's picometer magnesium and picometer multimineral, and I say this with all sincerity!

My wife and I rode in a 24-hour cycling event. We ended up riding 206 miles without any physical complications thanks to Dr Carolyn Dean's products!

Dr. Dean's picometer magnesium is a powerhouse of energy that keeps our bodies working in top peak condition even while we put so much stress on them cycling such long distances.

Picometer multiminerals gives us the electrolytes our bodies burn through without having to take Gatorade, which is nothing other than liquid poison, made up of GMO corn syrup!

Picometer magnesium keeps our hearts pumping like well-oiled clocks; never missing a beat, thank God!

And it's not just the minerals that help me. I consumed Dr. Dean's protein powder on a 100-mile bike ride a couple days ago, and my body had great results! I did what you

recommend. I added the protein powder to my 23 oz water bottles that we're already laced with picometer magnesium and picometer multiminerals I road 101 miles in 7:59:20. Not a fast ride, but a casual one with my wife! I drank six, 23 oz water bottles of the protein powder, picometer magnesium, and picometer multiminerals within that time period.

My body did not reject this concoction at all. I had no abnormal bathroom issues, thank God! As a matter of fact, my body craved the protein powder throughout my ride. This is a very important thing, especially when my body needs nourishment and fuel!

God, along with your products, are the key to my success as an athlete and my overall health! I will be using my protein powder smoothie for all my cycle endeavors. Especially for the 24-hour Cycling event coming up this June and the Odram race which is 145-mile race in August.

Thank you again, Dr Carolyn Dean and your wonderful staff! We love y'all! And if anyone is reading this, don't hesitate! Your body will thank you!

## **Pro Athletes and the Completement Formulas by Jack McClinton, III**

Being a pro athlete, your body takes tons of hits with travel, injuries, workouts, as well as the games. At a young age my father tried to give me the edge in sports. He would give me every vitamin in the book. My dad is an electrical engineer, so he was very technical. He is also a former athlete, and he always wanted to have the natural edge. So, I guess I can say I was born into natural health because of my father. As I got older and left for college, and went into pro basketball, I was away from home, but my dad would always send me fitness articles and information about natural formulas to get so that interest stuck with me throughout my whole life.

Now, at age 36, I am retired from basketball and not as active, so taking care of my body is even more important. I was introduced to Dr. Carolyn Dean's Completement Formulas by my wife Germaine. I remember the first time I tried The Drops, I felt a difference immediately! I was shocked. After The Drops, I took picometer magnesium, and the B-vitamin formula, and I also felt an immediate response in my body. Carolyn's formulas became a daily routine for me because I was much happier, had more energy, and a clearer mind by taking her formulas. Retiring from basketball, you sometimes have a thought of "what if?". But the formulas really opened my mind to bigger and better things and allowed me to think more clearly and vividly. I began to expect more, expect better.

I started thinking about all the guys around me. I know some of these guys have physical and emotional health challenges, too. I took Carolyn into my basketball world, and we went to NBA All Star Weekend in Chicago. I thought it would be cool to show her

what the life of an athlete is and how they interact on a day-to-day basis. We did an event together and had a chance to speak about the benefits of the Completement Formulas. I felt it was my duty to share the message about something that had been so good to my body. During the event, we talked to many guys and heard them break down the mental challenge of being an athlete. It almost seemed as if that outweighed the physical play of the game. With non-stop traveling and practicing, you don't really have much downtime for yourself. At the end of the event, we gave away about 100 bottles of picometer magnesium. People were super-excited, and I had tons of people either email or text me on how much better they were feeling from just the magnesium itself.

So, I learned that the Completement Formulas are a great asset to enhancing the mind, body and spirit if you feel lost and can't find yourself.

One vivid memory from the All-Star Weekend was taking Carolyn out to the clubs and seeing, through her eyes, the amount of alcohol bought and consumed at every table. That was a crazy experience! I also remember Carolyn saying, "All these people are in a club just sitting around on their phones, not speaking to one another."

Although Carolyn did not drink, I did. All-Star Weekend is the time when you have lots of fun; it's sort of a mini vacation. And on vacation I drink. But since I started taking the formulas, I learned how her vitamin B capsules can help prevent a hangover. It speeds up alcohol metabolism and detoxifies the liver. Especially since Carolyn, Germaine, and I were staying in the same Airbnb, I made sure to take my vitamin B capsules that night at the club, and I remember waking up the next day not having a hangover or a headache. The B vitamin capsules perform miracles for situations like that. I remember exposing some guys to it, and they were amazed at how they felt the next day. Being able to see the stuff not only working for myself, but my athlete buddies, kept proving to me that these formulas are the real deal and definitely allowed me to have more confidence when sharing the word with others. You know when it's just you, then you

can't really gauge it, but this stuff is working for everybody.

Although All-Star Weekend was full of parties, we also had some downtime to communicate with some of the players on their physical and mental challenges during the season. We gave a lot of them formulas to take back to use in their daily life, and all the responses were amazing. I have a few NBA friends now that I won't name who swear by the formulas. That was a mission I wanted to accomplish being a retired player and being exposed to the Completement Formulas. I can only imagine how much more beneficial it would have been for me if I were exposed to them when I was an active player.

Now, I try to do my best to share the knowledge with my friends in the athletic world to ensure they give their bodies the proper nutrients to take their play and mind to another level. I think people forget how many things an athlete goes through just by being an athlete. People see the glitz, glamour, and lifestyle but never think about the mental issues of being a high-level athlete. That's another reason why I thought it was important to show Carolyn how much detail goes into performance on the court and off.

In closing, I would recommend people of all backgrounds and ages engage in Dr. Carolyn's formulas, especially in the world we are living in today, in our post-COVID world. I am saying to put the right things in your body, and the Completement Formulas provide all the essentials that naturally boost the immune system to get through the challenges we live in today.

Every day I take picometer silver, vitamin C powder, protein powder, vitamin D and picometer zinc as immune boosters along with picometer magnesium and picometer multiminerals. I have had no issues with my health throughout this whole process, lasting about 7 years. It's almost as if the formulas put you ahead of what's to come so if something does happen you already are at the finish line of the race. I'm also thankful to have access to Carolyn at any time to call and ask questions about anything related to my body. That is most definitely a blessing!!! I think that is a true testament to who Dr.

Dean is. She takes the time to engage with her supporters and to give them a non-biased look at health. To anyone who is looking to get their body to the optimum level, her formulas are 1 billion percent the way to go. They are by far the best formulas I have ever used. And like I said, I've been using vitamins and minerals since I was a kid. No matter the changes in the world, I'm supremely confident with the Completement Formulas in my body and ready to take on anything, mentally and physically.

If you're reading this shout-out, you can get on board now. Thank me later!!!!

### **Jack Paul McClinton, III - Biography**

Jack is a University of Miami basketball Hall of Famer and NBA draftee. He founded Active Dreamers™, an innovative sports merchandise and home decor brand designed to inspire those to go after their dreams. Jack also serves as a liaison in business for a plethora of pro athletes across all sports and coaches youth basketball. You can follow Jack on Instagram at ManifestMcClinton.

## **TESTIMONIALS FOR CHAPTER THREE: HEART HEALTH**

Kevin Greisl, a lifelong athlete and exerciser, developed cardiovascular challenges seemingly out of nowhere. However, his challenges didn't come out of nowhere. His story aptly illustrates what I say, including how sweating out his magnesium stores threw his electrolytes out of balance and mimicked cardiovascular disease. His experience shows how saturating a mineral deficiency with well-absorbed minerals overcomes deficiency symptoms.

## **Magnesium Deficient Atrial Fibrillation by Kevin Greisl**

One afternoon, my wife and I were sitting on the couch watching a ballgame. She put her head on my chest and immediately shot straight up, looking at me with her eyes full of concern. "Kevin, do you feel that? Your heart is beating like crazy," she said.

I felt great. I didn't feel anything. I didn't know what she was talking about. She immediately walked across the room and found a blood pressure cuff in our kitchen cabinets and took my blood pressure. She said my blood pressure was normal, but she noticed the heartbeat monitor was reflecting an irregularity.

It was a Sunday afternoon, so she insisted I contact my family doctor on Monday. He was able to get me into his office that morning and immediately checked me into the cardiovascular specialty hospital.

As I sat in one of the patient rooms, I wondered what was going on. Not only did I feel fine but my whole life I've known myself to be in perfect health. I've never had any kind of sickness! I grew up in a family of 5 boys and we played every sport there was. I got a full-ride scholarship to a 4-year college to play football, which I did with great zest. I've always been involved in sports. After college, it was amateur sports with my kids, coaching their teams as they became teenagers, and recently, as I approached my 60s, I joined a local gym where I was rotating between weight conditioning, cardiovascular workouts, and hot yoga.

Again, I felt great. The cardiovascular docs had something different to say. They told me I had atrial fibrillation or AFib. The doctor said my heart was beating 300 to 400 beats a minute and that my ejection fraction was at 17%. The doctor explained that the ejection fraction is supposed to measure how much blood the heart pumps out with every

contraction. A normal reading is between 60% and 65%. Because the beats were so frequent, they were not fully pumping all the blood out of the heart with each beat.

They said if this trend continued, I might require a heart transplant. Serious, sobering words to a guy who felt just fine.

The first cardiovascular group we saw recommended a chemical treatment plan for me consisting of a lot of pharmaceutical drugs to try to control my heart rate. My wife is a respiratory therapist by training and works as a director in a hospital and wanted to seek a second opinion. Neither she nor I felt comfortable with a drug therapy as a way to resolve the problem. And, also, since I couldn't 'feel' my AFib, I didn't want to use drugs to control something I couldn't even feel myself. So, we sought a second opinion from a different cardiovascular group.

This group suggested that I have an ablation, which is a procedure that literally scars the heart tissue in a particular area of the heart muscle to protect irregular beats from occurring. They said perhaps by doing this procedure, I would return to normal heart rhythm, and with time, my ejection fraction "should" get to 35%. I was also told, with the surgery route, I could expect additional surgeries to keep me in normal rhythm every 2-3 years.

As all this was going on, a dear family friend, who works with Dr. Carolyn Dean at RnA ReSet recommended that I begin picometer magnesium and the B vitamin formula right away. We immediately put in an order, and I started taking these formulas. I had never relied on supplements this way and wasn't sure it was going to work but our friend was insistent and so we began.

The ablation was done and went well. All the while, I stayed religious, almost fanatical, about using picometer magnesium and the B vitamins every day. By this time, I had also added the picometer multiminerals.

Looking back, I think all the years of athleticism and the recent addition of intense

hot yoga workouts were probably the reasons for my magnesium deficiency. Although the doctors never diagnosed me with magnesium deficiency, I came to recognize that my electrolytes were completely depleted. As I began to add the picometer magnesium and picometer multimineral electrolytes back into my body I could feel my recovery. And, even though I said I didn't feel bad, I realized I also maybe wasn't feeling as good as I could have.

Within 90 days I was back at the cardiovascular doctor and my ejection fraction had returned to normal. The doctors were stunned. They asked what I was doing, and I told them using magnesium and they just shook their heads in disbelief.

I'm almost five years clear of this episode, faithfully taking my picometer magnesium and my other formulas every day. I've also added the Vitamin D3 K2 protocol that Dr. Dean recommends. I have not had any continuing ablations, additional surgeries, or heart transplants, and my heart remains in regular sinus rhythm to this day.

Did I return to my exercise? Yes. Did I return to hot yoga? No. Do I maintain my healthy lifestyle, and do I feel great now? Yes.

My wife is younger than I am, so I'm very committed to taking care of my health. I'm so grateful for my wife putting her head on my chest that day. I'm also grateful for Dr. Dean's formulas, as I see them as an important part of my longevity plan.

## **Kevin Greisl - Biography**

Kevin Greisl is a businessman with a long history of success. Early in his career was the youngest executive at a major utility company in a large metropolitan city. He then went on to buy and develop 35-million-dollar medical company, and currently he is the VP for a large mechanical contracting firm. Kevin is the oldest brother of 5, all boys! Growing up in a large pack of young men shaped his love for sports and athleticism. Sports were always being played at his house and he attended college on a football scholarship.

Kevin continues to take care of himself physically (at the age of 66, which most guess him to be in his early 50's). His claim to fame is doing 400 pushups during one workout. He is a trusting man, and up until his own heart episode, he just followed the advice of just modern medicine. In the last four years, he has educated himself and now believes there are alternative ways to care for himself and his body.

Kevin is happily married to his amazing wife Nikki and is the proud father of four successful, now independent children and three grandchildren. He always has a vacation planned and is torn between the beach and wine county.

## **Dr. Dean's Foreword to Healing Heart and Mind**

Another example of a customer whose magnesium deficiency symptoms subsided when he saturated his body with magnesium is Roman Hines. Roman's story is much different than Kevin's. Roman had been suffering heart arrhythmia since he was 18 years old.

Roman's body was divided between specialists – psychiatrists for his anxiety and panic attacks and cardiologists for his heart symptoms that likely developed because of the drugs his psychiatrists gave him.

Roman first appeared on the [Dr. Carolyn Dean Live radio show in July 2015](#) and still calls in to say how well he is doing. Roman told us his story several years ago, and we include it here as an example of the complexity that some of our customers deal with and how they can recover when they realize that "The worst is over!"

### **Healing Heart and Mind by Roman Hines**

*Dr. Carolyn Dean saved my life!!! I've had heart arrhythmias since I was 18 years old, along with anxiety and panic attacks. In trying to cope with my anxiety, I suffered depersonalization and vertigo. I have been on many, many meds. At one time, I was on 18 different drugs for heart disease and panic disorder. They helped some, but the problems were never resolved.*

*At 50 years of age, I was put in hospital with a 200 bpm heart rate, AFib, and SVT (supraventricular tachycardia). I was in hospital for 3 days, then released on more beta blockers and anxiety meds! The meds helped somewhat but did not stop the panic and racing heart, which made it impossible to work in my business, which included unloading my truck full of sound gear for music shows! I was totally disabled from working and racked up huge amounts of debt, going to the ER to treat terrifying high heart rates and PVCs AFib and SVT!*

*I finally found The Magnesium Miracle book online!! I read it and followed Dr. Dean's*

*program and started getting some relief! It has been a year now following her program, taking my picometer magnesium and picometer multiminerals in a liter of water, sipping it through the whole day with ¼ tsp of Celtic Sea salt and another 2 liters of water with ¼ tsp of Celtic Sea salt to keep hydrated for my weight. The minerals, sea salt and water have made a world of difference. I can now work! I unload and load my truck again and again with no SVT and very little AFib!*

*I went from having an attack of AFib just walking across the room to almost nothing! Dr. Dean said it could take a full year or more to return to normal. She was right! It takes a while to overcome magnesium deficiency completely but when you start getting your cellular magnesium levels back up the improvements are unbelievable!*

*Customer service is wonderful; they answered all my questions and were wonderful through the tough times. Plus, I got to ask Dr. Dean questions on her radio show. She was always attentive and very helpful in answering all my questions!! I highly recommend Dr. Dean's products to anyone suffering from physical and emotional issues. I take picometer magnesium, picometer multiminerals plus the B vitamin formula and The Drops. I thank God every day that I read Dr. Dean's book and talked with her on her show. She gave me my life back!!! It does not happen overnight, but improvement comes in steps, so you know you are on the right track as your body gets its levels of minerals built back up! 5 stars are not enough stars to rate Dr. Dean. She is my lifesaver, I'm forever grateful to her.*

Over the years Roman would come on the show and share new insights about his heart condition. In October 2015, he got an ear canal infection and was given antibiotic ear drops. Within 2 hrs. of using the ear drops he went into an arrhythmia and tachycardia. He googled the antibiotic and found out they had fluoride in them. Since fluoride binds to magnesium, it contributes to magnesium deficiency. He threw them out and got some non-fluoride drops. I have to stop here, because the FDA won't let me say whether or not supplements can treat a disease.

Roman said that in general he was noticing a great deal of progress with the formulas. He said he's peeling off the layers of onion from being abused as a child and suffering depersonalization 24/7 as a way to cope. He said that with the Completement Formulas he was having some days of coming completely out of it. The feeling he used to have of watching his life like a movie has actually gone away. And he couldn't say enough good things about the formulas that help him achieve better mental and physical health. He also noticed very positive changes in his mind with The Drops.

In another update from Roman in 2015 he told us that after re-reading the *Heart Health* book (which was called *ReMineralize Your Heart*) he decided to avoid MSG, gluten and caffeine. He found that after eating these foods his body would try to go into AFib.

He also said that when he was on the protocol for 4 months, he realized he was doing it wrong. He was taking picometer magnesium in doses instead of sipping it through the day in sea salted water. By this time, he had read the *Heart Health* book four times and got more out of it each time. His practice is to put picometer magnesium and picometer multiminerals and sea salt in a 3 liter bottle of water and drink it through the day. And at night he keeps some picometer magnesium in a glass of water in case he has a bad dream.

During that call, I asked Roman if he suffered with intestinal gas that might be giving him bad dreams and waking him up. I asked him to look into yeast overgrowth as one of the 33 triggers for AFib. He said he was using a probiotic that I recommended, and that was helping his constipation.

To learn more about yeast overgrowth, read my book [ReSet the Yeast Connection](#). In it, I outline my *Yeast Management Protocol*, which consists of Picometer silver, a humic/fulvic soil based probiotic and gentle anti-fungal, and a yeast-free diet.

In a mid-2016 call from Roman, he said a year before he had PVCs every day, and now he has days with none at all. And he can go two weeks without an AFib episode,

and they only last a fraction of what they used to. But he also found another trigger. In his health routine, he began to eat a lot of kale, turnip greens, and broccoli, but he didn't realize that all those foods were high in calcium. On this call Roman also mentioned that he felt that magnesium deficiency was a major trigger for his symptoms of depersonalization.

By the end of 2016 Roman had learned about potassium and was increasing it in his diet. He had studied his diet enough to eliminate all his AFib food triggers. One trigger was creamed potatoes with skins because the calcium from the dairy and the carbs turning into sugar.

Over the next few years Roman phoned in to say he'd found the love of his life, gotten married, and had a son! He said he was forever grateful for finding the solutions to his problems.

As you can tell, Roman did a lot of work on his healing journey. He took responsibility for his diet, his lifestyle, his attitude and with the right building blocks he was able to overcome forty years of suffering. Roman says, if he can do it so can you!

## TESTIMONIAL FOR CHAPTER FOUR – WEIGHT LOSS

Seventy percent of the American population is overweight and obese, so the following story by James Gunther will hit a cord for a large segment of our audience. James provides a wonderful illustration of a young man taking control of his body and regaining his health. His story is a step-by-step, one-foot-after-another, prescription that anyone can follow. He labels his contribution as *Long Term Intermittent Fasting*.

## **Long Term Intermittent Fasting by James Gunther**

I started my journey towards health back in August of 2016. At the time, I had quite a carefree attitude towards health and wasn't worried about the consequences of the choices I was making. I would start my day with a sugar-loaded iced coffee and would eat fast food for lunch the majority of the days of the week; on my way home, I would end up in another drive-thru and repeat the process. I was also drinking 2-3 energy drinks a day and smoking  $\frac{3}{4}$  of a pack of cigarettes a day, and I didn't think it would affect me long term. I was 22 years old and 285 lbs.; I had high blood pressure and was definitely obese. I didn't go to the doctor since they would recommend going on a diet, but I have always had trouble losing weight.

I am lucky to have a very loving and supportive family and a group of friends who began to voice their concerns with me about my weight and the lifestyle I was living. When they first shared their worries with me, I didn't pay that much attention until I was lying in bed one night and my feet felt like a million needles were pricking my skin. I had never experienced that feeling before and knew that it wasn't a sign of anything good. I quickly found out that it was undiagnosed diabetic nerve pain, and I knew that if I didn't make a change and get control of my weight, it would only get worse. I even imagined myself taking insulin shots.

Then, I began trying different diets and lifestyle tricks in the hope of losing weight, but I never found anything that worked. Eventually, my aunt, Ginney Sanders, introduced me to intermittent fasting, and I decided to give it a try. I had some troubles getting started, but after a year and a half, I was able to lose 100 lbs. and totally reshape the way I live and think about health.

That's the good news, but I admit it was very challenging in the beginning. The first issue I had to overcome was my blood sugar. I wasn't able to go for very long without

eating. If I didn't eat every 4-6 hours, I would get lightheaded and feel awful until I finally did eat. Intermittent fasting requires that you go 16+ hours without food, which sounded like an insurmountable challenge initially. I was used to eating breakfast at 7:45 am, lunch at 12:00 pm, dinner at 5 pm, and a late-night snack around 9 pm. However, to practice lengthening the time between meals, I ate my breakfast as normal, but the goal was to eat my lunch as late as possible. I would have something to snack on in case my blood sugar became too low, but I eventually was able to eat my breakfast at 7:45 am and my lunch around 2:30 pm and a very light snack around 7:30 pm.

When it came time to truly start fasting, I wanted to take it very slowly and I wanted to eat breakfast at the beginning of the day to have energy to work, so I decided to cut out dinner. It took me around 2 weeks to be able to do that, and one of the main benefits was that I would no longer eat too late in the evening. Without dinner, I normally ended up having a calorie deficit, which forced my body to process everything I ate that day. If my body needed more calories, it would work off the fat I already had stored.

It took me less than a month to get into the routine of only eating breakfast and lunch but I was starting to get used to it and by the end of the first month, I was able to start fasting without worrying about my blood sugar and could successfully go from 3:30 pm to 7:45 am the next day without eating.

Once I was comfortable and consistent with intermittent fasting, I wanted to replace the nutrients I knew I was lacking because of my bad diet. I also have my aunt Ginney to thank for introducing me to the Completement Formulas. I started with the vitamin B complex formula to assist with detoxing, and with the amount of B12 in the capsule, I was able to heavily cut back on my soft drinks and energy drinks. I started with only one capsule a day for a few days and then went to take two capsules a day. I felt the vitamin B formula detoxing right away, which showed me how much toxicity was in my system. I then added picometer magnesium into the mix by starting with 1/8th of a teaspoon and built up to 2.5 teaspoons over the course of 2 months. One thing I immediately noticed

with picometer magnesium was the improvement in the quality of the sleep I was getting, and the diabetic nerve pain subsided after 2 weeks of consistently taking picometer magnesium. Once my magnesium level rose slightly, I noticed that I would be more limber while stretching and that my muscles didn't get very sore after physical exercise. After I was able to take 1 teaspoon of picometer magnesium. I started adding ¼ teaspoon of picometer multimineral. I found that picometer multimineral gives me a nice boost in the morning that I was able to cut back on the amount of coffee I was drinking in the morning. I increased my picometer multimineral until I was taking 1.5 tsp first thing in the morning. Lastly, I started making a protein powder shake as part of my breakfast and I would mix 1.5 tsp of picometer multimineral and .5 tsp of picometer magnesium in the shake. The protein powder kept my hunger at bay very well which helped with the intermittent fasting. I drastically increased the water I was drinking and would mix in 1 tsp of picometer magnesium once during work and the other teaspoon roughly an hour before I would go to bed.

When it came to my food, I started cooking different types of meats and vegetables and did my best to avoid pasta and bread. Apart from those changes, I didn't restrict the kind of food I wanted to eat. About 6 months into fasting, I lost my interest in alcohol and stopped drinking for a while. The changes in my preferences were feedback to me that I was on the right path. Along with lowering the amount of alcohol I consumed, I also had a much lower interest in sweets like cookies, candy, and cake. I also quit smoking cigarettes and drastically reduced my energy drink consumption.

In the first 3 months, I was able to lose around 15-20 lbs., which was amazing to me to see a new lifestyle produce the intended results. 9 months after starting, I lost another 30 pounds. With 50 lbs. under my belt, or away from my belt! I knew I was going to achieve my goal. It just became a question of "when" instead of "if". That 9-month mark was an important milestone for me, but I continued losing weight over time until I was able to hit my lowest weight of 185 lbs. in 2018.

As of writing this, I weigh in at 200lbs, I did put on some weight during the 2020 quarantine, however, I have been able to keep the majority of the weight off and have continued my intermittent fasting. Since I have been doing intermittent fasting since 2016, I am able to break my routine with little interruption. When I am invited to dinner parties, I am to enjoy myself and don't have worry about dietary restrictions or feel like I'm messing up my routine, I would easily go back to fasting the next day without issues. I feel much healthier nowadays and I'm very happy that I decided to take action and go on this journey of bettering my health.

I continue to use the picometer minerals as daily maintenance and have added vitamin D3 and K2, Omega 3 Algae, and an antifungal/probiotic to my daily regimen. I'm very thankful that I was introduced to Dr. Dean's formulas. The Completement Formulas definitely made my journey easier knowing that I was getting the best minerals directly into my cells and that what I was taking had a beneficial effect.

After 5 years, I continue intermittent fasting because it has become a lifestyle that I don't have to think about anymore, and consistently feeling good just cannot be replaced. I do recommend intermittent fasting for anyone looking to start their journey towards health. However, I would recommend starting with the Completement Formulas before starting to fast. The difference the formulas made was more profound than I had envisioned. Looking back and seeing the progress I have made over the years and the improvements I've had in my self-esteem, health, and knowledge have become invaluable to me. I appreciate the support I've received from my family, friends, and co-workers; and hope that those who want to start or have started their journey towards health find the success they are working to accomplish.

## **James Gunther - Biography**

In 2014 a young, forward-thinking native of Maryland left his pursuit of a computer-oriented career to relocate to North Carolina and help launch one of the most successful

dietary supplement company operations in the US. Now the regional sales manager for RnAReSetPRO, James Gunther has had his hands and most every aspect the development of RnAReSet.com from warehousing, to operations, to FDA compliance, and now a significant contributor to the development of the national PRO sales program, designed to educate and attract practitioners, clinicians, functional medicine doctors, retailers, and pharmacies to the RnA ReSet brand.

Always focused on computer and technology related passions, James was not necessarily a health advocate from the start. But, due to his own health challenge, he was able to incorporate Dr. Dean 's wisdom and her formulas to his own determination and radically transform his physique and his health in a very short window of time. He has successfully maintained his health transformation for many years and has now become an advocate for others to do the same.

James lives in North Carolina with his faithful German Malinois, Dexter. James has an unrelenting passion for fast cars and stable women. He loves long relaxing weekends in the mountains and travel.

## **TESTIMONIAL FOR CHAPTER FIVE: MENTAL HEALTH**

### **Dr. Dean's Foreword to Jason's Mental Health Journey**

Roman's story from Chapter Four could have had a place in this Mental Health chapter. But when he came to our attention, his most debilitating symptoms were related to his heart rhythm. On one call to my radio show he shared that he had been sexually abused as a child that he said led to his dissociative, depersonalization as a way to cope. Although he began taking picometer magnesium and the other Completement Formulas for his heart symptoms, he was thrilled to find that they also helped eliminate his symptoms of depersonalization.

The amount of male and female sexual abuse in our society is epidemic and can be the underlying reason for both mental and physical health problems. Therapy and supplements can't change history, but they can help reduce the irritation on a person's nervous system and allow them to cope with and even enjoy their world.

Can Head Trauma Lead to Mental Illness? You're going to be amazed when you read Jason's story. In this intense description of his healing journey, Jason defines the causes and triggers for his own mental health issues and his analysis helps abolish the stigma that society places on the unknown. Jason suffered a head injury in his youth, which he thinks triggered his mental imbalance. His journey of self-medication with laughing gas, alcohol, and drugs gives us an intimate view of how young people try to cope in plain sight of parents, teachers, and friends. Society seems to be in a conspiracy to avoid mental health issues and the addictive repercussions that affect depressed individuals. Mental health issues remain in darkness because so few people will expose themselves

and talk about it as Jason is willing to do.

Thank you, Jason, for sharing your words and your experience so others can learn and grow.

## **My Mental Health Journey by Jason Smith**

Sometimes you just have to say “WTF!”

It’s like you are in a cellar, dark and musty or a deep well surrounded with just silence and ire.

It’s not a choice, it just shows up. Is it caused by diet? Is it caused by injury? Is it caused by hangover? Probably. Possibly. Maybe not. Tough to pinpoint, but I do believe that each is a factor.

When I think about my personal experience with an unhealthy mental state or more commonly revered to as mental illness. I hate when a word or phrase becomes cliché, but in our case, this is bringing some light to a huge struggle people face. Especially rough and tough males. We aren’t supposed to be weak and the catch 22 is that this “stigma” is causing us to sink deeper into our state of depression. You are not alone. There is hope, TRUST ME!

When I think of my experience this is what comes to mind.

When it hits you, it hurts. It’s lonely and bitter. Ominous. Self-medication. Self-anesthetize with drugs and alcohol.

Feel anything but the pain and darkness that you are currently feeling. Empty, alone, narrow and confined. Struggle. Anxiety. Anger. Sadness. Despair. Drowning in a small, enclosed room full of water and darkness.

Separation. Darkness overcomes you. You become the darkness, depressed. Deep scares. Happiness is a unicorn, a mythical place or a very distant planet. Sludging through the mud and swamp land. Mass confusion. Struggle through life, emotional pain. Trauma. Pain.

I think the trouble with mental illness or mental health is we don’t understand it very well. I think it’s widespread and we are exposing it more, but it’s still stuffed in the closet

due to pride, discomfort, shame and guilt.

Some interesting causes are trauma, head injuries or concussions, alcohol and drug abuse, stress, physical and mental abuse. I think it's very peculiar that people stand on their soap boxes and say, "GET OVER IT!", "Be Strong", "Get Help". So powerful, but yet we struggle with this on the reg. We struggle and we suppress it to the point it explodes, and we are left stuck in a mess or more of a shit show than when we were suppressing these emotions.

Or you can go on YouTube or DuckDuckGo thousands of wellness modalities that are supposed to "CURE" mental illness. The thing is you can try 999 of the 1000 modalities and not come up with something that is effective for you and helps you repair, rebuild, and find peace.

I can't say what caused yours, but I know that I have a few traumatic experiences that exacerbated my mental illness and my struggle with finding peace. I feel sometimes that I don't belong here on planet Earth, or I just don't fit into society's ways. I look around and think that this existence has to get better. The cold fact is until you find your peace and that could be a single modality or multi-modalities, you will continue to struggle and feel alone and sit in your pain as you look around your office or train ride to work thinking all these people have it so much better than I. Wrong. Don't compare your internal struggles or mental illness with an assumption. This exacerbates your situation even more and you just make everything worse.

This is what I know. I had a major concussion when I was young. Age 4, maybe younger, possibly 5. I struggle with this time period of my life. I was playing on the roof of my mom's car with my brothers. One of them convinced me that I was Superman, and I could fly. I jumped and for 2 seconds I did, I flew. Then crash! The concrete met my skull with unapologetic force. BAM! I ended up in the hospital with a major head injury. Like I said earlier, I don't remember much about that day or a few years in that time frame of my life, so I know it was substantial. To top it off, there were little to zero studies

on brain trauma in the 1970s especially in a small suburban hospital. Luckily it didn't fuck me up too much. I had from what I can remember a normal 1970s childhood. Except I just didn't fit in. I had friends, I played sports, I was on the honor roll, I had crushes and girlfriends, I competed in sports and was rather successful. To the layman, I was fine. I was excelling. I was lucky.

No. I was struggling and was in pain. I was filled with hate and destruction. I was drowning and could barely keep my head above water.

Then I found self-anesthetization. Wow!! I remember the first time I got nitrous aka laughing gas. Whippets for my Dead Heads. This was amazing. I felt free. I felt at peace. This seemed to cut the edge and I was "HAPPY" for once. But if you have ever done whippets, it's short lived, gone as fast as it came.

But what a rush. What a release. I thought about getting a shit ton of cavities, so I could keep going to the dentist. Until I had my 1<sup>st</sup> sip of alcohol. It was in those airplane bottles, and we were at a classmate's house in 5<sup>th</sup> grade. "Try this" he says. I put my tongue on the bottle and let the alcohol touch my tongue. It burned. But the next time I took a gulp. For the rest of the day, I felt pretty good. Not as good as the nitrous, but I felt way better than I was used to.

And so it began, my exploration of self-prescribing as a means to escape the entrapment I was living in. We started hocking (stealing or borrowing) beers and liquor from our parents. I had some friends whose parents probably let them have it. Drinking was a way of life back then. Way more acceptable especially at younger ages. Smoking and drinking were unhealthy, YET.

I never did drugs until college, but I was really into drinking. It worked, it was acceptable, it was easy to get. Either from older siblings or finding that guy that would buy it for you from the liquor store. We had the Old Man. He was an old man, and he would just ask, are you 21? Yes of course. I looked 12 when I was 18. C'mon man, but

at the time I was thankful. Not sure if all my friends were going through the same types of trauma self-anesthetization, I was treating myself too, but we all found each other. Birds of a feather as they say.

Now, I was dealing with some sort of faulty wiring going on in my brain from my failed attempt to fly or let's just say a successful 1.6 seconds of flight. I think that beat the Wright Brothers maiden voyage. Then add in the alcohol abuse starting at an early age, my brain development ceased. I was not only dealing with my pain; I was shrinking my functioning healthy brain with alcohol abuse. Take a depressive state add a depressant and excess sugar and this is a cocktail of Fucked Up! I'm surprised I made it that far. I'm talking about age 18 not now currently.

The depression caused a self-hate, a lack of self-respect. I deprecated myself as often as I could and I drank to gloss it over until I was hung over then the avalanche of misery multiplied and mega depression set in, until the hangover wore off just enough to start drinking again. Vicious. No healing. No Help. No answers. No balance. No peace.

It's like you are stuck in a very deep, dark well. Confined and drowning. Alone and no way out because I was too worried about just keeping my head above water, I couldn't think of anything to stop the pain and drowning and definitely too cool to ask for help. The funny thing here is I thought I was fine. Nope. I thought I was great, doing just fine. Healthy and a contributing member of society. When you are the life of the party and you can go all hours of the night, there is nothing wrong with you. You are cool and fun. A joy to be around and the guy everyone loved. Just wait till we talk about the drug abuse, but I will not bore you with all that. I just wanted to let you know that I was a Dr of Pharmacy of self-diagnosis and chaos, introducing other sick friends to my solution and guide to wellbeing. I have the chills writing this, talking about how lost and buried I was in self-hatred, self-destruction, guilt, shame, anxiety and depression. I was slowly committing suicide, passively, because I was too into myself to actually be proactive and just do it. I have sat alone, distraught, and in agony many a time thinking about ending

it. Easing the pain. Not having to wake up anymore in my own prison. It crossed my mind. Jumping. Taking more or drinking more to just put me at peace. End this battle of darkness, guilt and shame, pain.

Luckily my Soul didn't allow my ego to make that decision. I think my Soul was too strong, too beautiful, too energetically contacted to allow my Ego to make that decision. My Soul was strong enough to fend off my raging EGO, to keep me moving forward and searching for answers. I thought the drugs and alcohol were an answer. That they would fill me up. I thought jumping off balconies and speed were the answer. I thought change of scenery was the answer. Tried all these and didn't have much success for 35 plus years. My Soul was pushing me to sobriety and other wellness modalities that would eventually get me to a place of homeostasis or balance. That Ego was a bitch though. It didn't want to relinquish control and ended up souring relationships, poor career choices, lack of thought moves, and relocations.

At this point, the scoreboard reads: 4 major head injuries and a stroke and only one concussion attributed to playing sports.

Being active and living near water most of my life helped keep me close to the path of health. It was like I was the worst archeologist ever. Indiana Jones found everything, I was always a day late and walked right by the clues and signs. Even though I had the map, I just missed the mark. I wasn't thinking right, I wasn't sharp, I just didn't understand or enjoy my journey. Until 2015.

This is when I started to really get into wellness and what it actually is. I enrolled into a Certified Holistic Health Coach course which lasted a year and, oh, my, did I learn. But this was only a drop in the bucket and the real exploration started. My eyes were open. I was able to accept teachings that seemed crazy as fuck like cold showers, meditation and eating veggies. I was on a mission. I was excited. I was not miserable, which was way better than I was.

On Christmas Day 2015 I stopped drinking. Something was calling on me to do this. Hmmmm maybe my Soul, and from that point on I could feel a shift in my wellness especially the mental side. Now, I have a daily protocol that I've been working on since then and it seems to help with the struggle I had most of my life. I feel better and I don't have those episodes of despair or deep depression. I'm able to enjoy simple things in life. I'm happier. I feel blessed and part of a larger purpose and energetically connected to an amazing, beautiful energy.

I will list my daily morning ritual, but just because it works for me, it may or may not work for you. This is 7 years in the making. A lot of trial and error, but it's been an amazing journey of self and self-discovery. If you hear of people having success with different wellness modalities, please try them. If they work, add it to your daily ritual. If not, don't worry, there are plenty more.

Wake up after 8 hours of sleep. I sleep cold. I have the ambient temperature around 68 degrees and I sleep on the Chili Pad and sleep on this cooling system at anywhere from 62-55 degrees. I sleep great. I work on my Circadian rhythm. A circadian rhythm, or circadian cycle, is a natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours. It can refer to any process that originates within an organism and responds to the environment. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes. The reason I bring this up is sleep and how important sleep is to me. I work at it, and I really enjoy sleep. This is my body and mind's time to recuperate, heal and be in balance. I work on an earlier night bedtime and a daybreak or just before dawn wake up. Turn off your TVs, devices and Wi-Fi. The blue light is killing you. Get prepared for bed. It's worth it.

I wake up and pray. I find that my gratitude I have in life reflects the gratitude I have for my relationship with God and vice versa. He created us perfect in his image. Pray and be grateful, it's such a gift.

I do a meditation I picked up from Wim Hof the Iceman. He is all over YouTube. Look into his work on breathing, meditating and cold therapy. After I do my breathing/meditation, I take a cold shower. In the summer it's more like lower 60s, in the winter I can get it to high 50s. Make sure you have the cold water run over your forehead aka your frontal lobe and face, down the back of your head and spinal column. Cold showers have numerous benefits and one of those is it reduces your stress and anxiety that you process in the frontal lobe of your brain by literally cooling it down.

The frontal lobe is located behind the forehead, at the front of the brain. These lobes are part of the cerebral cortex and is the largest brain structure. The frontal lobe's main functions are associated typically with 'higher' cognitive functions, including decision-making, problem-solving, thought and attention. The frontal lobe is the slowest part of the brain to mature, continuing to create and prune neural connections until a person's mid-twenties. This means that brain damage early in life renders the frontal lobe particularly vulnerable, potentially affecting behavior and cognition forever. I'm sure that my head trauma and alcohol abuse contributed to my maturation process or lack thereof.

\*\*\*Another benefit of a cold shower and this applies to us most. Reduces Depression.<sup>65</sup> I used to hate the cold. HATE IT! Now I embrace it because it's been so beneficial to my wellness journey.

Here is my morning fuel protocol. This to me has been the most important change in my lifestyle. I eat better, cleaner and more organic. I try to eat 12 servings of veggies every day. I truly believe that if we work on healing our gut and digestive tract, we heal everything in our bodies. We eat terribly, we are overweight, we are toxic, we eat too much and eat too much crap. Chemicals, dyes, food additives for taste and preservation, alcohol and prescription medication are all wearing out our gut. We recuperate from the gut. We heal from the gut. If it's unhealthy or bogged down, we are out of balance and we become fat and sick. Please don't think I am hating on prescription drugs. They do help, but we as a society are over medicated. Causing more health issues. Ever listen to

a pharma ad? Way more side effects. I have to mention this. A pill may help, but pills are no bueno. Use wisely.

I flush my system with warm lemon water. About 12 oz of water and a big squeeze of fresh lemon. This helps flush out the digestive track.

Fresh 4 oz ginger shot. I chop up fresh ginger root with a little lemon add to 2 oz of water and blend in my Vitamix. This helps boost immunity and is a prebiotic for my health gut.

I make a green smoothie. 5-7 servings of veggies with 20-30 grams of protein and 15 grams of fat.

I do drink coffee. Sometimes I add coconut oil and grass-fed butter, sometimes just black with cinnamon.

I make a hydration drink and add my mixture of picometer magnesium, picometer multiminerals, Vitamin C, picometer potassium and picometer zinc.

I drink anywhere from 90-120 oz of water per day. I filter my water through my Berkey water filter and reconstitute my water with my mineral mixture. I also take omegas, probiotics, vitamin B complex and vitamin D3. All these vitamins and minerals have helping benefits to anxiety and depression.

I didn't just wake up one day and start all this. I was on a journey to wellness. I have been on this journey for most of my life, but more efficiently as of late. More direct. More personal.

The journey starts the self-exploration, self-healing and self-love. I think for me the journey, which is still a work in process, is in itself the healing. It keeps my mind working, thinking and trying new and interesting modalities. Searching through all the stuff the experts have to offer. The terrible tasting, weird pronunciation, ancient, new wave, religious, non-religious are all worth a shot if it HELPS YOU! My intuition keeps me on the lookout for another modality to add to my daily routine that will keep me sharp, healthy

and happy.

I don't have all the answers. I didn't come up with most of this stuff. I used my gut as unhealthy as it was, but it guided me to a routine that has me work on myself. I don't spend time worrying what is on the news or what bozo is doing what or what this or that podcast says. That's me. If you need these in your search, please by all means, stay on your course and use what works for you.

I will search out something holistically as opposed to taking a pill or going to see a doctor. That is just me because I went that route once and it didn't work for me. If you need to talk to someone, do it. I know therapy is very beneficial. You see there are many ways to skin this cat. If you find something that works for you, like I have said, go for it. Deer antler root or swim in a frozen lake or mushrooms even the new studies on Psychedelic-Assisted Therapy. Countless ways for you to find something or many things that work for you.

The key is to get on the journey, talk to someone, DuckDuckGo search, listen to podcasts, enroll in health coaching classes, meet with a self-help group, any of these is a means to something brighter, something a little more enjoyable, something happy, something that will ease that pain and suffering you battle on a day to day basis. Don't take my word for it because I said it, take my word for it because I live it every day. I'm on the front line with you battling the ongoing war on mental health.

Now, someone can say that yes you have "mental illness" and prescribe you a pharma solution, but are you getting the best possible healing for you? I can't answer that for you. Only you can. Don't quit something cold turkey, use appropriate steps and measures that will be in your best interest. Start your journey, holistically as God intended. Humbly, I believe nature gets it right. Human intervention gets it wrong. It's time to take your health in your own hands. Trust your gut and nature to get it right. Use multi modalities. Most importantly know that you are not alone. There is help available for you. Just ask.

Over the years, many patients, clients, and customers of mine have said that they wish they had “found the cure” earlier. But I would caution people not to live in regret but acknowledge that the happy conclusion to their healing journey probably happened right on time.

## **Jason Smith - Biography**

To say I am passionate about your wellness and making players better is an understatement. For the past 30 years, I have been on a quest. A quest to find answers to questions and issues I had about my own wellness and subsequently sharing them with you. I learned to approach wellness in a way that encompasses the mind, body and spirit.

Wellness is as specific as your thumb print and your health is the most precious commodity. Without it, we have nothing. My mission is to help you find and personalize your wellness. To be your best mental, physical and spiritual self. If it was easy, everyone would be doing it.

Coaching champions since the early 90's, I have developed a holistic training method that combines physical, nutritional and mental development that gives you the ability to train like a Champion and, ultimately, compete like one. This also translates into holistic wellness training for anyone looking for a healthier lifestyle.

As much as I thought I was in peak physical condition, something seemed to be holding me back. I didn't eat badly, I took vitamins and supplements, but I didn't treat my nutrition as a priority. In 2007, I had a Patent foramen ovale and it scared my family to death and almost took me there. I had a small procedure to connect the deviate septum in my heart and I was back to my old tricks. Working out, but not truly understanding the benefits of additional modalities like sleep, nutrition and recuperation

on my Wellness. My physical heart was fixed, but I needed help with my brain recovery. Still to this day, the search is endless. Technology and science are getting better and better, which are providing more answers on brain trauma and means to support and aid in brain recovery. Slowly but surely, true wellness started to reveal itself to me. Still to this day I am a searcher. My life is a series of trails and successes, learning and finding the truth. It's somewhere in between. If you are willing, I can help you.

I am a Certified Holistic Health Coach, Certified Personal Trainer and trained in Basic Life Support- CPR(Adult/Child/Infant/Choking) AED/1st Aid/Bloodborne Pathogens, which gave me a true understanding that not just one wellness practice or platform will work for everyone and helped me create a concept that gets to the root of your wellness.

In addition to my certifications, I have a BS in Organizational Leadership and Supervision from Purdue University. I grew up in suburbia north of Chicago and now live in North Carolina with my wife and three sons.

## APPENDIX B

### FDA HEALTH CLAIM REGULATIONS LIMIT HOW WE CAN DESCRIBE THE COMPLETEMENT FORMULAS

In January 2003, I released the first version of *The Magnesium Miracle*, and with it, the magnesium deficiency awareness revolution began. From that time forward, people who were truly seeking a solution for the missing link to their health could read my book and learn the answer.

In 2017, I was asked to update *The Magnesium Miracle*, and at that time I provided a full revision. But, in 2020, we encountered a very strange thing called COVID, and I felt it was important to update my work with a clearer understanding of how magnesium deficiency contributes to pre-and post-COVID health outcomes, including Long-COVID.

Once a person encounters this information, it would follow that the next question is, "What magnesium do you recommend?" It is an answer that I would love to provide for you here. But I have been advised by my highly experienced natural health industry attorney not to, because in so doing I am marrying my product recommendation with disease discussions, which implies that my products are a cure for disease, which they are not. Their function is to help overcome nutrient deficiencies. Nutrient sufficiency is poorly recognized, and nutrients can help support the structure and function of the body at any level of wellness or illness.

In this Appendix, I would like to challenge both consumers and practitioners to consider ideas that I've been contemplating since COVID started.

## **Idea #1 - Restorative and Preventative Supplementation is Imperative.**

The following abstract, from the journal *Nutrients*, defines the importance of nutrients in supporting the structure and function of the immune system against viruses and bacteria as indicated by the title: "[Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect against Viral Infections.](#)"

*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, eicosatetraenoic 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 consequently an increase in disease burden. Against this background the following conclusions are made:*

- 1. supplementation with the above micronutrients and omega-3 fatty acids are a safe, effective, and low-cost strategy to help support optimal immune function;*
- 2. supplementation above the Recommended Dietary Allowance (RDA), but within recommended upper safety limits, for specific nutrients such as vitamins C and D is warranted; and*
- 3. public health officials are to be encouraged to include nutritional strategies in their recommendations to improve public health.*

Although most readers will not think that the above abstract is extreme or even out-of-bounds, it is in sharp contrast to current medical and government opinion. I was very excited when the Office of Alternative Medicine (OAM) was established in October, 1991. I thought that finally alternative medicine would be properly studied and claim its rightful place in the medical system.

I was shocked and dismayed when I attended an early meeting of the OAM. My question about nutrients being used to prevent and treat disease evoked the standard answer, which was and still is that the purpose of this agency is to ensure that Americans are meeting their RDA nutrient requirements; that drugs treat disease, and nutrients do not.

## **Idea #2 - Natural health strategies and guidance by doctors will continue to diminish or disappear.**

How do you make an informed decision about your body and its health potential without being able to clearly study all the facts? You cannot make a good decision without clear information. And today, consumers, healthcare practitioners, doctors, and even educational entities, such as naturopathic schools, medical schools, and other advocacy groups are unable to provide clear and prevailing guidance because of the limitation and restrictions being placed on them at every turn.

When it comes to the dietary supplement industry, many credible companies, like mine, are locked out of the health care system and the consumer marketplace because we are not allowed to communicate any benefits of restorative health or disease prevention through natural medicine and its attendant strategies. In my case, the problem comes to roost in identifying the problem and providing a solution. In my scientific and medical mind, it makes perfect sense that a magnesium deficiency can be solved with magnesium sufficiency. Thus, it follows that if my clinical mind was able to develop a formulation that would relieve those symptoms in a highly efficacious way, that my formula would be first and foremost my recommendation.

However, this is forbidden by the FDA and the FTC, not only for me as a medical doctor and naturopath, but also for you and even your neighbor. Despite the First Amendment, which guarantees Freedom of Speech, I am not allowed to display your testimonial about the effectiveness of my formulas. Neither you nor I can claim that any dietary supplements can enhance health.

In fact, there are only about 13 authorized health claims that can be used in food or dietary supplement labeling to show that a food or a food component may reduce the risk of a disease or a health-related condition. If a food or nutrient company wants to make a health claim for a nutrient that has not already been approved, the manufacturer or medical entity must submit a petition to the FDA and move through an extensive and expensive review process for approval.

Yet, every year there are thousands and thousands of scientific studies that are initiated on behalf of dietary supplement companies and food manufacturers to substantiate the validity and beneficial nature of their products. When you dig deeper into the health claim approval process, you finally discover that the only studies that really count are randomized control trials. The FDA and FTC declare that no other studies are rigorous enough to meet their stringent criteria.

Additionally, health claims are limited by the fact that anecdotal compilations conducted in support of a health claim must be related to an already-approved biomarker, for example, LDL cholesterol or blood pressure are approved biomarkers.

Health claims that purport to reduce the risk of cancer, for example, are nearly impossible to make because even if the supplement company invested in a randomized clinical trial to support the claim, there is only one biomarker on the FDA's short list approved for health claims, and that involves intestinal polyps.

Even in the treatment of breast cancer, vitamin D is not an approved nutrient and cannot be claimed as a benefit to those who have breast cancer. What can be claimed is that vitamin D lowers the risk of osteoporosis for women, who are undergoing breast cancer treatment and taking estrogen lowering drugs, because the claim is related to vitamin D and osteoporosis which is a qualified health claim the FDA has approved.

The complexity of the constraints placed on the natural health industry, once pointed out, is easy to see. Hopefully, this new awareness will help you navigate this medical and bureaucratic minefield. We are biologically tied to the Earth and its many benefits, but the regulatory aspects of our industry do not favor natural medicine, even though many drugs were originally derived from plants.

These regulations put the doctor, naturopath, chiropractor, herbalist, acupuncturist, and other health care practitioners in the middle of the pressure cooker that comprises the FDA's regulation of health claims. The doctor's or naturopath's professional expertise; their constitutional right to free speech [FTC]; and the consumer or client whose health condition and health recovery should be foremost, instead, come last.

### **Idea #3 - The dietary supplement industry can be its own worst enemy.**

Consumers and health care practitioners should be able to discover the scientifically proven benefits of dietary supplements without conflict or contradiction. As an advocate for clinical research on human subjects, I have submitted my own products to rigorous clinical study. Yet, even with clinical validation, companies within the dietary supplement industry exaggerate the benefit of their products and confuse the consumer with absurd marketing tricks.

A perfect example of this is the blatant promotion of Magnesium L-Threonate as “the only” magnesium to cross the blood-brain-barrier.

In 2009, a rat study was published, “[Enhancement of Learning and Memory by Elevating Brain Magnesium](#).” Everyone heard about this study because the news that a patented magnesium was able to get into the brain and cerebrospinal fluid – of rats – was promoted relentlessly. The study authors implied that only their magnesium was able to penetrate the impenetrable blood brain barrier (BBB). I immediately knew this was an incredible exaggeration because even magnesium oxide with a 4% absorption into the blood can have positive effects on the brain.

I carefully read the Magnesium L-Threonate study to confirm that there was only a 7% increase in magnesium in the cerebral spinal fluid compared to magnesium citrate. With that tiny, tiny difference (that could be declared to be within the normal 10% study error), the study authors declared their product to be The Holy Grail that conquered the BBB.

Here is what I wrote a decade ago in an [Aug 2014 blog](#) about the Magnesium L-Threonate study:

*I’ve been asked about the newest magnesium on the block—Magnesium L-Threonate. The manufacturers are on record as saying theirs is the only magnesium that crosses the blood brain barrier. However, that is definitely NOT an accurate statement. The treatment of migraines, seizures, stroke, head injuries, and other nervous system problems with even the highly unabsorbed magnesium oxide (at 4%) shows that all types of magnesium work at the neuron level, which means they all get into the brain to some extent.*

*To this day, I remain concerned about marketing claims for Magnesium L-Threonate. Not only have they not corrected this misconception, but their product*

*has also become so expensive that it can be an excessive burden on a consumer who has a genuine concern about their cognitive health and on a fixed income.*

*Most Magnesium L-Threonate products have deceptive labeling. They say on the front of the label "2,000 mg of Magnesium L-Threonate." So, you think you are getting 2,000 mg of magnesium and do not mind paying the exorbitant price. But then the Supplement Facts on the back say you must take 3 capsules to get a meager 144 mg of elemental magnesium. The rest of the capsule contains L-threonate, which somehow people have been led to believe is an amino acid called threonine which has neurobiological, but this compound is a derivative of L-threonic acid, a metabolite of vitamin C. It is a synthesized form of magnesium mixed with threonic acid, creating a salt.*

The importance of supplementation for brain health cannot be overestimated. Chapter 3, "[Magnesium Transport Across The Blood-Brain Barriers](#)," excerpted from the book, [Magnesium in the Central Nervous System](#), shows that any form of supplemental magnesium has access to the brain.

The following edited abstract shows you why: (Bracketed words are my additions.)

*The finding that magnesium levels are reduced in acute and chronic brain diseases has led to a recent surge in interest in the role of magnesium in the normal and injured nervous system, although the mechanisms of magnesium decline in pathological conditions, and its availability in the neural tissue after administration are not fully understood. The brain has two main barrier systems:*

- (1) the blood-brain barrier (BBB) formed by brain capillary endothelial cells which separate the blood from the extracellular fluid in the neuropil (a dense mass of unmyelinated axons, dendrites and glial cell processes); and*
- (2) the blood-CSF barrier (BCSFB) formed by choroidal epithelial cells which separate the blood from the CSF.*

*Recently, transient receptor potential melastatin members have been identified as cation channels for magnesium transport. Although it is not known if choroidal epithelial cells express these molecules, they are expressed by brain endothelial cells, and may play a role in magnesium transport. It is evident that magnesium enters the CNS through the BBB and is actively transported by choroidal epithelial cells into the CSF.*

This abstract very clearly shows us just how vital magnesium is to the brain because it has its own transport mechanism in place. It is imperative that well-made magnesium supplements are represented accurately within the industry to support the consumers it serves. In this regard, the dietary supplement industry can be just as negligent as big Pharma, competing for profits at the expense of the consumer, instead of rallying behind the naturopath's creed, "To Do No Harm." Having scientifically validated information and affordable products should be our primary purpose.

## **Idea #4 - Consumers are at a disadvantage.**

My regular followers have heard me say that when I completed my internship in 1979, I became a naturopath because it was the most logical path to my success as a doctor. I believed that the marriage of medicine and nature was so clear that by the time we got into the 90's, every doctor would be a naturopath as well.

It seemed to me that teaching my patients how to focus on diet, lifestyle, and using supplemental nutrients, along with the moderate use of drug therapies for critical care and selective surgeries for trauma and life-threatening illnesses, was the way of the future.

Instead, the opposite has happened. Our country is living under the burden of a completely bloated and out-of-control medical system that is placing an unsustainable financial burden on our country. Medical errors are generally ranked third as the [cause](#)

of death in America. While clinical research demonstrates that lifestyle changes and food-based nutrients work, many consumers rely on drugs and devices for their health care, and their health maintenance, often to their peril.

In the meantime, US Center for Disease Control and global health organizations like the WHO continue to provide research that demonstrates that many Americans and global citizens are clinically deficient in necessary nutrients, including [magnesium](#), [vitamin D](#), [vitamin A](#), [vitamin E](#), [folate](#), [zinc](#), [iodine](#), and [iron](#). It is an incredible contradiction. The federal government studies and reports on the problem, and then suppresses the solutions.

*Death by Modern Medicine* is a book that I wrote in 2005 to expose the dark side of medicine. I had hoped the book would have some impact and improve the general state of affairs. Instead, we have a state of chaos.

Here is how we win; here is the solution: If the mission of allopathic medicine is to keep the population sick and hooked on drugs, we win by staying healthy and aware – it is as simple as that!

## **Idea # 5 - Health freedom and personal choices must be secured by individuals and families.**

As a doctor, naturopath, researcher, public health advocate, and CEO of my own dietary supplement company, I have been at the center of the practice of natural and allopathic medicine for 45+ years. I am grateful that my path led me through this challenging landscape and dropped me off at the door of magnesium deficiency. Necessity is the mother of invention for sure.

I diagnosed myself as severely magnesium-deficient while I was writing *The Magnesium Miracle*, and I became laser-focused on the role of magnesium for my

health, and the health of everyone else! For a person to be truly healthy, I realized they had to eliminate magnesium deficiency as a root cause of disease through proper supplementation. My mission is to spread this information far and wide.

In the post-COVID environment, it is imperative that you secure your own health freedom now. Health freedom means staying healthy and free from disease and free from unnecessary medical intervention. Please do all you can to protect your health choices and those of your family in these challenging times.

## APPENDIX C

### THE DOWNWARD SPIRAL

- Childhood ear infections can begin at birth as yeast infections picked up from the mother during delivery. Most ear infections are treated with antibiotics.
- Diaper rash, caused by Candida or yeast, is treated with cortisone creams, which encourage the growth of yeast.
- Infections may become chronic and require multiple courses of antibiotics, leading to diarrhea and intestinal yeast infections and irritable bowel syndrome.
- 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 a hard-to-digest soy formula.
- Eczema is suppressed with cortisone creams.
- Allergies to foods, especially yeast, gluten and dairy, can arise from poor digestion.
- Asthma, which may be environmental, is treated with medications including cortisone inhalers.
- Multiple colds and flus are treated with many courses of antibiotics and annual flu vaccines.
- Craving for sweets can be caused by yeast overgrowth and may cause or aggravate hyperactive behavior in children.

- Allergenic reactions are treated with allergy shots, antihistamines and cortisone sprays.
- Mercury amalgams with possible mercury absorption of vapor during chewing are stored in the tissue adding toxicity.
- Many adolescents take long-term oral antibiotics for acne.
- Many teens and young adults develop mononucleosis and up to 20% never feel quite as healthy again.
- Chronic sleep deprivation is common in all parents of small children and is a major stress on the immune system.
- Irritable bowel can develop after a bout of diarrhea (attributed to traveler's diarrhea or food poisoning) and is usually treated with antibiotics.
- Hypothyroidism with body temperature below 98.2 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 manifestations of yeast overgrowth and chemical toxins treated with anti-inflammatories, sleeping pills, and anti-depressants.
- Environmental allergies with extreme sensitivities to inhalants, especially perfumes, colognes, household products, pesticides, and molds, are treated with cortisone.
- Depression, anxiety, panic attacks, and palpitations are treated with anti-depressants and psychotherapy.

## **MEET DR. CAROLYN DEAN MD ND**

### **The Doctor of the Future**



Dr Carolyn Dean MD ND is the author of over 50 books including best seller *The Magnesium Miracle* and her newest book, *Magnesium: The Missing Link to Total Health (Revised)*. And, other noted publications including *IBS for Dummies*, *Hormone Balance*, *Death by Modern Medicine*, and 110+ eBooks to date. Dr Dean is committed to helping anyone understand more about nutrients, their requirements in the body, and ways to promote health and vitality in a proactive manner.

In 2014, Dr Carolyn Dean MD ND launched the RnA ReSet brand based on nutrient protocols she built through 40+ years of experience in private healthcare practice. Dr Dean's career as a medical doctor and naturopath resulted in a collection of unique, proprietary formulations that support precise applications while remaining safe for everyday use.

Dr Dean continues to provide her leadership and vision for enabling people to take control of their own health. This includes her 45+ years of educational resources including guidebooks, presentations, and a history of other audio, video, and written assets for anyone wanting to learn more about nutrients and their health.

## 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 Plus, Pico Selenium, Flora ReVive, Whole C ReSet, Vitamin C ReSet, D3K2 ReSet, Omega-3 Algae A+E, ReNew Serum, ReMag Lotion Plus, ReMag Balm, Flora ReFresh* and our agricultural product, *Mighty Mash*. For more information regarding all the *Completement Formulas*, go to the product website [RnA ReSet](http://RnA ReSet). If you have questions, email Customer Service at [support@rnareset.com](mailto:support@rnareset.com). If you wish to place an order by phone, call 1-888-577-3703.

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<sup>62</sup> <https://www.cdc.gov/injury/wisqars/animated-leading-causes.html>

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