

MAGNESIUM-DEFICIENT ANXIETY

How To Live Anxiety-Free With Magnesium



Dr. Carolyn Dean MD ND

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INTRODUCTION

I've been reluctant to write a booklet about anxiety, because I don't want to emphasize the psychiatric or psychological issues that most practitioners discuss. Instead, this booklet references the occurrence of anxiety as an effect of magnesium deficiency and/or an exacerbation of stress-induced anxiety, because you don't have enough magnesium to keep your body relaxed in the face of overwhelming stress. The book was spurred on by reports like the following, "I have had anxiety my whole life. I ordered your ReMag and my anxiety lifted."

I'll talk about magnesium and give you more than a dozen case studies of people, just like you, who have benefited from using magnesium for their anxiety. When you realize you are not alone, and that many people of all ages, from all walks of life, are suffering the same symptoms, it makes your burden that much lighter. You'll also realize that you can't isolate your anxiety from other symptoms, and that those other symptoms often stem from magnesium deficiency as well.

The most important fact in magnesium therapy for anxiety is realizing you need a form of magnesium that is non-laxative, so you can take enough to make a difference in your health. That form of magnesium is ReMag: a picometer, stabilized ionic magnesium at the highest concentration available, 60,000ppm.

I created ReMag out of my own need for a non-laxative form of magnesium. I had heart palpitations and leg cramps due to magnesium deficiency, but even one dose of any form of magnesium gave me diarrhea. With that reaction, I could never get enough magnesium to make my symptoms go away. At 60,000ppm, ReMag is more therapeutic than any other pill, powder, or liquid magnesium on the market. Receiving that concentration at the cellular level is what turns on the 700-800 enzyme processes that magnesium is responsible for, including energy production, adrenal support, and detoxification.

The next important fact is that you have to be committed to your protocol and stick with it long enough to achieve your desired results. Magnesium is not a drug that will suppress your symptoms, instead it is a necessary cofactor that makes the body function properly. You need enough magnesium to make all your enzyme processes perform smoothly and to have sufficient magnesium tucked away in reserve. That does not happen overnight. However, within days or weeks, most people start to feel better, which is very reassuring, and that improvement builds over time.

The biggest obstacle to magnesium therapy is that most people think it's too simple a solution. If you feel you have a serious condition, you may expect the treatment to be just as extreme, so with magnesium, its simplicity is its downfall. Please realize that, in the case of magnesium, the simple solution makes the most sense.

You should also realize that ReMag may not be all that you require for your condition. Many people have used ReMag along with the other Completement Formulas and improved tremendously. The Completement Formulas include ReMag, ReMyte (multiple mineral), ReAline (a gentle detox formula), ReStructure (protein powder/meal replacement), and RnA Drops (to promote perfect cells).

You may want to skip straight to the instructions on taking ReMag and the Completement Formulas. Click to the section ["All About ReMag."](#)

START LOW AND GO SLOW

When you do begin ReMag for your anxiety, please start with a very low amount and slowly increase it. This cautionary note is because, when you are anxious, and when you start to take something that "changes" how your body feels, even when it's for the better, it may stir up some concern. Low may mean 5 drops of ReMag, instead of starting with ¼ tsp, and slow may mean, staying on 5 drops a day for 3-5 days before adding another 5 drops. When in doubt, just email or call our customer service (at www.RnAReSet.com) and we will be happy to help.

LIFELONG ANXIETY REVERSED – CASE HISTORY # 1

"I always thought I might need magnesium, but had negative reactions and little improvement with the standard magnesium supplements available for the last half-century of experimenting with various experimental self-healing strategies. In a most recent attempt, I tried your ReMag and the initial reaction was leg cramps that kept me up at night. I dropped taking the ReMag and therefore, made zero progress with all my other symptoms of magnesium deficiency I was experiencing. But I stayed on your email list.

Then somewhere you mentioned putting it in water and sipping throughout the day. This was the trick! First of all, I never took sufficient amount by taking it all at once, so I did not get any positive response. Secondly, taking it all day to avoid the strong taste, has helped remind me about water consumption (dehydration has always been my downfall), so I solved two problems at once. Then the real benefits exploded onto my consciousness!

I have lifelong issues caused by multiple TBI's (traumatic brain injuries) which nearly totally took over my brain, mood, cognition, consciousness, relationships, performance, productivity, etc., with its many manifestations including depression and the often concurring: Demon Anxiety.

Actually, I had come to understand the symptoms of anxiety as much worse than the depression symptoms, because anxiety is so much more than an inability to get up and do something, which might have a positive impact on oneself – this is classic depression. What anxiety does is to put the nail in your coffin in terms of self-healing because anxiety prevents you from ever arriving at the something you could do! Anxiety causes me to wander around at a snail's pace before sinking back into bed, to never be capable of making a decision about that object in my hand or across the room (glass of water, phone calls to respond to, music button to push,

curtains to open up). I remain in an immobilized, indecisive state of total loss of any conscious thinking. Anxiety is totally immune to the influence of your own self-motivating efforts.

I tried ReMag once again and this time using the new method - drinking the maximum dose, throughout the day, and religiously. The bottom line is this - my lifelong anxiety has nearly completely disappeared.

This single most important discovery trumps all the other wonderful things I have figured out about cancers and diet and supplements because it gave me back my will to live. There is a big difference between having no will to live and having a will to die. Magnesium deficiency and the anxiety it caused in me had created the obsession to die - the will to die is exponentially worse than lack of will to live.

I think magnesium turned off the will to die because it removed the faulty wiring caused by my TBI's, and the evidence is that for the first time in my life, I walk through my day with this veil of anxiety removed - the entire world looks different, my thoughts are totally different, and every day I discover another connection in terms of the many body functions which were impaired or not happening at all, due to functional magnesium deficiency. It's like being color blind to the color red - you can try to explain the color red to this person, but without them actually experiencing 'red' they cannot grasp it. Conversely, when the anxiety was gone, many things - moment by moment- happened in my conscious awareness of something that was not there, or being blocked, or was so impaired that I could not experience it enough to understand that body signal trying to alert me to the magnesium deficiency.

Magnesium is a kind of holy medicine that brings my psycho-spiritual health back in ways I did not know I was missing. I think the form or method of producing your

ReMag must be unique enough to make the difference in a very hard-to-treat person with multiple broken systems: me.”

Defining Anxiety

I have written about the biochemical cause of anxiety, as it relates to magnesium deficiency and the adrenal glands, in my *Magnesium Miracle* book. The following excerpt is from Chapter One:

When the adrenals are no longer protected by sufficient magnesium, the fight-or-flight hormones, adrenaline and noradrenaline, become more easily triggered. When they surge erratically, they cause a rapid pulse, high blood pressure, and heart palpitations. The more magnesium-deficient you are, the more exaggerated is the adrenaline release. Magnesium calms the nervous system and relaxes muscle tension, helping reduce anxiety and panic attacks.

In Chapter Three of *The Magnesium Miracle*, “Anxiety, Depression, and Sleep”, I open with the following question:

How do we graduate 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 immediately become one of those people blessed with the ability to cope. We feel 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 you are faced with a stressor, the stress hormones (adrenalin and cortisol) are unable to elicit a magnesium response with its calming effect. In its place, adrenalin revs up your

heart rate, elevates your blood pressure, and tenses your muscles in a fight or flight reaction.

Millions of people try unsuccessfully to cope with their problems or medicate themselves with overeating, cigarettes, alcohol, street drugs, and other addictive behaviors to suppress their pain. We are a nation suffering from 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. They're stressed out, not sleeping, tense, and irritable, and they don't know that simply taking a good magnesium supplement could pull them out of that downward spiral.

REMAG FOR STRESS – CASE HISTORY # 2

A client gave me the following testimonial about her friend, which shows that, although nothing can make certain stressors go away, magnesium can certainly help a person cope with any level of stress.

“A very special friend of ours was going through a very bad patch earlier this year. A relative, who she was extremely close to was suffering with liver failure and another relative, who has prostate cancer had just had a test showing a rise in his PSA despite his good diet and supplement regime. My friend spoke to me and said she was suffering from dreadful stress and feeling just awful with a tight pain constantly around her chest.

I suggested maybe it would be good to try some of the ReMag that her husband was taking. I think she thought it would be a waste of time as it wouldn't change the situation. But she felt it was worth a try and literally a few days later she started

feeling better. Her chest pains went as did her nightly cramps and the constant feeling of tension lessened to such a degree she felt she could cope once more.

Sadly, her relative died a few weeks later but she said the ReMag really helped her through what was an incredibly stressful situation."

ANXIETY AND CLAUSTROPHOBIA – CASE HISTORY # 3

"Yesterday my husband and I went to the Bears game in Chicago, as we have season tickets. Claustrophobia has been an issue for me and in the past years that type of anxiety has filtered into my "big crowd" experiences. As you enter the stadium, you go through a tunnel that leads to security. It's quite a bottleneck. But I noticed yesterday that I did not get the usual anxiety that I normally might in that kind of a situation. We went to our seats and started to watch the game.

They kept announcing the possibility of a stadium evacuation/seek shelter situation because of the approaching terrible weather. That had me a bit nervous because the claustrophobic mind starts to question how one can get out of the stadium immediately if necessary. Sure enough, we were ordered to seek shelter, so 50,000 of us crammed into the concourse area. To make a long story short, although we stood close to the field side of the stadium (open air, etc.), I really did not panic. I kept thinking to myself, "Relax and Allow!". I can't say that I wasn't a little nervous, but I think it is because I have spent a lifetime responding that way, and just need to get used to feeling ok again.

I know I am transitioning into a more secure sense of living my life without fear. And I know I was able to feel ok yesterday because of the ReMag and RnA Drops that I take. There is no question in my mind both formulas are making a difference for me!!"

Anxiety Triggers

When I wrote *Atrial Fibrillation: ReMineralize Your Heart*, I created a long list of AFib triggers. Now, I find myself listing many of the same triggers for Anxiety (each one of which may be due to magnesium deficiency or may cause magnesium deficiency), and each of these ultimately lead to shortness of breath, surging adrenaline, a racing heart, and fear.

Read this long list of Anxiety triggers, and you will find the ones that most apply in your case. But don't panic – you will soon realize that magnesium can eliminate most of these triggers.

1. Air pollution:

A *BMJ* article in 2015 analyzed data from 71,000 women and found an association between air pollution and anxiety.

The good news is that magnesium prevents bronchial spasm and can help clear toxins from the lungs. The ingredients in ReAline can assist the liver in detoxifying pollutants, including heavy metals.

2. Alcohol:

Drinking alcohol releases catecholamines from the adrenal glands – especially noradrenaline. Alcohol triggers the release of adrenaline stored in the heart. Plasma acetaldehyde, the main metabolite of ethanol, raises catecholamine concentrations in the heart muscle, acting as a heart stimulant. Alcohol directly, and the above metabolites, stress the heart, causing a racing heart that you may interpret as anxiety.

Alcohol withdrawal results in increased release of catecholamines. Alcohol excess is associated with hypertension. The residues of sulfites, pesticides, and fungicides found in some wines can trigger reactions in susceptible people.

Alcohol depletes magnesium, and the breakdown products of alcohol, such as acetaldehyde, require magnesium to be eliminated from the body. Alcohol also feeds

intestinal yeast, resulting in yeast overgrowth and the production of 178 yeast toxins, including acetaldehyde.

3. Calcium:

Whatever lowers your magnesium levels can lead to symptoms of anxiety. Calcium supplements, a high dairy diet, and eating calcium-fortified food and drink (orange juice) can overwhelm your magnesium stores and lead to a relatively magnesium deficient state. When you lower your calcium intake, you may find that your anxiety diminishes. Watch Dr. Andrea Rosanoff's video, called "[Calcium Magnesium Balance](#)", to see how the excitatory electrolyte calcium triggers the cell into excess activity in the presence of magnesium deficiency.

4. Coronary artery disease:

CAD affects over 15 million Americans, making it the most common form of heart disease and causing arrhythmia, angina, and heart attack. CAD is mostly attributed to atherosclerosis, which happens when a waxy plaque, made of cholesterol, fatty compounds, calcium, and a blood-clotting material called fibrin, forms inside the arteries. Having a diagnosis of CAD implies that you are suffering from magnesium deficiency and are subject to tension, irritability, anxiety, insomnia, and depression.

Medically, the only treatment for plaque is statin drugs to decrease cholesterol. There is a movement to stem the tide of CAD medically, and its strategy is to give everyone over 75 years of age statin drugs. However, statins cause magnesium deficiency and many magnesium deficiency symptoms: muscle cramps, pain, stiffness, swelling, weakness, rhabdomyolysis (muscle inflammation and necrosis), tachycardia, anxiety, and depression.

A common statin, called Lipitor, is synthesized with a fluoride molecule to make it more powerful. Unfortunately, fluoride binds irreversibly with magnesium, making a brittle substance called Magnesium fluoride, MgF_2 , or sellaite. Sellaite replaces magnesium in

bone and cartilage, making cartilage and tendons prone to rupture and bones prone to fracture.

Treating a magnesium-deficiency condition with drugs that cause more magnesium deficiency just doesn't make sense, but that is exactly what is happening in modern medicine.

5. Dehydration:

Adequate hydration, with pure water, is essential for proper blood circulation and heart function. However, when we purify water these days, we lose most of the good minerals with the bad chemicals we are purifying, therefore hydration and remineralization go together.

I recommend drinking half your body weight (in lbs) in ounces of water and adding sea salt or Himalayan salt ($\frac{1}{4}$ - $\frac{1}{2}$ tsp in every quart). Always carry your water bottle spiked with sea salt, ReMag, and ReMyte with you.

Alcohol, coffee, and heavy exercise (including Hot Yoga) are all dehydrating, and they all cause magnesium deficiency. Attacks of vomiting and diarrhea can also be dehydrating and deplete your minerals. Magnesium deficiency can be caused by drinking mineral-depleted water, and drinking this water can lead to symptoms of anxiety.

6. Dental problems:

Lack of magnesium can cause the muscles of the face and jaw to go into spasm and cause tooth grinding, TMJ Syndrome, and jaw clenching. These are symptoms of tension and anxiety, but they are treated by dentists with medication and bite plates, even though they are caused by magnesium deficiency.

7. Diabetes:

One of the signs of diabetes is magnesium deficiency, so it's no surprise that diabetes and anxiety are associated. According to the Canadian Diabetes Association, 14% of people with

diabetes have generalized anxiety disorder and as many as 40% have some anxiety symptoms.

Diabetes increases the risk of high blood pressure and heart disease, and the drugs for each of these conditions can cause magnesium deficiency, making the diabetes and the anxiety worse. Elevated blood sugar does increase the heart rate, as well, which can be an anxiety trigger.

8. Electrolyte imbalance:

An imbalance of electrolyte minerals (magnesium, sodium, potassium, and calcium) can alter the way the heart conducts electricity. Many doctors prescribe potassium and calcium, tell their patients to avoid sodium, and totally neglect magnesium. As noted above, anything that diminishes magnesium can cause muscle tension, tachycardia, and symptoms of anxiety.

Magnesium, at a concentration ten thousand times greater than that of calcium inside the cells, allows only a certain amount of calcium to enter, in order to create the necessary electrical transmission, and then it immediately helps to eject the calcium once the job is done. Otherwise, if calcium accumulates in the cell, it causes hyperexcitability and calcification. Since allopathic doctors don't regularly test for magnesium with an accurate blood test, they miss the importance of magnesium.

9. Gas, bloating, and hiatal hernia:

Mechanical pressure from the stomach and intestines can trigger tachycardia, which can, in turn, trigger anxiety. There can be direct pressure from a hiatal hernia, gas in the stomach can press up underneath the heart and great vessels, or this direct pressure can irritate the vagus nerve and trigger tachycardia.

Avoiding alcohol, sugar, dairy gluten, as well as treating yeast overgrowth, can all be helpful in reducing gas and bloating. A chiropractor or naturopath trained in the technique of

hiatal hernia adjustment can “pull down” a hiatal hernia, using an external massage technique. You can view this [self-help video](#) by Dr. Dahlman to see how it’s done.

10. Gluten sensitivity:

I’d like to quote from an iPod interview with Dr. Kelly Brogan, a nutritional psychiatrist, who comments on the addictive nature of gluten and its association with anxiety and depression. The interview on the Gluten Free School website is titled, “[How Gluten Impacts Mental Health](#)”.

Dr. Brogan: “In the literature, researchers are linking gluten to all of these different manifestations; everything from OCD to schizophrenia to bipolar disorder, depression, anxiety and then neurologic issues like seizures and migraines, neuropathies, issues of balance that are called ataxia. But in the real world, when I say psychiatric issues, what I’m talking about is on the anxiety spectrum, feeling like you’re spending most of your day in a state of alarm, really feeling worried all the time, maybe overly focused on specific worries, maybe there are even certain behaviors that you feel you have to do to calm yourself down, rituals that would bring you into the obsessive-compulsive realm.

Then there’s the other side of that coin, which is more depressive symptoms where you’re feeling fatigued and foggy and slowed down and heavy and even things that you expect to be pleasurable just aren’t, they just fall flat. To me, one of the most interesting studies was one that found that 27% of schizophrenics...had antibodies to gliadin, to that important protein in gluten. It goes the other way too. Fifty-one percent of Celiac patients develop neurologic or psychiatric dysfunction. So there’s a real chicken-or-egg phenomenon where there’s a lot of overlap. There’s reason for us to believe that gluten may be a driver of a lot of mental ills.”

11. Heart disease:

The heart is one big muscle. The highest amount of magnesium in the whole body is found in the heart. When magnesium is deficient, the heart muscle can go into spasm, causing angina, a heart attack, or tachycardia, which can trigger an anxiety attack.

12. High blood pressure:

High blood pressure doesn't cause anxiety, but anxiety and panic attacks can spike your blood pressure. Unfortunately, the 3-4 medications people are often given for high blood pressure cause more magnesium deficiency and the potential for more anxiety attacks.

13. The Holidays:

Travel is listed as its own trigger below, but official holidays can be even harder on your heart. You arrive at your destination tired and jet lagged, and, if it's a family gathering like Thanksgiving, you have all the stressors of family interaction, overeating, too much alcohol, and not enough sleep, all of which deplete magnesium.

14. Hypoglycemia:

Low blood sugar can cause an attack of anxiety. When blood sugar drops below a certain level, mechanisms come into play that trigger the adrenal glands to release adrenalin, in order to activate and release glycogen (sugar stores) in the liver. That same adrenalin surge can elevate the heart rate and trigger anxiety. Low blood sugar in the middle of the night can trigger a nocturnal attack or a nighttime dream can activate your adrenalin, causing a chain reaction that ends with an anxiety attack.

15. Infections:

Viral infections cause fever, which increases the metabolism and the heart rate. As I've mentioned before, a simple elevation of your heart rate can make you fearful that you are going to have another anxiety attack, and that fear actually helps create the attack.

16. Lung disease:

Lung disease and anxiety are related. According to WebMD, "Stress may directly affect the body or cause people to manage their asthma less effectively. People with asthma have a higher rate of anxiety than those without. Conversely, stress and anxiety can cause physiological changes that may provoke an attack. These strong emotions trigger the release of chemicals, such as histamine and leukotrienes, which can trigger the narrowing of your airway." What medicine doesn't acknowledge is that asthma is a magnesium deficiency condition, one where the muscles lining the bronchial tract go into spasm, cutting off the airways. If you have enough magnesium to keep the muscles of your airways relaxed, then you diminish your asthma attacks. Be very careful of the medications you take for asthma. Many inhalers are actually fluoride drugs, and fluoride binds magnesium, making it unavailable to the body.

The vagus nerve and its branches innervate the trachea, lungs, heart, esophagus, and stomach. The vagus nerve can be irritated due to magnesium deficiency. When magnesium-deficient lungs are exposed to dust, fumes, or cold air, a chemical chain reaction causes bronchial spasm, which can set up a chain reaction of fear, hyperventilation, elevated pulse rate, and anxiety.

17. Medications:

Mood changes caused by medications tend to be overlooked, or, if they are recognized, simply treated with more medications. Chemicals like cocaine, marijuana, hallucinogens, OTC cold meds, prescription anti-seizure drugs, and pain-relieving medications, as well as alcohol and caffeine, can affect the way the brain functions and cause anxiety symptoms.

I just looked up the side effects of Flecainide, which is an antiarrhythmia drug, yet it causes fast, irregular, pounding, and/or racing heartbeat or pulse, as well as anxiety. This drug contains 6 fluoride molecules. Fluoride binds irreversibly to magnesium, making it unavailable to the body. The MgF compound is brittle and deposits in bones, cartilage, and

tendons. You can Google any drug and find the chemical formula. Just look for the F, which stands for Fluoride!

18. Potassium deficiency

There is a correlation between anxiety, irritability, anger, depression, and potassium deficiency. Potassium deficiency may be found on a blood test, but doctors don't normally test for magnesium deficiency. However, if you have low magnesium along with low potassium, your potassium won't improve when you take potassium supplements, unless you also take magnesium. Even if doctors do test for magnesium, doctors don't use an accurate test, so they never know the underlying problem. You can find a recipe for Potassium Broth in Appendix A.

19. Exposure to stimulants:

Artificial sweeteners (Aspartame/NutraSweet and Sucralose/Splenda), caffeine, cola, and tobacco are stimulants that can act as neurotransmitters and speed up your heart. If you are already magnesium-deficient and your heart speeds up for no apparent reason, you can get scared and start a vicious cycle of adrenalin surging through your body, possibly causing a panic attack.

20. Stress that leads to anxiety and panic attacks:

Stress burns magnesium, which depletes the adrenal glands, and leads to erratic surges of adrenalin, which triggers bouts of tachycardia. Stress in the form of a very active or scary dream can elevate your pulse. Dreams can trigger an adrenaline surge, because the mind thinks you are "under attack." The adrenaline pumps your heart rate, which can trigger an anxiety attack.

21. Surgical procedures:

Even minor surgical or medical procedures can be a physical and emotional trigger. Just think of "white coat syndrome," where your blood pressure can soar and your pulse can increase when a doctor or nurse takes your blood pressure. That racing and increased

pressure, called “fight or flight,” can trigger an underlying magnesium-deficient anxiety attack.

22. High sugar diet:

Sugar depletes magnesium, so high sugar intake will ultimately cause magnesium depletion and the associated tachycardia and anxiety. According to Natasha Campbell-McBride, in her book *Gut and Psychology Syndrome* (2010), twenty-eight atoms of magnesium are required to process one molecule of glucose. If you are trying to break down a molecule of fructose, you need fifty-six atoms of magnesium. That’s an extremely unbalanced and unsustainable equation. If you can’t visualize an atom, just imagine 28 units of magnesium being required to metabolize one unit of glucose.

A high sugar diet can trigger frequent surges of insulin that quickly create low blood sugar, followed by surges of adrenalin to force the blood sugar back up by using glycogen stores in the liver.

23. Overactive thyroid gland:

Thyroid hormones regulate metabolism. If you have “excessive” thyroid hormones, your metabolism speeds up, as well as your heart rate.

24. Travel:

The stress involved with the TSA, jet lag, dehydration, poor eating habits, problems sleeping, more alcohol than usual, late night meals, and forgetting to take your magnesium all combines to become one big trigger for anxiety. Plan your trip well and take more ReMag to avoid all the above.

25. Yeast overgrowth:

This condition is the culmination of a high sugar diet, too many antibiotics and steroid medications, and layers of stress. Many practitioners and researchers also consider yeast the main cause of inflammation in the body. Yeast produces 178 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 with yeast overgrowth, people who had not consumed any alcohol but appeared to be intoxicated.

Another byproduct of the digestion of sugar by yeast is acetaldehyde. It’s also the main breakdown (oxidation) product of alcohol and is believed to be the actual cause of the many problems arising from excessive alcohol consumption. Many people find that if you have yeast overgrowth and also drink alcohol, you are hit with a double dose of acetaldehyde hangover, or brain fog.

NOTE 1: This list of 25 anxiety-triggers may appear daunting, but I maintain that magnesium deficiency can be the true underlying cause for most of these triggers. Unfortunately, instead of a prescription for a well-absorbed magnesium, you are given magnesium-draining drugs that never treat the underlying deficiency.

NOTE 2: I never tell clients that they have to stop taking their medications before starting the Completement Formulas. I want you to take the Completement Formulas until you feel better and have fewer and fewer symptoms before working with your doctor to wean off your medications.

THIRTY-TWO YEARS OF ANXIETY & ARRHYTHMIA – CASE HISTORY # 4

Here is Roman’s experience and his recommendation to go the distance with ReMag and the Completement Formulas for your healing journey:

“Dr. Carolyn Dean saved my life!!! I've had anxiety, panic attacks, and heart arrhythmias since I was 18 years old. I also suffered with depersonalization and vertigo as my body tried to cope with my anxiety. I have been on many, many meds for my heart and my panic disorder. I guess they helped somewhat but the problems never resolved.

At 50 years of age, I ended up in hospital with a heart rate of 200 bpm, AFib and SVT (supraventricular tachycardia). I was released after 3 days in the hospital with prescriptions for beta blockers and anti-anxiety meds. The meds helped a bit but did not stop the panic and racing heart, which made it impossible to work in my business, unloading my truck full of sound gear for shows!

I was totally disabled from not working and racked up huge amounts of debt going to the ER to treat terrifying high heart rates, PVC's, and SVT! I finally found *The Magnesium Miracle* book online!! I read it and followed Dr. Dean's program and started getting some relief right away, which kept me going!

It has been a year now following her program. I take my ReMag and ReMyte in a liter of water sipping it through the whole day with ¼ teaspoon of Celtic sea salt mixed in. I also drink 2 liters of regular water with ¼ teaspoon of Celtic sea salt to keep hydrated for my weight.

This protocol has made a world of difference. I can work again! I can unload and load my truck again with no SVTs and very little AFib! I went from walking across the house bringing on an AFib attack to only a rare occurrence! The SVT is totally gone and I have not reached a year on the program yet.

Dr. Dean said it could take a year or more to get well. Boy was she right! It takes a while to overcome magnesium deficiency but when you start getting your cellular magnesium levels back up the improvements are unbelievable! The customer service is wonderful they answered all my questions and were very helpful and nursed me through the tough times.

Plus, I get to talk to and ask Dr. Dean questions on the radio show. She is always attentive and very helpful in answering all my questions! I highly recommend Dr. Dean's products to anyone suffering with physical issues. I take all her products, ReMag, ReMyte, ReAline, and the RnA 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 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!"

Anxiety Facts

Fearing the worst possible outcome for every situation is the overriding basis of anxiety. Besides worry, apprehension, and panic attacks, there can be mental and physical symptoms of:

Chest pain	Dizziness
Shortness of breath	Diarrhea
Dry mouth	Rapid heartbeat
Palpitations	Pounding heart
Insomnia	Irritability
Anger	Inability to concentrate
Fear of being "crazy"	Depersonalization (feeling unreal and not in control of your actions)

If you've never had an anxiety attack, you won't know the horrible feeling of "impending doom." When I went through menopause, I had a glimpse of what anxiety must feel like. Just before a hot flash would strike, a feeling of impending doom would overcome me. That horrific feeling would pass after only a few seconds, replaced by a hot flash. Each time it occurred, I had no awareness that it was "just" notification of an upcoming hot flash, because I was completely embedded in that moment. The feeling of doom and the hot flashes eventually subsided, but the knowledge that symptoms of anxiety can be highly charged biochemistry did not. That's why I truly believe magnesium can be helpful in the prevention and treatment of anxiety, because it can positively alter your biochemistry. Doctors don't know the source of these feelings of doom, and they either dismiss it or give

more medications. However, that feeling and feelings of depersonalization, such as Roman experienced, may be able to be treated and eliminated with magnesium.

Stress is not anxiety, and anxiety is not stress. As I say above, people who have more magnesium reserves may be the lucky ones that can snub their noses at stress. After all, the symptoms and signs of stress are very much like magnesium deficiency. They include: •

- | | |
|-----------------------------------|---------------------------------------|
| Widespread muscle and joint pains | Constipation and/or Diarrhea |
| Stomach cramping | Cold, sweaty hands |
| Decreased sex drive | Confusion |
| Forgetfulness | Overeating or even a loss of appetite |
| Chest pains | Restlessness |
| Pounding heart | Irritability |
| Shortness of breath | High blood pressure |
| Teeth grinding | Sadness or crying spells |
| Mood swings | Headaches |

If you go to an allopathic doctor with a handful of these symptoms, you're likely to leave the office with a handful of expensive prescription drugs. If you go to a naturopathic doctor, you will end up with a dozen expensive supplements. I say, "Start with ReMag, a form of magnesium that will allow you to take therapeutic amounts, and you will see just how much magnesium deficiency plays a role in your symptoms."

YOUNG MOTHER OF FOUR WITH ANXIETY – CASE HISTORY # 5

Here's what happened to a 42-year old mother of four who tried to get a diagnosis for her recurring health issues and ended up with more symptoms and a less workable strategy,

that is, until she looked at magnesium deficiency. Her story is long and involved, but I want to give you a flavor of what happens when magnesium deficient anxiety is misdiagnosed and how that can lead to even more anxiety for the patient.

Background

During her 4th delivery, Susan suffered a perianal tear, followed by a perianal infection and mastitis, for which she took massive doses of antibiotics. There are reports of tendon, ligament, and muscle damage with some antibiotics, which may relate to Susan developing chronic, severe back pain after working in her garden. She also said her neck started to click and be painful, and she became fatigued and had no energy.

Susan doesn't remember the names of the antibiotics she took, however, the antibiotic that is of most concern is Cipro, a fluoride drug. I believe the fluoride molecule in Cipro is capable of being broken off by intestinal bacteria and binding with magnesium, creating a brittle compound, magnesium fluoride, which deposits in tendons, ligaments, and bone. Cipro has a black box warning on the FDA Drug Safety website that outlines the side effects of taking this drug, including soft tissue, bone, and muscle challenges. If that is the case, Susan's symptoms could very well be a result of taking the antibiotics the original doctor prescribed. NOTE: The complete list of side effects, as well as other information on Cipro, can be found in [Appendix B](#).

Susan's Saga Continues

Susan, however still had no relief from her symptoms, so she saw more medical professionals. One doctor thought she might have Lyme disease and treated her with more antibiotics for a full two months, but she got too many gut symptoms to continue. The next thing she developed was tingling sensations on the back of her

head, which began to move around, and she started to feel tingling everywhere in her body.

The doctors Susan went to about her symptoms said that all her tests were normal, so she was diagnosed with anxiety disorder and put on anti-anxiety medication. She dutifully took Ativan at the dosage rate of 2 mg, 4 times a day, for a year, but the tingling never went away it. She said it just allowed her to accept it! One night she stopped taking Ativan, cold turkey, not knowing what would happen, and she went into serious withdrawal symptoms. Anti-anxiety meds, especially the benzodiazepines like Ativan, are only studied for short-term use, which means 2 weeks! Most people who are on these meds take them for years.

Susan's Ativan withdrawal symptoms were so severe that she had to go into a Rehab Clinic. She was only able to sleep 2-3 hours per day. She had shakes and the feeling of not being real (disassociation). Besides the panic attacks, she suffered a lot of heart palpitations. Without looking at her nutritional profile, she was put on another addictive drug, Neurontin that made her feel like a zombie!

On Jan 13, 2016, Susan obtained ReMag and used it successfully to get off Neurontin. By Feb 6, 2016, after only a few weeks on ReMag, she had no more heart palpitations, less tingling in her head, no more low back pain, was feeling calmer, and sleeping five hours at night.

Too Much Information Equals More Anxiety

Everything would have been fine if Susan had simply continued her ReMag and added the other Completement Formulas, especially ReMyte. However, the very nature of anxiety and panic attacks escalated her fear and worry, and she interwove it with the very scary diagnoses that neurologists had proposed for her condition. Even worse, three different neurologists couldn't give her a definitive diagnosis, something that makes an anxious person even more anxious, since they imagine the worst.

In my experience, anxiety makes patients impatient to get back to normal, which means that each time Susan had a tingling episode or an anxiety attack, she imagined she was back to square one and would never completely get better. When your symptoms are improving, you have to force yourself to focus on what is improving and not on what remains. Unfortunately for Susan, Dr. Google took over, and she added more possible diagnoses and more treatments to her overloaded brain.

A Self-Fulfilling Prophecy

Then, on March 24, 2016, Susan had a relapse that confirmed her worst fear: that she would never get completely better. At first, she wasn't able to see the events that compounded to create her symptoms. Her dramatic description of her symptoms is evidence of her level of fear. She said,

“For the last two nights my heart just pounds out of my chest without me doing anything or feeling anxious, I am also experiencing tingling or numbness up and down my body. I entered my daughter's school and I felt faint, the school nurse gave me orange juice, I felt a bit better, after I went home I noticed I was spotting (menstrual) cycle. It's funny, I'm drinking my ReMag now and I realize that with the magnesium I no longer have pain when I get my period so I don't know when it's coming. Besides being premenstrual, that morning I did not eat breakfast, which I know I should do. By 9 am I felt my body having weird sensations as if my soul was jumping out of my body but I needed to be at the school.”

She also said, “The previous night I was ready to go to the ER, but I knew the outcome, they will tell me I have anxiety and give me pills, what I want them to do is test and check my heart, I do have an appointment with a cardiologist in April.” She said, “I am scared of what my body is doing, it has only been 3 months since getting off of Ativan, which I was taking for a year. I never had these heart problems before Ativan.”

Susan knew it was fruitless to present herself to the ER, because they would not find anything and just reinforce her fears that no one knew what was happening to her. However, she was still seeking validation for her distressing symptoms and was waiting for a cardiology appointment.

A Move toward Sanity

Susan emailed me about her “relapse” and asked if she should be taking more ReMag. She was taking a half teaspoon 4 times a day, because more than that was giving her the runs. I told her that her setback was probably due to being premenstrual and hypoglycemic, and, together, they stimulated her adrenaline and set off her heart rate, on top of still detoxing from Ativan. I said that I would take the ReMag differently and put the 2 tsp in a liter of water, taking a mouthful or two every hour. Sipping through the day helps stop the cells from being overloaded 4X a day, which, in rare cases, can cause the laxative effect. I also told her to put some ReMag in a spray bottle and spray it on her skin, especially the tingling areas, several times a day. I also told her she probably needed to start taking the ReAlone to help further detox the Ativan, the ReMyte for the other minerals, and the RnA Drops to help with her stress and worries.

The Anxiety/Hypervigilance Cycle

By May 6, 2016, Susan said her heart palpitations had diminished a lot. She was now only getting them once a day for a short time, as opposed to all day, and sometimes, she was not getting them at all. Her lower back pain and neck pain had all gone, and her menstrual cycle seemed lighter and without pain. However, she said she was still getting a feeling of anxiety every other day, as well as tingling, zapping sensations on the back of her head, with some pressure, as well.

Unfortunately, she continued to worry about her tingling symptoms and tried to get a more definitive diagnosis. I had told her that her symptoms were antibiotic side effects and Ativan withdrawal, along with magnesium deficiency symptoms. I also recommended that

she wait for her body to become saturated with magnesium before looking at anything else. She said, "I have been doing a lot of researching, Googling all different words, and I came up with cranial neuropathy and then occipital neuralgia." She went on to say that an Osteopath claimed he can cure her occipital neuralgia if she flew to Texas to see him.

Occipital Neuralgia

I told Susan that, medically, occipital neuralgia means the nerves of your occiput (the back of your head) are inflamed. From the beginning, I had told her that her neck muscles were clamping down on and irritating the nerves in her scalp muscles. Here is an online definition:

Occipital neuralgia is a neurological condition in which the occipital nerves - the nerves that run from the top of the spinal cord at the base of the neck up through the scalp - are inflamed or injured.

Inflammation is a magnesium deficiency condition, and magnesium can speed up the healing of any injury. I told Susan that, just like her low back and neck pain went away, so too will her neuralgia! Also, I tried to tell her that she had to give it time and not go running around to expensive doctors who don't know about magnesium. Some of these doctors give Botox injections to treat magnesium deficient nerves, instead of recommending much-needed magnesium!

After this email, Susan wrote, "Since I'm taking your products and watching my diet, I have been feeling better but this darn tingling on the head is killing me." This is where I stepped in and said,

"No it's not killing you - stop using such negative words that only reinforce your fears and anxiety. You are probably about 75% better and you should be thankful for that and just give it more time to get rid of the neuralgia. It took me 2 years of ReMag to get my heart under total control. You've only been taking ReMag for a few months. You have to be patient. Every time you worry that you are not getting

better fast enough you tense up, your neck tenses, your head tenses, and you make the neuralgia worse. So, just relax and allow!"

Dried Out CSF

Susan next told me that another doctor she saw, "...does know about magnesium, he told me I may not have enough magnesium fluid going through my spine, and that the CSF (cerebrospinal fluid), if it's dry, can't get around the spine and head." I told her that it was very unprofessional for the doctor to make these comments to an anxious patient. I said this doctor has NO idea if that's the case with you without doing a spinal tap, AND his comments do nothing for your healing, it just makes you more concerned that you have something rare and hard to treat. CSF just needs proper water intake and minerals to be healthy.

Herpes Neuropathy

Susan wrote about yet another doctor's misdiagnosis! She said,

"Thank you for explaining that occipital neuritis is just inflammation of the nerves and ReMag can take care of it eventually. One thing I did not mention was that I visited an Infectious Disease doctor who found that my HSV 1 levels were 35.90 over the labs high range, he says he is not 100% sure but the weird head feelings could be from the HSV 1, he says its known to cause neuropathy, he wants me on Acyclovir, I will not take it because it is not a cure and I don't break out much, last time I broke out with a blister on my lip was when I gave birth to my 4th baby who is now 3 years old. I did read one of your newsletters how most people do have high levels of herpes anyway. I don't think my head feeling is caused by HSV1, however part of me says don't dismiss it."

About this inappropriate HSV diagnosis, I told Susan that EVERYONE has levels of HSV and there is no way it means it's causing neuralgia. That's just speculation, and, again, it is inappropriate for a doctor to float that possibility to an anxious patient. I also told her that

you really have to watch how much you push doctors to pay attention and help you, and how desperate you come across for them to do something. They will want to help you, and instead of just reassuring you and telling you to rest and be patient, they will give you more reasons for what's going on and more drugs.

Working with Magnesium Is the Solution

Finally, on June 13, 2016, Susan wrote and said that I am 80 percent better with the tingling in my head. I took your advice and began daily Epsom salts baths and using magnesium directly on my scalp. Susan also admitted that, all along, she thought that her symptoms couldn't possibly be due to magnesium deficiency, or that magnesium would make them go away. However, as she approaches feeling normal again, she sees that ReMag and ReMyte are the only things that have consistently worked for her.

Expanding the Treatment

In August, Susan was suffering from sinus congestion, and I told her that she was likely noticing yeast overgrowth from all the antibiotics she took. I called it the next level of priority for her body to deal with. I said it was time for her to do a Neti pot treatment, a yeast-free diet, and probiotics. If that wasn't enough, she would have to do a complete yeast detox. She agreed with this next step. It seemed that the several courses of antibiotics brought on her symptoms of neuralgia as well as yeast overgrowth. For a time, the neuralgia was the most important symptom for Susan to deal with, but as that cleared up with remineralization, the yeast overgrowth symptoms became the priority.

NOTE: I find that the combination of external magnesium (either ReMag spray or Epsom salts baths) and internal ReMag seems to be the key to recovery for nerve and muscle symptoms. We tell people to spray on ReMag because magnesium oil can irritate the skin when used full strength, but ReMag doesn't. Another option is to blend 4 oz of a mild hand cream with 2 oz of ReMag, creating a mixture that will work.

Mind Your Words

If you are having a low blood sugar panic attack or your adrenals are burnt out, causing erratic adrenalin bursts leading to tachycardia and then a panic attack, and you go to the ER saying words like, "I think I'm dying. I can't take it anymore. I'm going crazy," then the doctor will equate those words with hysteria, and they may diagnose you with anxiety and put you on meds, something that can often make you worse. This is partly what happened to Susan when her doctors kept responding to her desperation by speculating about her condition, but they just continued to give her drugs for anxiety.

Here is an excerpt on Anxiety from my *Future Health Now Encyclopedia*:

ANXIETY

"Anxiety has taken on a life of its own in our culture. It's defined as nervousness, agitation or worry about a subject or in anticipation of an event. Physical manifestations include elevated heart rate, sweating, shaking, weakness and stomach or intestinal distress. Valium and Ativan, two anti-anxiety drugs, are top-sellers in America.

The important nutritional issues to address in the face of anxiety are a high sugar diet, low blood sugar and nutrient deficiencies – especially magnesium.

Hypoglycemia (low blood sugar) can create all the symptoms of anxiety. Drinking sugar-laced sodas and coffee, eating white flour and white sugar confections and consuming alcohol on a daily basis can create hypoglycemic symptoms.

One can of soda contains ten teaspoons of sugar, which overwhelms the body's blood sugar levels maintained normally at about two teaspoons. A sugar high from this type of insult is followed by a rush of insulin that forces blood sugar into the cells and results in a blood sugar crash. When blood sugar is low, the adrenal glands burst into action to release adrenalin to force glycogen stores to be released from

the liver. Glycogen is stored sugar, which is broken down and released into the blood stream. The adrenal glands also stimulate the heart, causing an elevated heart rate and symptoms of anxiety. Over time, the adrenal glands can become burnt out, insulin can be overworked, cells can become insulin resistant leading to adrenal exhaustion, hypoglycemia and diabetes. I'll talk more about Adrenal Exhaustion and Hypoglycemia below.

Avoid sugar but don't make the mistake of replacing sugar with "diet" products artificially sweetened with aspartame (NutraSweet, Equal, Spoonful). Two amino acids (phenylalanine and aspartic acid) and methanol (wood alcohol) are the building blocks of this neurotoxin. One of the two amino acids, phenylalanine, lowers the brain's seizure threshold and depletes serotonin. Low levels of serotonin trigger panic attacks, anxiety and mood changes. Aspartic acid is a neurotoxin. Wood alcohol causes blindness. If you have anxieties, eliminate aspartame from your diet.

Emotional Freedom Technique (EFT)

EFT is based on lightly tapping a series of easily accessible Chinese acupuncture points on the face and hands. EFT founder, Gary Craig, finds that, when properly applied, it is over 80% clinically effective for trauma, abuse, stress, anxiety, fears, phobias, depression, grief, addictive cravings, and hundreds of physical symptoms, including headaches, body pains, and breathing difficulties. I still think magnesium is the first line of treatment for anxiety, but EFT can certainly help with the triggers. You can go to Gary's website EmoFree.com and find free information about EFT, possibly learning how to do it yourself.

Wholistic Counseling

Sometimes, talk therapy can help you cope with anxiety, but not if you are forced to repeat your story, over and over. Going to a psychiatrist or psychologist and ending up on

medication is usually not very helpful, and it can lead to a lot of side effects that many people who follow this path experience. Some form of supportive holistic counseling, while you are working with ReMag and the Completement Formulas, is the best approach.

Total Biology – The Conflict Basis of Disease

Anxiety is a normal attribute of the biological brain designed to keep us alert in order to stay alive. If a predator comes toward us, then we have to be on our guard, but if our anxiety seemingly has no trigger and reaches an uncomfortable level, we have to find out why. Often, anxiety in the present can be triggered by a past situation – often when we were too young to do anything but be frightened.

In describing panic attacks with the throat closing (globus hystericus) my teacher shared the following information:

“If your throat is closed you can’t talk, you can’t yell. You may go to a movie about the war and see a woman with her child. In the scene, the woman has to cover the child’s mouth so he won’t make a sound – or people will die. Someone who has panic attacks, it’s possible that in their genealogy, a child made a sound and people died. Everybody has a program of panic somewhere because it helps us survive. But it can become exaggerated and some people can’t control their anxiety. Any stressful scene that we see can force us to relive our previous stress.”

There are no specific Total Biology books for you to read, but here are three books with a similar message:

1. Patrick Obissier: *Biogenealogy: Decoding the Psychic Roots of Illness: Freedom from the Ancestral Origins of Disease*
2. Gabor Mate: *When The Body Says No*
3. Andreas Moritz: *Cancer Is Not A Disease - It's A Survival Mechanism*

Here is a website dedicated to [German New Medicine](#), from which Total Biology arose. To watch a free online introduction to the GNM, please log onto: [GNM Seminars](#), using the Password gnm26.

Breaking the Links with Illness, Grief and Fear

The medical approach to a patient's fear is to medicate with antianxiety drugs and placate with ineffective support groups. I advise specific affirmations and Bach Flower Remedies.

Affirmations and Bach Flower Remedies

1. A Small Property - from Total Biology

"I was a small property ravaged by a storm. The fine weather has returned. The forest and the river have become calm. The house is vibrant and shines in the sun. And above all, the field is returning to its order, health and beauty. Thank you my diseased and depleted organs, for I know you have done all this to save my whole being. And thanks to myself for doing my healing."

Repeat this affirmation 10 times in the morning (before getting up), 10 times around lunch, and 10 times at night (just before falling asleep). Repeat in a calm and relaxing atmosphere, in the darkness, if possible. To be verbalized with consciousness. Take the time to visualize and identify each symbol as clearly as possible. Write down any dreams that you remember.

2. General Affirmation: "I am filled with love and understanding."

3. To break the links to past illness and associations that hamper progress and growth, listen to the song "[Time to Say Goodbye](#)," by Andrea Bocelli and Sara Brightman. If the link is broken, you can easily find another one online.

4. To treat the apprehension and fear, I recommend Bach Flower Remedies.

- a. The first one is Rescue Remedy, which you take on the way to the office or any time you speak to a doctor in the hospital. Dosage is a few drops under the tongue.
- b. The other is Walnut, the link breaker, to break the link or association you have with being ill or with past fears and traumas that can trigger symptoms in the present.
- c. Aspen is the Bach Flower Remedy for unknown fears. The affirmation for Aspen is: "I have faith in life. I am being guided. I am filled with courage and inner strength."
- d. Mimulus is the Bach Flower Remedy for known fears. The affirmation for Mimulus is: "I act with courage and inner strength. I recognize each problem as an opportunity for growth." For more on the Bach Flower Remedies, please go to [Appendix C](#).

Adrenal Fatigue and Hypothyroidism

The following section is on Adrenal Exhaustion and Hypothyroidism, taken from my *Future Health Now Encyclopedia*.

Adrenal Fatigue

"Conventional medicine has a very narrow definition of adrenal function that swings between the two extremes of being "entirely normal" or "totally destroyed." I learned that definition in medical school and just the other day a patient said that's what an endocrinologist just told her. In 40 years nothing has changed. The endocrinologist scoffed at her saliva cortisol levels and her questions about her weakening adrenals and said, the adrenals either work or they don't work. At the point they don't work, he said he would give her a prescription for replacement hormones (synthetic). If the adrenals do not function at all, that condition is called Addison's disease.

In natural medicine we observe that the adrenal glands usually function in between those two extremes due to many physical and emotional stresses that can strain the adrenal glands and diminish one's reserve. Because the only solution that allopathic medicine knows is hormone replacement, they don't recognize the need for mineral and vitamin support for the adrenals to prevent them from failing.

When someone exhausts their adrenal glands through compulsive exercise, this is called "overtraining." When someone eats a high sugar meal, the blood sugar soars and then crashes. The crash triggers adrenalin to push the blood sugar back to normal, which depletes the adrenals over time. The adrenal glands' job is to keep the blood sugar levels constant but when they wear down, hypoglycemia can occur. When irregular spurts of adrenalin flood the body, anxiety and panic attacks are diagnosed. In none of these cases is the true cause of symptoms identified as adrenal depletion.

Conventional medicine does not recognize adrenal depletion possibly because there is no prescription medication for weakened adrenals. There is only treatment for complete adrenal collapse – hydrocortisone. However, in natural medicine, the building blocks for repairing the adrenal glands are nutrients that are beyond the scope of conventional medicine. Unfortunately, when people who suffer from over exercising, hypoglycemia and panic attacks go to their medical doctor for a diagnosis they are given a prescription for antidepressants and anti-anxiety medication but not what they really need.

Prevention:

* Symptoms of hypoglycemia are closely associated with adrenal exhaustion. Eat small frequent meals and avoid alcohol, caffeine and sugar.

* Sleep 7-8 hours per night; go to bed by 10pm. And if possible, take a nap during the day. Read my blog "[Lying Down Therapy.](#)"

* Exercise at least 30 minutes daily combining stretching, walking and yoga to maintain flexibility and build endurance.

Treating Adrenal Fatigue and Thyroid Insufficiency

"The adrenals don't stand alone, so in order to balance your adrenals you also have to address your thyroid and your sex hormones. I refer to them as a three-sided stool. When one of the legs of the stool is shortened, it affects the other two. This can be seen on blood testing; when cortisol levels go up, thyroid hormone levels go down.

There is an ongoing debate among natural medicine practitioners about what comes first, adrenal fatigue or thyroid insufficiency and what do you treat first? I think it's a moot point because they are not looking at one of the main causes of both conditions - mineral deficiency, which means you can and must treat the two conditions simultaneously. Treating disease in a linear format, one thing at a time, is not consistent with the way the body works, where everything is interrelated and works synergistically.

The treatment for adrenal fatigue begins with sodium and magnesium, which are vitally important for proper adrenal function. If your adrenal glands are weak or depleted, as indicated by exhaustion and low blood pressure when rising from a lying position and chronic stress, there is a combined sodium and magnesium depletion. If you start taking large doses of magnesium without replacing sodium, you may feel even worse. I recommend 1/8th to 1/4 tsp of sea salt in every pint of drinking water. How much water? Half your body weight in ounces of water.

The best diet for the adrenals is a yeast-free diet avoiding sugar, gluten and dairy to cut down on the body-wide inflammation that yeast produces. Magnesium will also treat inflammation.

The adrenals are supported with food-based Vitamin C Complex and Vitamin B Complex. I highly recommend [Liposomal Vitamin C](#) that you can make yourself using the recipe in this book.

The other key ingredient to adrenal health is plenty of rest. I call it "[Lying Down Therapy](#)." Please don't think you can "tough it out" and just "muscle your way through" adrenal fatigue. That's the worst thing you can do. You may require 8-10 hours of sleep and naps to fully recover. It's extremely important to take care of your adrenals because they are responsible for the production of more than 50 hormones that are essential for proper body function.

Extra sleep, rest, sea salt, high dose magnesium and a multiple mineral formula work to help alleviate adrenal fatigue. But it's also important to face the cause of your stress and realize your body may be producing physical symptoms as a result of this stress.

Some practitioners suggest that you have to take DHEA and pregnenolone for adrenal repair but I have another suggestion. Instead of immediately jumping to hormone replacement, let's use the proper building blocks to make our own hormones. Put ReMag in a spray bottle and spray on the skin. It will stimulate DHEA receptors below the surface of the skin. For the proper amounts of cholesterol to make hormones like pregnenolone you need good fats such as olive oil and coconut oil.

The third requirement for making your own hormones is properly functioning enzyme systems. And we know that in order for enzyme systems to function properly you need lots of bioavailable magnesium.

An underactive thyroid, as one of the triggers for adrenal fatigue, has its own list of causes that includes thyroid receptor blockage due to yeast toxins and mineral deficiency. Nine minerals in ReMyte that support thyroid function include: iodine, selenium, magnesium, manganese, molybdenum and zinc.

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

I've worked closely with Candida (yeast) overgrowth for decades. A poor diet of refined sugars, high gluten wheat, and processed dairy feeds yeast in the intestines. Alcohol, antibiotics, and cortisol from acute and chronic emotional stress encourage yeast even more. There are 178 different yeast toxins that are produced by yeast in their life cycle. These toxins are absorbed into the bloodstream and lead to a chronic inflammatory state that can block hormone receptors and cause arthritis, chronic fatigue and pain.

The best anti-inflammatory agent available to the body is magnesium. When magnesium is depleted, adrenal fatigue symptoms continue unabated. Magnesium and molybdenum help detoxify yeast toxins directly.

The sex hormones are also supported by minerals and the proper function of the thyroid and adrenals. DHEA stimulation by transdermal magnesium will stimulate production of estrogen, progesterone and testosterone. I've had patients tell me that when they started taking ReMag and ReMyte, their menopausal symptoms disappeared. If they were taking bioidentical hormones, the hormones were either more effective or were no longer necessary."

Below is the section on Hypoglycemia in my *Future Health Now Encyclopedia*. I'm including it, because low blood sugar is a well-known trigger for anxiety and it causes surges of adrenaline.

Hypoglycemia

"I don't know about you, but if I eat just one chocolate chip cookie, I've committed myself to craving sugar all day. It's a domino effect. Of course, I know exactly why that happens. Many sugary foods are high glycemic foods, which cause a rapid rise in blood sugar, triggering a rapid rise in insulin, which in turn triggers a rapid drop in blood sugar, creating hunger and cravings. Why? Because when blood sugar drops, we're supposed to burn glycogen and fat for energy. But the persistent high insulin level blocks those processes. We run out of energy and the cravings begin. So... we eat! It's the classic blood sugar roller coaster.

Hypoglycemia means low blood sugar. Medically, it is only recognized if the blood sugar drops below a certain range (50 mg or 2.7 grams/dl glucose); however, the level can vary depending on the individual and the circumstances. Ideally, blood sugar should stay within a certain normal range. If you eat a highly refined diet, however, your blood sugar will quickly become elevated as this food is rapidly absorbed into the bloodstream. When the blood sugar reaches a certain maximum, insulin is stimulated to enter the bloodstream and take the excess glucose away into the body's cells. The amount of insulin released is dependent on the rate of increase of the blood sugar. If a great amount of insulin is released, the blood sugar may fall dramatically.

When the blood sugar falls in a precipitous manner, adrenaline is stimulated to make sure the blood sugar does not fall too low, rendering you unconscious. Adrenaline stimulates the sugar stores (glycogen), but it can also produce a fight-or-flight reaction. You may feel a sense of anxiety or impending doom for no apparent

reason. At this point, if you eat a meal of refined foods, a soda or coffee and a donut, you may feel better quite quickly, but the cycle of rapid elevation of blood sugar and then rapid decline repeats itself - you can go through life as if on a roller coaster. We call it the "crash and burn" syndrome.

It may be important for you to diagnose this condition properly if it's being confused with other conditions such as headaches, anxiety, fainting attacks, rapid heartbeat and depression. This can be done with a glucose tolerance test, however, the testing itself uses high amounts of sugar and can make you feel ill if you have been avoiding sugar. You must keep a journal of your symptoms while having a glucose tolerance test. After twelve to fourteen hours of fasting, you are given a sugar drink and blood is taken every hour for five hours to document what happens to your body's blood sugar over this period of time. Remarkably, even though you may record that you feel terrible during the test and all your various symptoms are evoked, if your blood sugar does not fall to 50mg, you may be told you do not have hypoglycemia. But, if you have the symptoms, you must assume you do and that your hypoglycemia is due to rapid blood glucose drop, even if it doesn't reach the magic number of 50mg/dl.

Diet:

The treatment for hypoglycemia is small, frequent meals of low glycemic complex carbohydrates (vegetables, whole grains, seeds, nuts) and protein. Some suggest either one or the other, but it is important to balance both protein and complex carbohydrates in the diet. High glycemic sweets, refined foods and alcohol must be avoided. Don't make the mistake of switching to artificial sweeteners to avoid sugar.

The most common sweetener, aspartame (NutraSweet), is found in over 9,000 diet products. It is a neurotoxin and causes sugar cravings, headaches and seizures, among its ninety-two FDA-documented side effects. Read labels and avoid it."

Overmedicating Anxiety

There are an astounding 84 anti-anxiety medications. The most prominent ones that claim to offer immediate relief are the benzodiazepines: Ativan, Valium, Librium, Xanax, and Klonopin. Besides blunting your feelings of anxiousness, they can cause drowsiness, irritability, dizziness, memory and attention problems, and physical dependence. 'Benzos' are addictive and very difficult to stop. When you do try to stop, your anxiety tends to get worse. Then you have to take another pill to just keep functioning.

The High Cost of Anxiety

According to the National Institute of Mental Health, anxiety disorders are the most common mental illness in the US, affecting 40 million adults in the United States age 18 and older, or 18% of the population. They also say that anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment. When you hear that your anxiety is treatable, you immediately think that means you can be cured. Little do you realize that "treatment" just means suppression of symptoms, not an actual cure.

The cost of anxiety disorders in the U.S. is huge; more than \$42 billion a year is spent on it, which is almost one-third of the country's \$148 billion total mental health bill, according to "The Economic Burden of Anxiety Disorders," a study commissioned by the Anxiety Disorders Association of America, or ADAA, and published in the *Journal of Clinical Psychiatry*, July 1999. More than \$22.84 billion of those costs are associated with the repeated use of health care services.

People with anxiety disorders seek relief for symptoms that mimic physical illnesses. People with an anxiety disorder are three to five times more likely to go to the doctor, and they are six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.

Magnesium Manages Fear

The following is an edited abstract from a *Journal of Neuroscience* article, published October, 2011, and called, "Effects of elevation of brain magnesium on fear conditioning, fear extinction, and synaptic plasticity in the infralimbic prefrontal cortex and lateral amygdala."

"Anxiety disorders, such as phobias and posttraumatic stress disorder, are among the most common mental disorders...Studies suggest that enhancement of plasticity in certain brain regions such as the prefrontal cortex (PFC) and/or hippocampus might enhance the efficacy of cognitive therapy. (Neuroplasticity, or brain plasticity, refers to the brain's ability to change throughout life.) We found that elevation of brain magnesium...enhances synaptic plasticity in the hippocampus and learning and memory in rats...magnesium enhances retention of the extinction of fear memory, without enhancing, impairing, or erasing the original fear memory...In intact animals, elevation of brain magnesium increased NMDA receptors (NMDARs) signaling, BDNF expression, density of presynaptic puncta, and synaptic plasticity in the PFC but, interestingly, not in the basolateral amygdala. In vitro, elevation of extracellular magnesium concentration increased synaptic NMDAR current and plasticity in the infralimbic PFC, but not in the lateral amygdala, suggesting a difference in their sensitivity to elevation of brain magnesium. The current study suggests that elevation of brain magnesium might be a novel approach for enhancing synaptic plasticity in a regional-specific manner leading to enhancing the efficacy of extinction without enhancing or impairing fear memory formation."

The abstract is rather technical, but I wanted to include it due to its major breakthrough in explaining how magnesium acts on the brain. Let me translate some of the information: Elevated brain levels of magnesium induce the production of BDNF, a brain rejuvenation compound. This leads to an increase in synaptic plasticity (malleability), enabling, for example, a habitual fear response to actually change. Intense painful experiences can lead to an overheated brain stem and limbic system. Elevating brain levels of magnesium, by

taking supplements, can help undo the bad programming and create new brain response patterns not influenced by fear or anxiety. Basically, there is no need to get stuck in a rut.

Fear and anxiety erect obstacles that interfere with the quality of life and willingness to do new things. Magnesium is a potent anti-inflammatory mineral, which eliminates brain irritation that can cause behavioral changes. Magnesium also helps make energy in the brain. The fact that magnesium is able to assist in the rewiring of past memories is good news for any person who is tired of listening to their old tapes play at the most inopportune times.

A highly absorbed form of magnesium, like ReMag, will cross the blood brain barrier and reach therapeutic levels. ReMag does not usually cause a laxative effect, a feature that is particularly helpful for folks who have gut issues. For many people, ReMag is the “go-to” for anxiety, insomnia, and a whole host of other fear-based conditions.

ANXIETY & THYROID MEDS – CASE HISTORY # 6

Here is a question from Annie, who has anxiety attacks and is also on thyroid medication:

“I have been using ReMag for about 2 weeks. My best friend’s mother recommended it to me. She loves your products and is even in your brochure with a testimonial! I have been having anxiety attacks and already feel so much better. I am up to 1 tsp. twice a day. I also purchased the ReMyte, but haven't started it yet. I'm on Synthroid 50 and read that ReMyte could make me feel hyper if used with thyroid medication? I figured that would not help my anxiety. However, I really want to get off Synthroid, as my TSH was only 0.1 above the average range and I didn't have any symptoms that I was aware of. I am 36 and do not like the thought of long term side effects. I also wonder if the medication is somehow connected to the anxiety. I am going to talk to my Endocrinologist about getting off to see if your two products can help me manage my thyroid levels. I read that ReMyte has the 9 minerals that wake up the Thyroid. I am willing to try it and have blood work to

monitor. Should I try the ReMyte while I am on my Synthroid or wait to see if I get off? Thank you so much!!!!”

This is a great question, because thyroid medication can trigger anxiety. I told Annie that I never tell people to stop their meds in order to take the ReMag and ReMyte. I said, “I would personally take 2-3 tsp of ReMag and as the anxiety diminishes, then add the ReMyte very slowly, and also take the sea salt in drinking water according to our guidelines. I would also take ReAline for its methylated B vitamins, which support the adrenal glands and nervous system. The B's and amino acids in ReAline also help detoxify the toxic chemicals produced by stress. These chemicals can also cause anxiety!

Finally, RnA Drops can help give you a sense of detachment and control over your situation so you don't have to let things worry you.”

As I say in my book, Invisible Minerals Part II – Multiple Minerals:

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

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

In Annie’s case, she can watch her pulse and her energy levels. Also, as she suggested, she can get her blood tested to see if her TSH levels indicate that she is no longer hypothyroid.

At that point, her doctor would probably advise her to slowly wean off her thyroid medication.

AN ANXIOUS ATHLETE – CASE HISTORY # 7

I was happy to receive the following testimonial from a young man, age 28, who is dealing with his magnesium-deficient anxiety. Usually, it takes decades for an individual to realize what's causing their symptoms. Dan said he's been an athlete since age 16. He said that, in the summer of 2015, the combination of hard workouts and life stress caused his body to "shut down," even though all his routine blood tests came back normal. Doctors said it was just anxiety. He began taking ReMag 2 months ago, instead of the Ativan that the doctors prescribed. From reading my information, he saw all the signs of having magnesium deficiency. As an athlete, Dan sweats a lot, losing magnesium every day that he never replaces. His magnesium deficiency symptoms included anxiety, insomnia, fatigue, and mild palpitations, which are all reversing with ReMag. In the midst of all his blood testing, Dan was told that he had low vitamin D, and he began to take 5,000 iu every other day. However, with the extra strain on magnesium to metabolize the vitamin D, he developed an eye twitch. Unfortunately, he took calcium for the eye twitch, and his symptoms got worse. When Dan read *The Magnesium Miracle*, he realized the high dose vitamin D and extra calcium were further depleting his magnesium, and he stopped both, which eliminated his eye twitch.

CB'S FIRST YEAR ANNIVERSARY TESTIMONIAL – CASE HISTORY # 8

CB is famous for her AFib recovery testimonial in my *Invisible Minerals Part I – Magnesium* book. She also suffered from anxiety and describes how she now feels:

"After a year on your beautiful products, I simply want to thank you for all of your research and all of your personal help with me! I am absolutely amazed how much

better I continue feeling! It's like I'm going from level to level and really understanding more and more what my body is telling me. I seem to know what to do and how to keep feeling stronger and stronger. So wonderful!

I really FEEL GOOD! I've been sleeping very well, experiencing very little or no anxiety, hardly any or no heart palpitations - this is on a daily basis. 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 ReMag and ReMyte, ReAline and RNA drops. Sometimes I don't always get all my salt water down, but I aim to reach my goal every day."

CROHN'S AND ANXIETY – CASE HISTORY # 9

A woman with Crohn's thought that she could never get enough magnesium, because all the forms she had tried gave her diarrhea and aggravated her bowel disease. She says, I am doing all the formulas now as well as the probiotic you recommend ([Prescript Assist](#)) and I feel fantastic! My night sweats have ceased. I've had no issues with my Crohn's, everything is moving along great. I have no more anxiety issues and I have increased energy. What more could I ask for??!!! I cannot thank you ladies enough for your help and guidance. So grateful I found you!!"

BROKEN HEART SYNDROME & ANXIETY – CASE HISTORY # 10

Sandra talks about "broken heart syndrome" and her misdiagnosis. Often, doctors add more stress and cause more disease in their patients by their cavalier way of listing off possible diagnoses, without any evidence. While a doctor might say there is a 10 percent chance of a certain condition, the patient only hears the disease condition, and their fear escalates.

"I didn't know there was a name or condition that is recognized as "broken heart syndrome" until I read your blog. I think this is what has happened to me. I truly believe that because of all the loss I have had, especially the last 4 years, I developed heart palpitations. My emotional broken heart became a physical broken heart. I have been on the ReMag now since last April. The improvement in my condition didn't happen overnight or even quickly like for some people. But, my palpitations are definitely better. My chest feels normal again for much of the time. It's not totally gone but I would say 75% better. My palpitations were misdiagnosed as AFib also, and I was told it was incurable, which just added to the stress and anxiety I was already experiencing. I just did an RBC magnesium blood test and my result was 6.2 so I'm happy about that. I am on the Complement Formulas and do 3 RnA drops daily and feel good. I'm 68, I don't take any meds, and have no aches or pains and would like to keep it that way. I tell people about your products and how I feel, but you know the old saying about leading a horse to water! I am skeptical by nature, but your products have helped me, so I plan to stick with the program and see what happens down the road. "

MULTISYSTEM COMPLAINTS – CASE HISTORY # 11

I've begun calling such conditions "Total Body Breakdown," where everything is affected and nothing helps. This woman gave the following report:

"I started taking your ReMag almost one year ago exactly. I've suffered from debilitating symptoms of fibromyalgia, chronic fatigue syndrome, chronic muscle pain and spasms, tension migraine headaches, depression, anxiety, and insomnia. Thankfully, I can now say that I've finally begun to get my life back. After beginning the magnesium I immediately began to feel less pain, and more energy to the point of decreasing to very little conventional pain or sleeping medication. I've also been able to discontinue anti-anxiety meds altogether!"

ANXIETY & MENOPAUSE – CASE HISTORY # 12

Here is a testimonial from a woman who began experiencing anxiety during menopause. She says:

“Because of you, I have renewed hope in life! I looked at all the signs of magnesium deficiency - things I never thought about - like low blood pressure - I thought that was a good thing, but it's gotten so low in the past that I had severe vertigo. I saw a doctor the day after I literally could not get up, and she said she was surprised I was vertical! She gave me IV minerals. She said to drink Gatorade but I took sea salt instead. And the muscle tension! I remember some other pieces that just clicked into place, all due to magnesium deficiency! I love what you write about mineral replacement not hormone replacement. It all rings true. I was diagnosed with H. pylori and put on proton pump inhibitors and now they have a black box warning that they deplete magnesium!

The biggest thing for me over the years was the hell of drowning in anxiety for 20 years and thinking there was no answer. It started in (early) menopause 19 years ago and I was prescribed Xanax. But now I have magnesium and I'm already tapering off the Xanax!”

MULTISYSTEM COMPLAINTS – CASE HISTORY # 13

This is a Facebook Testimonial from a man who, in spite of his weight, medication side effects, and no support from his doctors, decided to turn his life around:

“I’m a 58-year old man in pretty good health considering my weight. I’m a 350 lb guy and have worked physically hard most of my life. I’m now retired from a grueling career of 30 years at a big transportation company. Now I’m self employed and very sedentary.

About 15 years ago my doctor put me on an ACE inhibitor for hypertension. I had no obvious side effects at first, but then I began to notice dark rust color areas on my shins and ankles. The doctor explained it away as normal aging and a result of being overweight. I accepted that.

Then I began to lose hair on my shins and the tops of my feet. The doctors gave me the same explanation, and again, I accepted it. I began to notice less body hair in general and accepted it. Then over that past few years, I began feeling very 'out of it' or 'foggy brained' and this caused me great anxiety. I felt a tiredness that was unexplainable and an overall tightness in my body. My doctor just said I'm getting old.

Then for some miraculous reason, about 6 months ago, I saw one of your articles. I recognized so many commonalities in the symptoms you described of magnesium deficiency that I immediately began taking magnesium taurate 125 mg nightly. After one day, I noticed a lessening of the brain fog. As the days went on I noticed more and more improvements in the way I felt. After about a month of constant improvement, I decided to immerse myself in information about magnesium supplementation and its effect on our bodies. I read your book *Magnesium Miracle*. I watched your YouTube videos and read your blogs. And finally about 3 months ago, began using ReMag.

My life is changing for the better in what seems to be on a daily basis. My blood pressure has come down and I began to realize that if my blood pressure is elevated, it's not the high blood pressure that's the problem, it's just my body's response to a systemic problem. So I took myself off the ACE inhibitor.

Now, that rusty discoloration on my shins is getting absorbed by my body. It's nearly gone. Hair is growing again on my shins and feet. My toenails which had become split and sickly looking are now perfect. The hair on my legs and arms is thick and

more dense. Hair is once again growing on my fingers where it had all fallen out. I had debilitating pain in my ankle that is decreasing consistently since beginning the ReMag. The Ortho wanted to do an ankle fusion.

My brain fog and anxiety are GONE. My skin looks 10 years younger. But one of the strangest things that I've noticed is my lung capacity has increased. I went through a period of having a productive cough for a few weeks. Now that it's ended I feel an obvious improved comfort in the way I breathe. As if my lungs are clearer and less restricted.

Here's another interesting thing that occurred. At my regular dental visit, the hygienist told me that my teeth had accumulated very little plaque since my last cleaning. I was one of these people that would get a big build up on the back of my bottom teeth where saliva would pool. Not any more.

I've gotten my vitality back and I notice that I'm now beginning to very gradually lose weight.

I can't thank you enough for your research and your consistent effort to educate us all about the benefits of this simple mineral."

WEANING OFF ANTI-ANXIETY MEDS – CASE HISTORY # 14

I call the following a "teaching case" from Deborah, who wants to wean off Lorazepam: (My comments are in blue.)

"I'm hoping magnesium will help relieve the anxiety, adrenaline surges, dizziness, and terrible panic attacks from trying to wean off Lorazepam for the past 7 months. I wish I had never taken them, they made the anxiety nightmare so much worse. What makes me so frustrated is that I never abused them, or took them every day, and still got withdrawal symptoms and had side effects from completely stopping. I

hope magnesium will help, though I find small doses of 250 mg give me stomach cramps.”

The beauty of ReMag is that it doesn't have the stomach cramping, laxative effect caused by most other magnesium products. Deborah continues:

“In June 2014 I started having palpitations. I had never had them before although I have had PVC once or twice a year that only lasted a second. I went to the cardiologist. I had an electrocardiogram done and it came back fine. He said my palpitations were benign and I was having PVC'S which were all normal too. He prescribed me beta blockers (I NEVER took it) saying they would help.”

In my experience, PVCs are magnesium deficiency symptoms. You can read the section where I describe the side effects of beta blockers in my Invisible Minerals Part I - Magnesium book.

“This past year and 4 months has truly been the hardest time because all I have done was trying to find the cause of my symptoms! A few months after the cardiologist, I told my GP that along with my palpitations were anxiety and panic attacks that came out of the blue. She said some women go through this and why don't I try Xanax and see if that helps. (I never took that either) I knew there had to be reason for my palpitations and if I covered up the symptoms I would never know the cause.”

Of course, these symptoms are not coming out of the blue, for they are caused by increasing magnesium deficiency.

“By August, 2015 all my symptoms were occurring daily, and all day. My heart was racing and I felt breathless. I couldn't get a deep breath. Finally, September 22nd I decided to start on magnesium. I have taken it in the past but if I would get a

palpitation after taking a dose I would blame it on the magnesium, so I would stop taking it. I also had gotten the laxative effect from the magnesium.

But after reading your recommendation to take ReMag and your suggestions about starting off slowly, spacing out the doses, and gradually increasing, that has helped immensely! So as of today, Oct 8, 2015, my palpitations are 80% gone but just as important I can breathe! It's light and airy. Also when I do get the palpitations the intensity is so much less and the duration is less.

As of yesterday I have increased to 3 tsp spaced through out the day. It's only been a little over 2 weeks and I'm grateful I have had such relief but I would like to fix my problem completely. I am assuming I am very magnesium deficient. I had all my blood work done recently (as I do ever year) and I had the magnesium RBC test done and my level is 4.8 and you say we should be around 6.0."

In order to determine why this woman had developed magnesium deficiency symptoms, I asked about her medication history. She said:

"The only prescription I take is ½ mg of Lorazepam (Ativan) at night only to help with sleep. Unfortunately this is against what I would like to do, but at the time (3 yrs ago), I was desperate to try something. My sleep has not been good for years. I would like to start weaning off of this so I can just take ReMag. Already with the ReMag, I feel I am getting quality sleep when I'm sleeping and I dream every time! And if I wake up I can go back to sleep much faster."

I advise people to become saturated with ReMag and get their sleep, anxiety, and palpitations under control before trying to wean off their medications. Otherwise, you don't know what symptoms are withdrawal and what symptoms are from your body still healing from magnesium deficiency. I would also recommend taking ReMyte, ReAline, and RnA Drops for a complete healing protocol. Then, Deborah gave me the clue I needed to understand why she became so magnesium deficient. She said:

“Years ago I went on Prevacid for acid reflux, and stayed on it for 8-9 years. About 4 years ago, I was having weird symptoms. Along the way I learned that Prevacid lowers magnesium so I did get my magnesium tested but it was just the serum magnesium test. Even so, I was told it was low but I was given magnesium oxide, which just gave me diarrhea.”

When serum magnesium is low, it means the body is very deficient in magnesium, because the magnesium in the serum keeps itself within a certain range to protect the heart.

It is quite disheartening that doctors seem to know nothing about magnesium or the other important minerals that are absolutely necessary for our bodies. Because they don't pay attention, most people are unaware that there can be so simple a solution. Of course, I'm not saying that a few doses of magnesium are immediately going to cure a lifetime of anxiety, but I am saying that the answer is simple and implementing the solution will take your courage and patience.

PROPER MAGNESIUM INTAKE – CASE HISTORY # 15

This gentleman is wondering how long it takes to become saturated with magnesium: (My comments are in blue.)

“I've been taking ReMag now for around a month and feeling great. I also added in a lot of exercise to my daily routine that was lacking before. What a world of difference between the two, regarding my anxiety and sleep! I'll be re-ordering shortly.

Just curious though, today I happened to have a very high stress day. And after feeling noticeably anxious all day, really reacting to the stress, I just now realized that I DID forget to take my ReMag for the first time in weeks, which I usually take

every morning. So I'm wondering, can your body really miss the Magnesium in one day? Or is that all in my head?"

One month isn't long enough to build up your body stores and have a reserve. Magnesium is something we need every day. Since we can't get it in our diet and the soil is so depleted, we depend on supplementation.

For more on the depletion of minerals from our farmlands, read my book, [The Magnesium Miracle](#) and, my free eBook, *Invisible Minerals Part I – Magnesium*, at [RnAReSet](#) under Product Resources.

"My anxiety is MUCH, much better but not 100%. My GP wanted to put me on Paxil which I was too afraid to do, so I refused."

I often find that, as people begin to feel good and tell their doctors that they are doing better on a supplement, the doctor ramps up their recommendations to take a drug, as if they want to be in on a patient's "cure". Of course, one month is not long enough to "cure" a long-term magnesium deficiency.

"He did prescribe low dose Valium for sleep, which I avoid taking, but I am finding that I do need 2.5 mg (1/2 the 5mg prescribed) once every 3-4 days. Pretty low dose but I'm understandably afraid of any Benzos. I don't want to take them at all. Do you think I can get rid of that last little bit of anxiety (which only seems to happen at night) by just increasing my ReMag dosage? I usually take 3 capfuls a day."

As the magnesium builds, you should not need Valium at all, considering how well you are doing now. You could sip the 3 caps throughout the day in a liter of salted water and then take an extra 1/2-1 tsp at night to get you through all those hours!

"Thank you for writing this book, I see countless patients every day at the hospital where I work and it really breaks my heart that medications hardly work and patients get worse from all the side effects. I speak highly about you and let people

do they own research for their own health. Thank you again and again from the bottom of my heart. It is so great to know you through reading your newsletters over the years.”

These case histories will help encourage you to try ReMag for your anxiety symptoms. Commit to taking therapeutic levels of ReMag for at least 3 months and keep track of how you feel. Below, I talk about ReMag and give you the guidelines for taking it, along with the research of my Completement Formulas. Most of your questions will be answered below, and you can also listen to my Internet radio show. We are live every Monday at 4pm PST on [Achieve Radio](#). It's a 2-hour call-in show where you can ask questions about your protocol or learn from others' questions. You can also get in touch with Customer Service, but please realize that we are not able to diagnose or give out medical advice.

All about ReMag

I've written a whole book about ReMag (*Invisible Minerals Part I-Magnesium*), which you can obtain for free at RnA ReSet under the INFO link. Briefly, ReMag undergoes a proprietary process where the ions are both stabilized and rendered small enough to readily enter cells. Mineral compounds break down into ions in water, but they immediately bind to another ion. The key to the success of ReMag is a unique process of stabilizing the magnesium ions, making them 100% absorbed at the cellular level and non-laxative.

Magnesium chloride is the base mineral compound used to make ReMag. The company that manufactures ReMag buys 99.98 - 99.99% pure magnesium ingots. The current source is from San Bernardino Co., California, and it is mined as Dolomite. These ingots are then broken down into individual picometer ionic liquid soluble minerals. Thus, there are as little as 0.01 - 0.02% impurities in our magnesium chloride. This compares very favorably to high quality versions of magnesium citrate that are 98% pure, or to magnesium chloride from salt lakes that are 96% pure. The key is that 99.98-99.99% pure is 99.98- 99.99% pure, no matter the source. ReMag is GRAS (generally regarded as safe), and it is free of heavy metals when put through our rigorous testing. We use two different third party labs and

test ReMag for impurities, organisms, and concentration at several stages during development.

Detailed ReMag Dosage

If you just want to take ReMag and nothing else in the beginning, here are more detailed instructions. On the ReMag label, the maintenance dose is ½ tsp twice a day. However, many people who gravitate to ReMag are suffering magnesium deficiency conditions and require therapeutic doses, which can be 2-3 tsp per day. Some individuals, who used to require several IV magnesium injections per week, find they do best on 4-5 tsp of ReMag a day.

Note: When you are taking over 3 tsp of ReMag a day, be sure and take the multiple mineral ReMyte, and use sea salt in your drinking water. I outline the suggested dosage below.

I recommend that everyone start slowly when they begin ReMag (or any other drug or nutrient). You may be toxic from taking medications or from yeast overgrowth, so I recommend starting on a very low dose of ReMag. When ReMag enters a cell, it tends to kick out heavy metals and toxins. Therefore, if you immediately start taking large amounts of ReMag, you can experience detox symptoms, or you can wake up your magnesium-deficient body in ways you're not used to or ready for. Read the article "When Magnesium Makes Me Worse," in [Appendix D](#), to understand what is actually happening.

I have very specific magnesium deficiency symptoms – heart palpitations and severe Charlie horse, leg cramps, so I use them to gauge my magnesium dosage. When I moved to Maui in June 2008, with all the extra beach-walking, sweating, and swimming, I began to develop leg cramps while snorkeling. I realized I was sweating out and working off more magnesium than in New York, so I upped my intake of ReMag and all my symptoms disappeared.

Completement Formula Protocol

Although magnesium is the most important nutrient you can take, there are other minerals and nutrients that play a huge role in your health. I find that people do so much better when they take all the Completement Formulas: ReMag, ReMyte, ReAline, RnA Drops, topical ReNew, and ReStructure. To this end, I'm combining the ReMag dosing schedule in with the Completement Formula Protocol to give you a better perspective of the complete health program that works for my clients and customers. In August, 2016, we added the most recent Completement Formula to our protocol; it's called ReStructure, and it's a Meal Replacement powder containing protein, carbs, and fat in a balanced formula.

1. While waiting for your Completement Formulas to arrive, begin hydrating your body by increasing your water intake and adding sea salt or Himalayan salt.
Water Intake Guidelines: Drink $\frac{1}{2}$ your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces.
Sea salt or Himalayan salt: Add $\frac{1}{4}$ - $\frac{1}{2}$ tsp to every quart of drinking water – to one of those bottles you will later add ReMag and ReMyte.
2. When the products arrive, begin ReAline capsules to assist in detoxing/taking out the trash. Dosage: 1 per day with or without meals for 1 week, then take 1 capsule twice per day.
3. You can also start to take ReStructure as soon as it arrives. Simply shake one scoop, or 5 TBSP of ReStructure, in the liquid of your choice and drink to your health. Read the free eBook, *ReStructure: A Completement Formula to ReSet Your Body*.
4. After 4 days of ReAline, add ReMag – Start with $\frac{1}{4}$ tsp per day in a quart of water and sip through the day. Every 2 days, add another $\frac{1}{4}$ tsp. Work up to a therapeutic dose of 2-3 tsp a day if you are trying to overcome a health condition, if you are on medications, or if you otherwise have magnesium deficiency symptoms.

5. After a week of slowly building up ReMag, slowly add ReMyte into the same quart of water and sip through the day. Every 2 days add another ¼ tsp. Work up to 1 ½ tsp per day.
6. After 2 weeks of ReAline, ReMag, and ReMyte (from day one of ReAline), you can add RnA Drops. Dosage: 1 drop under the tongue twice a day. Add 1-2 drops every week, until you reach 10 drops twice a day, which is the average dose. Of course, you can begin with RnA Drops alone or add it at any time in your Completement Formula protocol. However, some people like to do things in sequence.

Note: ReMyte contains 12 minerals, several of which support the thyroid: Iodine, Selenium, Zinc, Molybdenum, Copper, and Magnesium. When you take ReMyte, it can “wake up” your thyroid and improve your metabolism. However, be aware that if you are on thyroid medication, you may find yourself a bit hyperactive, because you no longer need as much thyroid medication as you are taking. Be sure and check with your doctor about reducing your medication. You can read more in my eBook, [Invisible Minerals Part II - Multiple Minerals](#), which is all about ReMyte.

Remember: You can follow your magnesium saturation with a blood test that you can order online without a doctor’s prescription. See the [Appendix I](#), called *Magnesium Testing*, for full instructions.

The Anxiety Diet

Although my focus in this book is on remineralization, I can’t ignore the fact that you are what you eat, so there is a legitimate place for a good, balanced diet when treating anxiety.

Nutritional Psychiatry

I was happy to see that *Harvard Health Publications*, a Harvard Medical School website, published an article titled, “Nutritional Psychiatry: Your Brain on Food”, in November, 2015. The author made all the usual analogies that your brain needs high quality fuel, just like an

expensive car; the fuel we require comes from the foods we eat. She says that high-quality food should contain lots of vitamins, minerals, and antioxidants that nourish the brain and protect it from the waste produced during metabolism.

Unfortunately, we may be too late for a “dietary solution” to illness for the general public, when presently Processed Foods Make Up 70% of the US Diet. If the nutrients are NOT in the soil, then they are NOT in the food, and, no matter how much so-called “good food” you eat, it’s NOT going to give your body what it needs. Processing nutrient-deficient food into junk food makes the problem even worse.

Even dark leafy greens do not have enough magnesium in them to be of much help to your health. I’ve expressed this many times with my stories about raw foodists and green drink juicers who come to me with their heart palpitations and leg cramps. Organic greens do not contain magnesium if the soil on which they are grown has been depleted and not replenished with rock dust or the equivalent.

There is hope, however, because you can make up the difference in nutrients by taking well-absorbed minerals and food-based vitamins, along with soil-based probiotics. You can join a farm network, like Community Supported Agriculture, where you can buy a share in an organic farm and get fresh food during the growing season. Please remember that organic doesn’t necessarily mean mineral-rich. The farmer has to amend his or her soil with plenty of mineral-rich rock dust in order to grow mineral-rich crops.

There are two aspects to diet – eat the best food possible, and avoid health-robbing junk food. The Harvard author discusses the low-grade fuel that most people power their bodies with and recommends we limit its ingestion.

I’m happy to hear that medicine is finally studying nutrition and the brain, since it has turned its back on diet for too long. I think what has opened the flood gates is Microbiome research, which shows that intestinal bacterial balance has a direct impact on serotonin and other brain neurotransmitters. The author, however, doesn’t acknowledge that most of

her comments have been made by forward-thinking natural medicine practitioners. She says what we've been saying for decades:

“Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body's regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

It makes sense. If your brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain's enclosed space, further contributing to brain tissue injury, consequences are to be expected. What's interesting is that for many years, the medical field did not fully acknowledge the connection between mood and food.

Today, fortunately, the burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what you eat, how you feel, and how you ultimately behave, but also the kinds of bacteria that live in your gut.

Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don't just help you digest food, but also guide your emotions. What's more, the function of these neurons — and the production of neurotransmitters like serotonin — is highly influenced by the billions of “good” bacteria that make up your intestinal microbiome. These bacteria play an essential role in your health. They protect the lining of your intestines and ensure they provide a strong barrier against toxins and “bad” bacteria; they limit inflammation; they improve how well you

absorb nutrients from your food; and they activate neural pathways that travel directly between the gut and the brain.

Studies have shown that when people take probiotics (supplements containing the good bacteria), their anxiety levels, perception of stress, and mental outlook improve, compared with people who did not take probiotics. Other studies have compared “traditional” diets, like the Mediterranean diet and the traditional Japanese diet, to a typical “Western” diet and have shown that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Scientists account for this difference because these traditional diets tend to be high in vegetables, fruits, unprocessed grains, and fish and seafood, and to contain only modest amounts of lean meats and dairy. They are also void of processed and refined foods and sugars, which are staples of the “Western” dietary pattern. In addition, many of these unprocessed foods are fermented, and therefore act as natural probiotics. Fermentation uses bacteria and yeast to convert sugar in food to carbon dioxide, alcohol, and lactic acid. It is used to protect food from spoiling and can add a pleasant taste and texture.”

The author’s nutritional advice is similar to mine and very effective:

“Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Try eating a “clean” diet for two to three weeks — that means cutting out all processed foods and sugar. Add fermented foods like kimchi, miso, sauerkraut, pickles, or kombucha. You also might want to try going dairy-free — and some people even feel that they feel better when their diets are grain-free. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel.

When my patients “go clean,” they cannot believe how much better they feel both physically and emotionally, and how much worse they then feel when they reintroduce the foods that are known to enhance inflammation.”

The nutritional psychiatry article, above, gives a good overview of an effective Anxiety Diet. I agree with all of it, except I tell people to be careful of Kombucha, because it can become contaminated in unhygienic situations. Additionally, kombucha may actually feed an overgrowth of yeast, so it is wise to assess any potential candida issues before using this fermented food. Start by filling out a Yeast Questionnaire to check for moderate to high levels of yeast overgrowth that must be addressed. See Appendix E for a copy of Dr. William Crook’s original [Yeast Questionnaire](#).

Addressing yeast overgrowth entails a sugar-free, dairy-free, gluten-free, alcohol-free diet, probiotics, and may include a yeast detox program. I’ll include a step-wise approach to treating yeast overgrowth in Appendix F.

What Not To Eat

I quoted Dr. Kelly Brogan, nutritional psychiatrist, in my list of Anxiety Triggers, about avoiding gluten. She says her top three recommendations (for people trying to stabilize their mood), are to avoid GMO foods, gluten, and sugar. My Anxiety Diet recommendations are to avoid sugars: table sugar (sucrose), gluten grains that break down into glucose, and non-fermented dairy (lactose). It’s a basic anti-yeast diet to starve your intestinal yeast. For my protocol on treating yeast, please go to [Appendix F](#).

Alcohol

When you put sugary drinks on your Do Not Imbibe list, you have to include alcohol. Alcohol directly stimulates the heart, feeds yeast, and causes magnesium deficiency. Yeast toxins use up magnesium; they also can cause mood symptoms. For example, a yeast toxin, acetaldehyde, is called “the hangover chemical.” It causes brain fog and irritability, which can also turn into anxiety.

Caffeine

Caffeine has a stimulatory effect and, in susceptible people, it causes “the jitters”. I think anyone can be affected by caffeine if they took enough. People with magnesium deficiency are at risk. Most of my clients say that caffeine speeds up their heart rate, and, if you are subject to anxiety attacks, it’s best to avoid caffeine in coffee, strong tea, and even chocolate. One ounce of chocolate has 12mg of caffeine.

Glutamate & MSG:

Glutamate and glutamic acid deplete the body of magnesium. They are considered GRAS substitutes for salt. It’s important to avoid these additives, also known as MSG. Because of the backlash against MSG, some companies don’t put MSG on the label and rename it glutamate. You can find a very long list of MSG-contaminated foods at the [MSG Truth](#) website.

What To Eat

My basic diet recommendations are to eat organic, free-range, grass-fed, antibiotic-free animal protein and eggs, wild-caught fish, organic vegetables (fresh, cooked, and fermented), organic fruit (only 2-3 pieces a day), organic non-gluten grains, and small amounts of fermented dairy.

I’d love to be able to say that if you eat lots of vegetables and fruits, then you will get enough vitamins and minerals to replenish your body, but you can’t. When I was running a CSA (Community Supported Agriculture) on City Island in New York, I ate tremendous amounts of organic produce, yet I still suffered heart palpitations and leg cramps. It wasn’t until I started exploring liquid minerals, culminating in ReMag – a picometer, stabilized ionic magnesium, I finally overcame my magnesium-deficiency symptoms.

However, please do still eat organic, to avoid the pesticides and synthetic fertilizers. Apparently, vitamins can still be found in organic fruits, vegetables, and grains, but you should still take ReMag, ReMyte, and drink sea (or Himalayan) salted water to obtain the

full complement of minerals. Appendix G lists the “Magnesium Content of Common Foods” that are considered to be magnesium-rich, but that also depends on whether or not the soil contains magnesium since the minerals may have been farmed out of the soil.

Unfortunately, there is a huge backlash against grains presently, which may be contributing to vitamin and mineral deficiencies. I do suggest that people with any health problems avoid gluten grains, but I don't suggest you shun them all. At the very least, do some food avoidance experiments to see if they help you or hurt you. Simply avoid a suspect food group for 2-3 weeks, then eat a large amount of that food and see how you feel. Of course, you should not do this experiment with foods to which you know you have an allergic reaction.

My Healthy Living Recommendations:

- 1. Meal Replacement: ReStructure** – A balanced protein, carbohydrate, and fat combination that can replace one or more meals or snacks per day. ReStructure is ideal for athletes and for Paleo Diet followers. It's also a meal replacement for losing weight and controlling blood sugars, whether for hypoglycemia, prediabetes, or diabetes. Also, it's the perfect meal while on your yeast-free diet. Read more in our free ReStructure booklet, available at [RnA ReSet](#) – click on the INFO link and look under Product Resources.
- 2. Water Intake Guidelines:** $\frac{1}{2}$ your body weight (in pounds) in ounces of water. For example, if you weigh 150 lbs, you will drink 75 ounces. Sea salt: 1/4-1/2 tsp of sea salt in every quart of drinking water – to one of those bottles add your ReMag and ReMyte.
- 3. Magnesium: ReMag** – Magnesium ions from magnesium chloride in picometer, stabilized ionic form for superior cellular absorption. Read more in our free ReMag booklet, available at [RnA ReSet](#) – click on the INFO link and look under Product Resources.

4. **Multiple Minerals: ReMyte** – 12 minerals in picometer ionic form for superior cellular absorption. Read more in our free ReMyte booklet available at [RnA ReSet](#) – click on the INFO link and look under Product Resources.
5. **Detox: ReAline:** Methylated B vitamins and two sulfur amino acids: L-methionine, the precursors to glutathione and L-aurine, a sulfur amino acid.
6. **B Vitamins in ReAline:** Methylated B vitamins – folate, methylcobalamine (B12), pyridoxyl-5-phosphate and riboflavin-5-phosphate are important for the nervous system and the adrenals glands, acting as cofactors for hundreds of enzyme reactions in the body.
7. **RnA Drops:**

Creation of Perfect Cells: The Completement Formulas can be found at the [RnA ReSet](#) website, and the books on ReStructure, ReMag, and ReMyte can be downloaded under the Info Link.
8. **Vitamin D, A, and K2:** 20-30 minutes of sun per day and/or [Blue Ice Royal from Green Pastures](#) for a proper balance of vitamin D, vitamin A, and vitamin K, as well as essential fatty acids. I take one capsule twice per day.
9. **Essential Fatty Acids:** Wild salmon, freshly ground flax seeds, and Blue Ice Royal.
10. **Probiotics:** [Prescript Assist](#) is the only probiotic that worked and continues to work for me. You can read my blog about [Soil-Based Probiotics](#) for more information.
11. **Vitamin C Complex** – Food based organic from [Grown by Nature](#). Dosage 1 or 2 per day, with or without food. (Use Code gbn123 for 20% discount.) You could also, make your own Vitamin C. See the recipe below.
12. **Liposomal Vitamin C Complex:** There is a new “fad” in the supplement world, to mix ascorbic acid with lecithin. It’s called Liposomal Vitamin C. Mixing nutrients with fat-soluble lecithin helps absorption through fatty cell membranes. However, ascorbic acid is not Vitamin C complex; it’s just one of the 12 compounds that make up Vitamin C complex. Instead of purchasing a liposomal ascorbic acid supplement, you can make a

much more effective and less expensive compound using rose hip powder, which gives you the whole Vitamin C complex. See [Appendix H](#) for the Liposomal Vitamin C Recipe.

The Transition Diet

To just tell you to eat a healthy diet is not enough, so I will walk you away from what you may be currently eating and help transition you into a more healthy way of eating.

PRESENT DIET

Cold cuts, hot dogs, fried chicken, fried fish, pork

Sugar, molasses, candy, refined sugar desserts

Pasteurized milk, cheese, cream, milk, butter

Tropical/subtropical fruits, artificial juices

Soft drinks, diet drinks

Hydrogenated oils, palm oil, light olive oil, lard, GMO corn oil, canola oil, generic vegetable oil

Refined white flour, bread, crackers, bagels, tortillas, pizza, cookies, cakes, muffins, wheat pasta, pretzels, Danish

GMO corn chips, potato chips, other fried chips

TRANSITION DIET

Organic chicken, free range beef, lamb veggie burger

Stevia, Just Like Sugar ®

Rice milk, nut cream, plain kefir, raw milk, raw butter, yogurt from grass-fed cows.

Organic apples, pears, flash frozen organic berries

Spring water, filtered water

Organic butter, coconut oil, sesame oil, flax oil extra virgin olive oil, ghee, avocado oil

Gluten-free grains & pasta, brown rice, amaranth, millet, quinoa

Baked blue corn chips, air-popped popcorn, rice cakes, sprouted seeds, sprouted nuts

Menu

Breakfast

2 soft-boiled eggs

1 piece of fruit

Or

Toasted rice mochi*

Water or herb tea

Crock-pot cooked cereal ** with berries and flax meal

Or

1 slice non-gluten toast

Water or herb tea

Turkey or chicken sausages

1 piece of fruit

Or

Water or herb tea

A green drink or ReStructure protein powder

Morning Snack

A green drink of balanced nutrition powder

Or

Balanced nutrition bar

Lunch

Grilled chicken or fish

Steamed vegetables or Mesclun salad greens

With oil, vinegar, garlic mustard dressing

Brown rice

Fruit

Water or herb tea

Afternoon snack

Baked corn chips

Plain yogurt or hummus

Water or herb tea

Dinner

Tuna, chicken, or egg salad on gluten-free pita

1 slice of gluten-free bread

With oil, vinegar, garlic mustard dressing

Water or herb tea

Soup

Oil, vinegar, garlic mustard dressing

Water or herb tea

Steamed vegetables

Fruit

Or

Mesclun salad – plus added green onions, arugula, spinach, collard greens, tomatoes, avocado, basil, mint, mustard greens, purslane, watercress, sauerkraut

Fruit

Or

Mesclun salad – as above

Fruit

Or

Brown rice or quinoa

Evening snack

Popcorn, fruit, nuts, ReStructure Powder

***Mochi** is made from pounded rice. You can find it in the refrigerated section in health food stores. Cut it into 1-inch squares and bake for 10 minutes in a toaster oven.

****Crock-Pot Recipe:** Purchase a quart-size Crock-Pot. Just before bed, measure out 3 to 4 ounces of three grains and seeds. (Have on hand: amaranth, quinoa, millet, oats, sunflower seeds, and pumpkin seeds—rotate them throughout the week.) Cover with 10 to 12 ounces of water and plug in overnight. In the morning, you have a delicious cooked cereal. If it's too dry, add hot water and stir. Eat with fruit and two tablespoons of flaxseed oil (that you keep in the freezer so it won't go rancid).

Weekend Cooking Spree

Here's what I do to have food on hand for the week. Place one or two fresh or frozen (free-range) chickens in a big stockpot on top of a regular vegetable steamer tray. Add two tablespoons of curry to the water. Keep about one quart of water on a slow to medium boil and steam.

If you start with frozen chicken, cook for just over one hour—then check to see if the leg pulls away with pink but not blood showing at the bone. At this point you can add whole organic yams, beets, and onions—you don't even have to cut them up. At the 1½ hour mark, add whole potatoes. At the 1¾ hour mark, add whole carrots and cut-up squash. In the final 5 minutes, add greens (kale, collards, spinach). It may take two hours to cook, but it only requires a few minutes of prep time. (For unfrozen chickens the cooking time is about ½ hour less.)

Your first meal is a hearty chicken dinner with all the trimmings. The rest you can freeze, including the quart of chicken stock, or you can immediately make a soup with the rest of the leftovers. Start by cooking rice in the chicken stock. Use brown basmati for an interesting taste. Then add some of the cooked chicken and all the vegetables. You can add coconut milk, more curry to taste, and any frozen vegetables you have on hand. I make 6 quarts at a time, freezing some and eating the rest over the next two days.

Eating Out

When I look at the MSG list on the [MSG Truth](#) website, I realize how difficult it can be to eat out. In the larger cities, you can usually find organic restaurants or ones that serve “home cooked meals” or “meals cooked from scratch.” We should support these restaurants with our patronage, so they spread and flourish. It's our best means of survival, because MSG Truth says that:

“Most fast food establishments should be avoided - the worst offender by far is KFC®. it should become obvious as well, that the foods most likely to give someone

an MSG reaction at any restaurant are: chicken and sausage products, ranch dressing, parmesan items, gravy, and dipping sauces and fries with any kind of seasoning on them except plain salt. Flavored salty snack chips especially Doritos® and Cheetos® and items with cheese powder added. At regular restaurants, you want to avoid parmesan encrusted anything, soups, Caesar salad, fish sauce or extract, soy sauce, boars head® cold cuts and beef jerky (usually made with soy sauce) and anything that comes out of a can.”

You just can't sugar-coat this MSG information into anything palatable. However, I stand by what I said above that the solution to 'food sensitivity' is not to avoid more and more foods, but to enhance the body's ability to handle these foods. Well-absorbed magnesium, multiple minerals, and sea salt in your drinking water help the underlying structure, function, and electrical activity of your body, and they allow your body to adapt to your environment and diet.

In the case of MSG, magnesium (found in ReMag), and methylated B6, taurine, and methionine (found in ReAline) can help metabolize this food additive. I know that, since I've been on the Completement Formulas, I have been eating out more often and not having any food reactions, whereas I often used to get an MSG headache and feel hung over the morning after eating out.

APPENDIX A

POTASSIUM BROTH

To 2 quarts of water add:

2 large potatoes, chopped into ½ inch cubes

1 cup carrots, sliced or shredded

1 cup celery, chopped, leaves and all

Beet tops, one handful

Turnip tops, one handful

Parsley, one handful

Onion, 1 medium

Herbs for seasoning: garlic, thyme, sage, rosemary

Sometimes, I add a teaspoon of miso or beef bullion after straining off the liquid, for some extra flavor.

Directions:

Cover and cook slowly for about 1/2 hour using stainless steel, glass, or earthenware utensils only.

Strain the broth off and cool.

Serve warm or cold. Keep refrigerated.

Discard the cooked vegetables or put them on your compost pile.

APPENDIX B

CIPRO SIDE EFFECTS:

The 53-page Medication Guide regarding Cipro begins with the following warning:

“CIPRO, a fluoroquinolone antibacterial medicine, can cause serious side effects. Some of these serious side effects can happen at the same time and could result in death. If you get any of the following serious side effects while you take CIPRO, you should stop taking CIPRO immediately and get medical help right away.

1. Tendon rupture or swelling of the tendon (tendinitis).

Tendon problems can happen in people of all ages who take CIPRO.

Tendons are tough cords of tissue that connect muscles to bones.

Symptoms of tendon problems may include:

pain

swelling

tears and swelling of the tendons including the back of the ankle

(Achilles), shoulder, hand, or other tendon sites.

2. Changes in sensation and possible nerve damage (Peripheral Neuropathy).

Damage to the nerves in arms, hands, legs, or feet can happen in people who take fluoroquinolones, including CIPRO. Stop taking CIPRO immediately and talk to your healthcare provider right away if you get any of the following symptoms of peripheral neuropathy in your arms, hands, legs, or feet:

- pain
- burning
- tingling
- numbness
- weakness

CIPRO may need to be stopped to prevent permanent nerve damage.

3. Central Nervous System (CNS) effects. Seizures have been reported in people who take fluoroquinolone antibacterial medicines, including CIPRO. Tell your healthcare provider if you have a history of seizures before you start taking CIPRO. CNS side effects may happen as soon as after taking the first dose of CIPRO. Stop taking CIPRO immediately and talk to your healthcare provider right away if you get any of these side effects, or other changes in mood or behavior:

- seizures
- hear voices, see things, or sense things that are not there (hallucinations)
- feel restless
- tremors
- trouble sleeping
- nightmares
- feel lightheaded or dizzy
- feel more suspicious (paranoia)
- suicidal thoughts or acts
- feel anxious or nervous
- confusion
- depression
- headaches that will not go away, with or without blurred vision”

APPENDIX C

BACH FLOWER REMEDIES

Since the Bach Flowers were created for the emotional aspects of disease, I'm including Module 103 of my *Completement Now! Online Wellness* program on Bach Flower Remedies, so you can learn more about them and make them part of your first aid kit.

I hold a special place in my heart for Bach Flower Remedies. It was the first modality that I learned after medical school during my naturopathic training, and I'm still using it to this day.

The Thirty-Six Bach Flowers

Bach Flower remedies are tinctures of actual flowers preserved in brandy. Each remedy contains the vibrational pattern of different flowers. Their action is vibrational and subtle, and it extends beyond physiology. They are extremely safe and non-toxic, with no side effects. They can be used by children, pregnant mothers, the elderly, or if you are on other medications. Each person responds to flower essences according to their inner rhythms and desires.

Dr. Edward Bach

Dr. Edward Bach (1886-1936), a successful Harley Street physician, spent many years researching immunology, but he felt there was something missing in his consulting practice. He came to realize that the symptoms of an illness are the external expression of negative emotional states.

In 1928, he began work on his remedies made from plants. In the spring and summer, Dr. Bach discovered and prepared new herbal remedies, and, in the winter, he treated patients for free as he learned how his flowers could help people with all manner of ills.

He died in 1936, but not before he had discovered a complete system of treatment, wrote his book *Heal Thyself*, and trained people to take over his work that continues to thrive to this day.

Practicing with Bach Flowers

While learning drug dosages and how to read EKGs during my internship, I also memorized the characteristics of each of the 38 flowers and wrote them on a few index cards that I carried around with me. I found the flower essences a wonderful way to talk about a person's distress without going anywhere near psychology, psychiatry, or psychiatric drugs.

I've said before that physical disease begins in the mental/emotional realm, and that's the level on which the flower essences work. If the mental/emotional struggle can be resolved, there is no need for the body to create a disease as a solution to the conflict.

In my study of Total Biology (German New Medicine), I learned that the distress a person has in their mind about something will eventually find its way into the body – not as a “bad” thing, but as a way of the body taking the burden off the mind and trying to find a solution in the body. Medicine has begun to accept psychoneuroimmunology, which has proven the interrelationship between physical illness, stress, and a person's mental/emotional attitude.

The Bach Flowers are a way of heading off the creation of physical symptoms because of distress. If you are anxious, there are two main remedies. One is Mimulus, which is for anxiety about a known cause – trouble at school, work, in a relationship, or about the bills piling up. The other is Aspen, for anxiety and dread of unknown things of unknown origin.

When I saw a patient in distress, I would talk about the Bach Flowers. If a mother was worried about her child, I'd tell her about Mimulus and say she could take this remedy to help reduce her fears for her child. If someone in the family has just died, I would describe Walnut as the transition remedy and people could take the remedy to help break the link to that trauma.

When a patient described her guilt over her children's actions, I would offer Pine, which is “For guilt and the tendency to blame oneself for everything that goes wrong.” I'd also give the affirmation – “I love and accept myself.”

For a new mother who expressed impatience and frustration, I'd offer the remedy Impatiens and the affirmation – "I accept the flow of life and the pace of others."

Rescue Remedy (a combination of several Bach Flowers) is something I advise for my clients who have anxiety and panic attacks from adrenal exhaustion. Even in these extreme cases, this simple flower formula takes the edge off their symptoms with no drug side effects.

Whether by placebo or focusing on the remedy as a positive affirmation, they always seemed to have a beneficial effect. The Bach Flowers gave me a tool to gently work with people, instead of implying they had something psychologically wrong with them, requiring a medication. For me, the Bach Flowers were and are a life saver!

Defining the Flowers

What helped when I was studying the flowers was to have a short phrase and then a word that captured their essence.

Therefore, that's what I'll give you here. Under the key word or words that describe the remedy, I'll put a single affirmation that you can say while taking it to reinforce its action. If you would like more information about the Bach Flowers, there are resources online that you can pursue.

Agrimony: For mental torment hidden behind a smiling face.

Promotes: Inner peace

Affirmation: I find peace within myself.

Aspen: For fear or anxiety with no known cause.

Promotes: Trust

Affirmation: I have faith in life.

Beech: For intolerance of other people and their behavior and views.

Promotes: Tolerance

Affirmation: I release all feelings of judgment and criticism.

Centaury: For willing servants who find it hard to say no.

Promotes: Inner strength

Affirmation: I share from a place of inner strength.

Cerato: For those who distrust their own judgment.

Promotes: Intuition

Affirmation: I am confident that I know what is right for me.

Cherry Plum: For loss of control and the fear of doing harm to oneself or others.

Promotes: Composure

Affirmation: I remain balanced and strong under extreme stress.

Chestnut Bud: For repeated errors and the inability to learn from experience.

Promotes: Wisdom

Affirmation: I recognize and am able to let go of old patterns.

Chicory: For selfish possessive, overbearing love.

Promotes: Selflessness

Affirmation: I draw on the source of universal love to share freely with others.

Clematis: For day-dreaming and living in an idealized future rather than in the present. Or for light-headed, drowsy, fussy thinking caused by an accident.

Promotes: Creative idealism

Affirmation: I am involved in life.

Crab Apple: For dislike of one's own appearance or behavior. For the cleansing of body and mind.

Promotes: Perspective

Affirmation: I cleanse myself of any toxicity or disharmonious energy.

Elm: For the crisis of confidence caused by taking on too much responsibility.

Promotes: Self-assurance

Affirmation: I always have the help I require.

Gentian: For discouragement and despondency caused by a setback.

Promotes: Perseverance

Affirmation: Everything has a deeper meaning.

Gorse: For unjustified hopelessness, despair, and defeatism.

Promotes: Optimism

Affirmation: Every new day is a new opportunity.

Heather: For self-obsessed people who talk constantly of their own affairs and need an audience.

Promotes: Compassion

Affirmation: Through caring for others, I forget myself.

Holly: For negative feelings towards others such as hatred, jealousy, suspicion, and spite.

Promotes: Love

Affirmation: I love and am loved.

Honeysuckle: For living in the past.

Promotes: Letting go

Affirmation: I move forward in life with joy and ease.

Hornbeam: For tiredness at the thought of the tasks that lie ahead.

Promotes: Enthusiasm

Affirmation: I am involved and interested in my daily activities.

Impatiens: For impatience.

Promotes: Patience

Affirmation: I accept the flow of life and the pace of others.

Larch: For lack of confidence that prevents attempts at success.

Promotes: Self-confidence

Affirmation: I can do it. I will do it. I am doing it.

Mimulus: For everyday fear and anxiety caused by known things; also shyness and timidity.

Promotes: Courage

Affirmation: I recognize each problem as an opportunity for growth.

Mustard: For gloom and depression with no known cause.

Promotes: Joy

Affirmation: I am filled with the joy of life.

Oak: For strong people who struggle on past the limits of their strengths.

Promotes: Stability

Affirmation: I experience renewed strength and stability.

Olive: For tiredness after great effort.

Promotes: Rejuvenation

Affirmation: I relax and experience a new strength.

Pine: For guilt and the tendency to blame oneself for everything that goes wrong.

Promotes: Self-acceptance

Affirmation: I love and accept myself.

Red Chestnut: For fear that something awful will happen to loved ones.

Promotes: Objectivity

Affirmation: I have a healthy detachment from the problems of others.

Rock Rose: For terror and extreme fear.

Promotes: Self-transcendence

Affirmation: I face the most extreme challenges with unshakeable courage.

Rock Water: For extreme self-control and mental rigidity.

Promotes: Flexibility

Affirmation: I am open to new insights and experiences.

Scleranthus: For the inability to choose between alternatives.

Promotes: Balance

Affirmation: I act from inner certainty.

Star of Bethlehem: For shock, chagrin, and grief caused by loss.

Promotes: Healing

Affirmation: I am freed from the trauma of the past.

Sweet Chestnut: For ultimate despair, when everything is bleak and there is no way out.

Promotes: Faith

Affirmation: In the darkest hours, I find courage and faith in my own divine power.

Vervain: For over-enthusiasm in a cause.

Promotes: Moderation

Affirmation: I allow others to hold their own beliefs.

Vine: For dominant people who rule others with a rod of iron.

Promotes: Humility

Affirmation: I am tolerant and respectful of the individuality of others.

Walnut: The link breaker. For protection against change and outside influences – as in divorce, death, illness, loss of job, or loss of wealth.

Promotes: Transitions

Affirmation: I break all links that hinder my growth.

Water Violet: For private people who can appear proud or aloof.

Promotes: Sharing

Affirmation: I am sharing love, humility and wisdom.

White Chestnut: For constant, repetitive, worrying thoughts, gramophone thoughts.

Promotes: Tranquility

Affirmation: I become quiet within and the answers I seek begin to emerge.

Wild Oat: For uncertainty about what to do with one's life.

Promotes: Self-actualization

Affirmation: I express my soul's purpose in my life's activities.

Wild Rose: For apathy and too easy acceptance of everything.

Promotes: Vitality

Affirmation: I feel alive with interest in life.

Willow: For self-pity, resentment and the blaming of others.

Promotes: Forgiveness

Affirmation: I release all feelings of blame and bitterness towards others.

Rescue Remedy: A combination of Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of **Bethlehem:** used to deal with the immediate effects of crises, emergencies, attacks of nerves, etc.

Promotes: Rescue

Affirmation: The worst is over. Balance and harmony are restored.

APPENDIX D

WHEN MAGNESIUM MAKES ME WORSE

This is a tongue-in-cheek title, because magnesium does not make you worse, it consistently makes people better. However, it can create shifts in the body that I wish to address, so you will understand what's happening to you as you break through your magnesium deficiency symptoms and improve your health.

- 1. You're not taking enough.** When you feel worse with magnesium, I believe that the 700-800 enzyme systems that require magnesium are becoming active and your body simply needs more as they are revving up. Here's how Laura, one of my blog readers, put it: "My obvious magnesium deficiency symptoms, cramping, muscle aches, headaches, etc., are worsening slightly rather than getting better. Anxiety is the only thing that has gotten better. Is this normal? I'm using magnesium oil and magnesium citrate but not able to tolerate more than 200 mg without getting diarrhea."

Laura woke up her magnesium-dependent enzymes, and they are demanding more magnesium than 200 mg. It's like putting your foot on the accelerator without enough gas in the tank. With each enzyme system pumping away, they quickly use up the little magnesium Laura is giving them, and they simply want more and make her think she is still magnesium deficient. Unfortunately, Laura's body isn't going to get what it needs if she gets the laxative effect on 200 mg. That's one of the main reasons to take ReMag—so you can get the therapeutic effect without the laxative effect.

This doesn't mean that you'll have to keep increasing your magnesium ad infinitum! You will reach a saturation point of magnesium stores and actually be able to decrease your magnesium intake. That might not happen for a year or two. But even ReMag has a fail-safe point so when you are saturated you will begin to get the laxative effect and you can cut back.

2. **You think you are taking enough but you are burning off magnesium** at a rapid rate due to: increased stress, surges of adrenaline (panic attacks), surgery, medications, yeast overgrowth, PMS. Some people are “magnesium wasters” and they can’t hold onto magnesium and keep needing to replenish it. Severe forms of this condition are Gitelman’s Syndrome and Bartter’s Syndrome.

3. **You’re taking too much – too soon.** This usually happens if you have fatigue and weakness from chronic magnesium deficiency. Anyone in this category should start very slowly on any new supplement or drug. If you take a high dose of magnesium right from the start, it’s as though you’re giving muscles that are used to walking five minutes a day enough fuel to run a marathon. Your body might just be so weak that revving up those hundreds of enzyme systems all at once makes you feel jangled and even anxious. For people with chronic fatigue and adrenal issues, start with one-quarter of the recommended dose of magnesium and work up as your body adapts. Occasionally ¼ tsp (30 drops) of ReMag is even too much, so we advise people to begin with 10 drops in a liter of water sipped through the day. One drop of ReMag contains 2.5 mg of magnesium.

4. **Magnesium is causing a detox reaction.** You are toxic for one or more of the following reasons: a bad diet, prescription medications, heavy metals, stress chemicals, yeast overgrowth, or environmental chemicals. As magnesium enters your cells, it stimulates cellular detoxification and dumps toxins and heavy metals from your cells into the lymphatic system. These are eventually excreted through your skin, kidneys, and colon. Toxins surfacing on the skin can cause skin irritation, inflammation, hives, and rashes.

This type of reaction is not an “allergy” to magnesium but a simple detox reaction, as the body is now more able to do its job because of magnesium. There have only been a few so-called allergy reactions to magnesium. The ones

I've studied were due to IV magnesium sulfate, and the reaction may actually be due, either to the sulfur trying to get past blocked sulfur pathways, or to the aluminum that is found in IV magnesium products. Sulfur is likely the problem, because IV magnesium chloride also contains aluminum and I've not heard of reactions to this form of magnesium. However, I would advise against chronic administration of these forms of IV magnesium due to the aluminum content. ReMag is an excellent substitute for IV magnesium according to several case reports. You can read Dana's story in Chapter 18.

- 5. You have low blood pressure from long-standing magnesium deficiency and adrenal fatigue.** You may have heard that magnesium can lower blood pressure, so you worry because your blood pressure is already low. This is another instance where you must begin by supplementing at about one-quarter the recommended dose of magnesium and slowly build up. You will also need other minerals. The minerals offered in ReMyte are important to support the adrenals and the thyroid. Also, I recommend sea salt ($\frac{1}{4}$ teaspoon per quart of drinking water) to help improve sodium levels; this will balance your blood pressure and support your adrenals. Sea salt contains 72 trace minerals, all of which may be important to the body. My drinking water guidelines are: Drink half your body weight (in pounds) in ounces of water. So if you weigh 150 pounds, you should be drinking 75 ounces of water a day.
- 6. You're on heart medications,** and as your health improves because of magnesium supplementation, your meds are becoming "toxic." That's because you may not require them anymore, not because magnesium is bad for you! For example, magnesium helps lower blood pressure. If you continue to take the same amount of blood pressure meds, your blood pressure might become too low. This is not a side effect of magnesium. It's a side effect of taking drugs when you don't need them! Check with your doctor to help wean off your meds.

- 7. You've started taking iodine or thyroid medication,** or you have hyperthyroidism, which can speed up your metabolism or rev you up. If you have a history of heart palpitations, they may be increased with this increase in metabolism. The key to recognizing increased thyroid function is an elevated pulse rate, and the magnesium you normally use to control your heart palpitations is no longer working. Magnesium can independently improve thyroid function and may mean you need to lower your thyroid medication. This can happen even more commonly if you are taking ReMyte - 9 of the 12 minerals in ReMyte support thyroid function.
- 8. You're taking too much vitamin D.** You've been feeling great on your magnesium, and then you begin taking high-dose vitamin D and find yourself experiencing magnesium deficiency symptoms again. Magnesium is required to transform vitamin D from its storage form into its active form and for many other aspects of vitamin D metabolism. That means if you take the extremely high doses that allopathic doctors are now recommending, you can plummet into magnesium deficiency and not know why. For this reason I don't recommend more than 1,000–2,000 IU of vitamin D3 daily. And never take vitamin D without magnesium. This is such an important aspect of magnesium therapy that it deserves a separate section. Read "High-Dose Vitamin D Depletes Magnesium," which you can find in Chapter 2.
- 9. You are taking too much calcium** and it's pushing out your magnesium. Read about the competition between calcium and magnesium in "The Failure of Calcium" in Chapter 1 to understand why calcium is now a pariah. Excessive amounts of this mineral are causing heart disease and many other symptoms of calcification in the women and men who take it.

- 10. You're taking fairly high doses of magnesium and not taking trace minerals or drinking enough water.** Trace minerals help your body hold water in the cells. Without minerals your cells can become dehydrated and your tissues can retain fluid – e.g., ankle edema. Reread #5.
- 11. You're not taking enough B vitamins.** Vitamin B6 and B2 are important vitamins that assist magnesium absorption into cells. A number of papers have reported on the relationship of magnesium and B6 in the treatment of PMS and kidney stones. Most recently, research has been directed at the benefits of magnesium and vitamin B6 in autism and ADHD. However, I don't recommend high-dose synthetic B6 because of the occurrence of peripheral neuropathy in a small percentage of people. This side effect is probably due to magnesium deficiency. Instead I recommend the methylated B vitamins in my product, ReAline or food-based B complex by Grown by Nature. It is of note that ReMag is so well absorbed that it doesn't require B vitamins, or an intact gut or carrier proteins to bring it directly to the cells.
- 12. You are mercury toxic.** In Chapter 13, I state, "Mercury drastically increases the excretion of magnesium and calcium from the kidneys, which may be the cause of the kidney damage seen in mercury poisoning." Removing mercury from the body is important but not the focus of this book. Taking sufficient amounts of magnesium can help detoxify this dangerous heavy metal.
- 13. You're taking a drug that contains fluoride.** Read the section "Fluoride Binds Magnesium," in Chapter 2 to understand why you may be susceptible to magnesium deficiency caused by medically-prescribed drugs, fluoride treatments from your dentist, fluoride toothpaste, or fluoridated drinking water.

14. You have Yeast Overgrowth. Your magnesium-deficiency symptoms may have been so severe that you didn't realize you have yeast overgrowth. Now that your symptoms are going away, you may become aware of yeast overgrowth symptoms. Or, your magnesium is helping to detoxify yeast toxins or yeast, itself, and you are experiencing yeast die off. The symptoms often manifest as skin rashes, vaginitis, sinusitis, itching ears and brain fog. The treatment is to do a yeast-free diet, probiotics and natural anti-fungal remedies.

APPENDIX E

YEAST QUESTIONNAIRE

Are Your Health Problems Yeast-Connected?

If your answer is "yes" to any question, circle the number in the right hand column. When you've completed the questionnaire, add up the points. Your score will help you determine the possibility (or probability) that your health problems are yeast related.

YEAST QUESTIONNAIRE	SCORE	
	YES	NO
1. Have you taken repeated or prolonged courses of antibacterial drugs? (4)		
2. Have you been bothered by recurrent vaginal, prostate, or urinary tract infections? (3)		
3. Do you feel "sick all over," yet the cause hasn't been found? (2)		
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature, or fatigue? (2)		
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes, and other chemical odors? (2)		
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? (2)		
7. Have you taken prolonged courses of prednisone or		

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other steroids; or have you taken "the pill" for more than 3 years? (2)		
8. Do some foods disagree with you or trigger your symptoms? (1)		
9. Do you suffer with constipation, diarrhea, bloating, or abdominal pain? (1)		
10. Does your skin itch, tingle, or burn; or is it unusually dry; or are you bothered by rashes? (1)		

Scoring for women: If your score is 9 or more, your health problems are probably yeast-connected. If your score is 12 or more, your health problems are almost certainly yeast-connected.

Scoring for men: If your score is 7 or more, your health problems are probably yeast-connected. If your score is 10 or more, your health problems are almost certainly yeast-connected.

APPENDIX F

STEP-BY-STEP YEAST TREATMENT

After magnesium and mineral deficiency, another huge area of concern that I have is Yeast Overgrowth. I think the key to balancing yeast in the body is to stop feeding yeast with lactose sugar from dairy, glucose from the breakdown of gluten grains, and foods made with table sugar. Several of my Completement Formulas help balance yeast in the body. ReStructure, which I talk about below, makes an excellent addition to a yeast-free diet since it has only one gram of sugar. You will digest ReStructure so well that you won't feed yeast with undigested food. The ingredients in ReStructure will also help you digest your other meals. ReMag helps heal a leaky gut, which is common in yeast overgrowth. RnA Drops have probiotic properties. ReAline helps eliminate yeast toxins. For the most up-to-date yeast treatment, you can check Resources at my [DrCarolynDean](http://DrCarolynDean.com) website. My products are at [RnAReSet](http://RnAReSet.com).

ReStructure is a 3rd generation protein powder that I've been enjoying since it was first formulated in 1990. In 2015, the owners of the 2nd generation product retired, so I decided to acquire the recipe and add something very unique to this, its 3rd generation. The unique ingredient is RnA Powder. ReStructure is primarily a whey protein powder that is casein-free and very low in lactose. Beyond the whey it's a balanced protein, carb, and fat meal replacement containing rice bran, rice protein, potato fiber, pea protein, flaxseed, marine algae oil, and extra lysine, as well as the RnA Powder. Each ingredient is important in the total makeup of ReStructure to provide you with a delicious, easy-to-digest, high fiber, low calorie, and low glycemic food formula that helps control weight and maintain lower blood sugar levels. ReStructure is also the perfect protein powder meal replacement for a yeast-free diet. In fact, ReStructure is the most unique protein powder you will ever find, because it contains RnA Powder.

Step One:***A strict anti-yeast diet.***

For the first few weeks, avoid sugar, dairy, gluten grains (rye, wheat, spelt, faro, kamut, triticale, and barley), fruit, alcohol, and other fermented foods.

What's left, you ask? All vegetables, grains (millet, rice, gluten-free oats, amaranth), fish (wild Alaska salmon), and antibiotic-free, hormone-free chicken, turkey, lamb, and beef. When buying oat products, it is necessary to find gluten-free oats, because some oats can be contaminated in the field if grown near wheat or if processed in a facility that also processes wheat or other gluten grains.

Most people with yeast overgrowth report that they begin to feel much better by the second or third week of the diet. During the first week, you might feel some aggravation of symptoms as the yeast that are dying off flood the system with their toxic by-products, causing even more symptoms than before. After several weeks on a strict diet, reintroduce foods, one by one, to get an indication of whether you should, in fact, be consuming that food. Symptoms can represent either a food allergy or perhaps a yeast-promoting food. Often they go hand in hand; irritation by yeast to the lining of the gastrointestinal tract (leaky gut) can cause incompletely digested foods to be absorbed through the injured intestinal wall. This means that food allergy tests can be positive for all the foods you are currently eating!

Step Two:

Add probiotic bacteria to your supplements to build up the normal flora in the bowel as the yeast are killed off and leave vacancies in the intestines and vagina. As part of a yeast treatment protocol, I recommend an excellent soil-based probiotic, called [Prescript Assist](#), which you can obtain online. Dosage: Begin with 2 capsules per day for 30 days. Continue with 1-2 capsules per day, 30 minutes away from food.

Step Three:

Add antifungal foods: garlic, onions, coconut milk, and coconut oil.

Step Four:

Use antifungal herbs such as hops and Pau d'Arco, also called Lapacho or Taheebo, taken in the form of herbal tea.

Step Five:

Digestive Enzymes

Dosage: 1-2 capsules at the end of each meal. Pancreatic enzymes with hydrochloric acid provide the optimum combination of digestive aids for complete food digestion. My current recommendation is KAL brand Super Enzymes, available at many health food stores and at VitaCost.

Step Six:

Avoid Parasites

Wash all your produce with grapefruit seed extract liquid to kill parasites, and take grapefruit seed extract capsules when you eat out to kill possible parasite contamination on food.

Step Seven:

Antifungal Therapies

If your yeast questionnaire indicates a moderate to high level of yeast, you probably need to take antifungal medication, such as caprylic acid, oregano oil, or grapefruit seed extract.

A comprehensive treatment for yeast and yeast toxins includes psyllium seed powder, bentonite clay liquid, and liquid caprylic acid (caproyl). Put one teaspoon to one tablespoon of each in 2 ounces of water in a bottle with a lid or a shaker cup. Shake and drink quickly so the psyllium doesn't gel, then drink another 8-10 ounces of water. Drinking extra water is very important, otherwise, psyllium can cause constipation.

Start with one detox shake a day, and then increase to 2 daily. If you use this treatment, make sure to take it one hour before, or at least two hours after, eating or taking supplements.

APPENDIX G**MAGNESIUM CONTENT OF COMMON FOODS:**

Food: Milligrams per 3 ½ oz (100 g/10 tbsp)

Kelp	760
Wheat Bran	490
Wheat germ	336
Almonds	270
Cashews	267
Molasses	258
Yeast, brewer's	231
Buckwheat	229
Brazil nuts	225
Dulse	220
Filberts	184
Peanuts	175
Wheat grain	160
Millet	162
Pecans	142

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English walnuts	131
Rye	115
Tofu	111
Spinach (boiled)	90
Broccoli (boiled)	15

APPENDIX H

LIPOSOMAL VITAMIN C

- a. In a glass jar, dissolve 3 TBSP of non GMO, soy lecithin granules, or safflower lecithin granules in 1 cup of warm purified water. (Purchased from [Vitacost](#).)
- b. In a glass jar, dissolve 2 TBSP of Rosehip powder in half a cup of warm purified water. (Purchased from [Vitacost](#).)
- c. When the two solutions are dissolved individually (a few hours at room temperature) put them in a blender and mix well. I often leave the two jars in the fridge overnight and they dissolve so well that I don't need to blend them.
- d. Then, put the blended solution in an ultrasound jewelry cleaner for 30 mins. I purchased my [jewelry cleaner](#) from Amazon. Store in a glass jar.
- e. Dosage is 2 TBSP (1 ounce) per day. The best time to take liposomal Vitamin C is in the morning on an empty stomach, or you can take it several times a day if you are treating an acute condition.

APPENDIX I

Magnesium Testing

Magnesium is a very safe supplement to take without needing testing. However, you can ask your doctor for a Magnesium RBC blood test to check your magnesium levels, especially if you are on medication. You can also order your own test without a doctor's prescription at [Request A Test](#) for only \$49.00.

Aim for an optimum level of 6.0-6.5mg/dL for your test. The lab range for our magnesium deficient population is 4.2-6.8mg/dL.

Note: Do not take or apply any magnesium for at least 12-24 hours before the test or it will be falsely elevated.

The [ExaTest](#) is an even more accurate test than the Magnesium RBC. Scrapings from under the tongue are sent to a lab, stained with special dyes and viewed under an electron microscope. Magnesium, calcium, potassium, sodium, chloride, and phosphorus are measured with this test. This test costs several hundred dollars but it is fully covered by insurance with a doctor's prescription. However, you will still have to pay the doctor's fee for taking the test.

The best test is the ionized magnesium test but it's only available as a research tool. Presently there are 5,000 blood testing labs in the U.S. and only 140 of them carry out the ionized magnesium test. Most of them are hospital or university research labs. This is a test that we should demand from our doctors who in turn should demand it from their labs.

Most hospitals and labs only assess total serum magnesium levels. Since there is only one percent of the body's magnesium in the blood, however, the test samples only that one percent. With the blood ionized magnesium test it is now possible to directly measure the levels of magnesium ions in whole blood, plasma, and serum using ion-selective electrodes that gives an accurate accounting of the actual magnesium at work in the body.

Make sure you ask your doctor to look into the ionized magnesium test. Maybe you live near a university hospital that might have access to magnesium electrodes for ionized magnesium testing.

However, until the ionized magnesium test is available and affordable use the

Magnesium RBC test but give equal weight to how you feel to determine if you need more magnesium. I've made it easier for you by itemizing 100 Magnesium Deficiency Factors that you can find online. Print out this page, check off the symptoms that you are experiencing and the conditions that apply to you. Having a dozen of those symptoms or conditions qualifies you as being magnesium-deficient.

MEET THE DOCTOR OF THE FUTURE



Dr. Dean has been in the forefront of health issues for almost 40 years. She is not only a medical doctor, she is also a naturopath, herbalist, acupuncturist, nutritionist, intuitive, lecturer, consultant, author, inventor, capitalist, and purveyor of commonsense! She's authored and co-authored over 35 books, including *The Magnesium Miracle*, *IBS for Dummies*, *Hormone Balance*, and *Death by Modern Medicine*, as well as 110 Kindle books. Dr. Dean is on the Medical Advisory Board of the non-profit Nutritional Magnesium Association. She was awarded The Arrhythmia Alliance Outstanding Medical Contribution to Cardiac Rhythm Management Services Award 2012, presented at The Heart Rhythm Congress, organized by the Heart Rhythm Society (HRS), Sept 23-26, 2012. In September 2014, she received an Excellence in Integrative Medicine Award at the Sacred Fire of Liberty Awards in Washington. You are invited to receive a free subscription to Dr. Dean's Doctor of the Future Newsletter and join her online wellness program *Completement Now!*

Disclosure: Dr. Dean has a creative and economic interest in the innovative products of [RnA ReSet](#), including, but not limited to: RnA Drops, ReMag, ReMyte, ReAline, ReCalcia, ReNew, and ReStructure. For more information regarding ReMag and all my other products, go to [RnA ReSet](#). If you have questions, email Customer Service at <mailto:support@rnareset.com>. If you wish to place an order by phone, call 1-888-577-3703.