

# **Pico Silver**

## **Clearing Up The Controversy**



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**A Completement Formula Book**

**PICO SILVER:  
CLEARING UP THE CONTROVERSY**

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**Learn How To Protect Your Health** with the *Completement Formulas* by using our *Total Body ReSet* and *Total Body Immunity* protocols. (See [Appendix A.](#))

## INTRODUCTION

I've been aware of silver as an immune booster for many years. Silver in the alternative health community is usually marketed as colloidal silver – a suspension of silver particles in water. I have recommended a couple of legitimate colloidal silver products over the years. However, I never felt any benefit from them when I used them. One day I had a flash of inspiration. I realized our chemist could make a superior and safe form of silver that would be compatible with our other minerals by applying the proprietary techniques used in transforming the minerals in our *ReMag*, *ReMyte*, and *ReCalcia* into stabilized ions.

There is widespread controversy about the use of colloidal silver. Is it safe, is it effective, how do I know what product to trust? Below, In this book explain how *Pico Silver* is not a colloidal silver compound. It is a stabilized ion of silver, which makes it both safe and effective.

The silver ions that make up Pico Silver:

- 1) Attach to WBCs to seek and destroy bacteria, viruses, and fungi and augment the myriad other functions of WBCs.
- 2) Detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as they fight infection.
- 3) Stimulate stem cell production enhancing all tissue lines and participating in tissue regeneration including remarkable wound healing.
- 4) Do not build up in tissues.
- 5) Enhance the intestinal Microbiome.

## **My Pico Silver Testimonial**

When the first samples of *Pico Silver* arrived at my house, I had just come home from the mainland and woke up the following morning with an airplane virus. My throat was sore, I had a headache, and my nose and ears were getting clogged up. Throughout the day I took 6 teaspoons of *Pico Silver*. The next morning, I woke up feeling absolutely normal.

I continued taking a couple of teaspoons a day and over the next few days I found that my nasal mucus membranes hardly produced any mucus from eating dairy. The reduction of those symptoms made me realize my yeast overgrowth was under control. I was quite amazed. As I've already shared, I have never had any positive reaction from any colloidal silver that I had taken in the past. So, this was a new and welcome phenomenon. *Pico Silver* works on its own but I'm sure its effects are enhanced because it interacts synergistically with my *ReMag*, *ReMyte*, and *ReCalcia*. See [Appendix A](#) for an overview of my *Total Body ReSet Protocol* and all the Completement Formulas.

## **Why Is Pico Silver So Powerful**

Before I tell you the story about silver, and especially *Pico Silver*, let me share why I think silver ions are so important for the body as our collective health declines and as disease is shamefully monetized by the drug industry. As I've said many times, I've been involved in the natural health world for over 50 years, which have given me plenty of time to see trends and patterns.

Here's what I know that relates to the immune system and *Pico Silver*. I'll give you my conclusions first and my comments will be explained more fully below.

I think silver is a necessary nutrient in the body because it is systematically concentrated in the body to a much higher level than occurs in nature. Since most minerals I've studied are depleted in our soil and water, I'm sure the same can be

said for silver. Silver ions, which form 98% of our *Pico Silver*, weaponize white blood cells (WBCs) to do their work. Silver assists the WBCs and the immune system to attack infectious organisms. But what I know from my research on yeast overgrowth is that infectious organisms have gained the upper hand and overwhelm our ability to keep them under control. That's why daily supplementation of *Pico Silver* seems prudent.

At the same time that we've allowed yeast to overgrow with the excessive use of antibiotics, steroids, the birth control pill and a high sugar diet, allopathic medicine following its insane model of "disease care" has increased the use of antibiotics and other life-destroying drugs. According to Total Biology (the conflict basis of disease) the body will increase the cell production of certain tissues in order to solve a conflict. When the conflict is resolved, the body depends on yeast, viruses, and bacteria to break down that excess tissue. This function demonstrates the genius of the body and depends on the right balance of organisms.

We've completely destroyed that function and the balance of organisms because we've allowed yeast to overgrow, which allows more viruses and more pathogenic bacteria to invade our bodies. When allopathic medicine finds high rates of these abnormal organisms, they just give more antibacterial, antiviral, and antifungal drugs further throwing our Microbiome off balance.

The simple and effective solution is to:

- 1) support the structure and function of the whole body with well-absorbed vitamins and minerals including *Pico Silver*
- 2) follow a yeast detox protocol

As you will read below, the stable ions of silver in *Pico Silver* stimulate stem cells to enhance all tissue lines, which means they participate in tissue regeneration. They also assist the white blood cells in mopping up the byproducts of killing infectious organisms thereby diminishing Herxheimer (die off) reactions. (People often refer to this type of event as detoxification.)

What WBCs do is multifaceted and shared by five types of WBCs: Basophils, Neutrophils, Eosinophils, Monocytes, and Lymphocytes. What becomes evident when you study these WBCs is that they are not just killing machines that sometimes go rogue, which is the way they are viewed by allopathic medicine. This might be TMI (too much information), but I want you to see how important the white blood cells are and how supporting them with Pico Silver is the perfect way to boost and balance your immune system. So, let me describe the importance of WBCs in more detail.

## **Basophils**

Basophils (and Mast cells) are implicated in multiple human diseases including autoimmune disorders, inflammatory disorders, cancer, allergies, and asthma. Allopathic medicine implies that basophils may be problematic in these conditions but I say that if basophils are working properly, which may include having silver ions to assist them, they are likely to be very helpful in the above named conditions.

Basophils defend against parasites, viruses, and bacteria by producing 2 chemicals: heparin and histamine. Heparin is a blood-thinning substance. Histamine widens blood vessels and increases blood flow to infected tissues to help move out toxins. Histamine intolerance is an increasing problem in chronically ill individuals. It can occur when there is an overgrowth of bacteria that encourage basophils to overproduce of histamine. The amount of histamine may overwhelm the body's enzymes to break down. Magnesium is a natural antihistamine. But, if there is magnesium deficiency, it can't do that job.

Basophils also offer protection against some snake, scorpion, gila, and honeybee venoms.

## Neutrophils

Neutrophils are the most abundant WBC and mainly target bacteria and fungus. They are formed from stem cells in bone marrow. You will see below that silver ions stimulate stem cell production, which means they can increase the production of neutrophils as well as weaponize them.

## Eosinophils

Eosinophils pursue large parasites, such as worms, and help promote inflammation, which is necessary in order to isolate and control a disease site. But in a person with yeast overgrowth and magnesium deficiency the inflammation may be greater than is necessary, which can lead to troublesome symptoms or even tissue damage. This is where medicine, instead of using *Pico Silver*, jumps into the fray and gives steroids in order to control the elevated eosinophil levels. Of course, the steroids are only going to increase yeast overgrowth and the cascade of symptoms that follow.

Instead of supporting the structure and function of the body with *ReMag*, *ReMyte*, and *Pico Silver* to treat the following conditions – allopathic physicians use drugs. Based on what I've learned about silver ions, they can treat parasitic and fungal diseases, allergies (including drug and food allergies), adrenal depletion, skin disorders, toxic overload, autoimmune disorders, endocrine disorders, and tumors.

An off-balance immune system can develop elevated WBCs. For example, elevated eosinophils, called, "eosinophilia," can potentially lead to any of the following diagnoses:

Acute myelogenous leukemia

Asthma

Ascariasis (roundworm infection)

Cancer



Crohn's disease	Idiopathic hypereosinophilic syndrome (HES)
Drug allergy	Lymphatic filariasis (a parasitic infection)
Eczema	Ovarian cancer
Eosinophilic esophagitis	Parasitic infection
Eosinophilic leukemia	Primary immunodeficiency
Hay fever	Trichinosis (roundworm infection)
Hodgkin's lymphoma	Ulcerative colitis
Hypereosinophilic syndrome	

### **Monocytes**

Monocytes are the largest type of white cell. They fight viruses, bacteria, and fungi. Monocytes are produced by bone marrow and circulate in the bloodstream for about one to three days prior to moving into tissues throughout the body. In the tissues they act as a garbage disposal cleaning up debris, diseased or infected or dead cells. They have been called the body's natural Pac-Man.

### **Lymphocytes**

Lymphocytes are found in the lymphatic system and help identify and destroy foreign invaders, but they don't engulf the problem like the other WBCs. They are called, "lymphocytes," because they are mostly floating in lymph fluid that flows through the lymphatic system. There are three types of lymphocytes: B cells, T cells, and natural killer cells. B cells circulate in the front lines of our blood and target foreign invaders. T cells are the warriors; they migrate to the point of invasion surround, bind, and help kill foreign invaders. Natural killer cells function to defend against tumors and viruses.

There are structural areas in the lymphatic system where lymphatic tissue

aggregates and acts like filtration devices to sieve out foreign material and dead red blood cells. They include the thymus, spleen, tonsils, and appendix. It's interesting that the tonsils and appendix are targeted by infectious organisms and are often removed if the infection can't be contained or treated by antibiotics. The regular use of *Pico Silver* would protect these lymphatic tissues from becoming infected.

As you can see by the above overview of the white blood cells, the immune system much, much more than just killing bacteria – which is all that an antibiotic can do. *Pico Silver* supports all functions of the immune system and the white blood cells including stimulating stem cell production and increasing the number of WBCs. It also works to balance the Microbiome; it doesn't just kill microbes indiscriminately like antibiotics.

Silver ions become concentrated in the human body as you will see in the facts below. The implication is that because the body expends energy on this process, having a supply of silver ions in the body must be very important and has probably been part of our immune system for eons.

### **Pico Silver and Joint Injury**

When our *Pico Silver* first came out, November 2018, a customer, who is an expert on silver, got in touch with us. Many years ago he produced an extensive report on silver that describes a highly effective product that was nanometer in size. He wanted us to have the report to help educate our customers. That [Silver Report](#) is available for you to read, but since it is highly technical. I will summarize and quote from the Report in this monograph.

The silver described in the Report is a nanometer silver, much like our *Pico Silver*, however, our product is actually even more powerful because it is a stabilized silver ion giving it superior absorption.

Our customer was inspired to contact us because his wife, a physical  
Carolyn Dean MD ND

therapist, was astounded when she used our *Pico Silver* and it began to heal rotator cuff damage in both her shoulders. Previous use of colloidal silver had never produced this result.

Similar stories started pouring in from our customers; they wanted to know why *Pico Silver* was helping their joints. Here's what's happening. Since *Pico Silver* supports the structure and function of the immune system, I thought back to my Chinese Medicine training. One of the acupuncture meridians is called The Divergent Meridian. Its function is to divert internal subclinical infections away from vulnerable internal organs to the extremities, especially the joints. Most of the joint diseases end in -itis, which means inflammation and we all know that inflammation can come from infections. So, *Pico Silver* revs up the immune system to seek and destroy infectious organisms anywhere in the body.

What makes *Pico Silver* so compatible with the stabilized ionic minerals in *ReMag* and *ReMyte*? According to the Silver Report, silver has the highest electrical conductivity of any metal.<sup>1</sup> Since *ReMag* and several *ReMyte* minerals are electrolytes, it is very meaningful that *Pico Silver* is such a good electrical conductor. The Silver Report says silver is a very important catalyst in the body, probably based on its electrical conductivity.

The electrical conductivity that the author is probably talking about is really cell signaling – the fundamental process by which specific information is transferred from the cell surface to the inside of the cell and ultimately to the nucleus, leading to changes in gene expression.

Incidentally, in *The Magnesium Miracle* (2017) I wrote that magnesium is an important intracellular signaling molecule. Without intracellular communication the cells of the body would not be able to function at all.

## **Silver Facts**

Let's do some further investigation of silver. The amount of silver in the earth's

crust is about 0.00000075ppm, which is infinitesimal. However, we are discussing stabilized ions as the active aspect of *Pico Silver*, and when you count ions (or atoms) in the environment, we are ingesting between 27 and 88 micrograms of silver<sup>2</sup> or 420 *trillion* atoms of silver per day. The form of silver in our air, food, and water is not metallic, it is mono-atomic, meaning, “one atom”<sup>3</sup> much like *Pico Silver*.

Silver seems to be an element that is very important to the body because it concentrates silver ions to the tune of 1 mg of silver per kilogram of body weight (1ppm).<sup>4</sup> If you weigh 50 kg or 110 lbs, you are holding onto 50mg of silver ions. Remember that the earth’s crust has only 0.00000075ppm or 0.00000075mg, which is quite a big difference.

Another important aspect of size is that “The smaller the particle of silver, the more effective it is in the body.” Surface coverage is in direct proportion to the effectiveness of silver because of the increased biological activity caused by the dispersion of silver ions.<sup>5</sup> The smaller the particle, the more surface coverage. It is very important to understand that it is not possible for silver to get any smaller than one atom.

### **Silver and Stem Cells**

An incredible aspect of picometer-sized silver that I didn’t realize until I read [the Silver Report](#) is the ability of this type of silver to stimulate adult stem cell dedifferentiation. These stem cell studies were done by Dr. Robert O. Becker in the early 2000s.<sup>6,7</sup> I was fascinated by Dr. Becker’s 1989 book, *The Body Electric*, but didn’t realize his work with electric current and limb regeneration had continued with studies on silver and stem cells. It seems this was a natural progression for Dr. Becker because one of the healing mechanisms of the body is its utilization of direct current millivolts through the nervous system, which presumably travels *through* silver ions with their high electrical conductivity.

It is the active, available silver ions (which make up 98% of *Pico Silver*) – not

the particulate colloidal particles – in which the antimicrobial properties of silver reside.<sup>8</sup> It turns out that the silver ion is chemically bonded to a receptor site on the adult stem cell membrane.<sup>9</sup> Because of silver's natural ability to act as a catalyst for chemical reactions, dedifferentiation (a return to its original embryonic state) of the adult stem cell occurs.<sup>10</sup> Dedifferentiation enhances the body's process of repairing damaged tissues as cells go where they are needed and grow into the tissues that are needed.

**Note:** Colloidal silver is mostly particulate in nature with some ions. *Pico Silver* is the opposite, 98% stabilized ions and only 2% particulate.

The following are findings in Dr. Becker's studies:

- 1) In addition to the major local antibiotic action of the silver ion, organized tissue regeneration occurred.<sup>11</sup>
- 2) Tissue growth was at least five to six times faster when silver was used at a wound site compared with non-silver treatment. Specifically, >1 square centimeter per day as opposed to <0.1 square centimeter per day. Note: > stands for greater than and < stands for less than.
- 3) Tissue regeneration occurred in bone, soft tissue, nerve, and skin, with replacement of missing tissues by histologically normal tissues, including hair follicles, even in the case where the surrounding tissues were diseased by lack of circulation caused by diabetes.<sup>12</sup>
- 4) Silver ions increase the Red Blood Cell count as part of their ability to regenerate tissue.<sup>13</sup>
- 5) The addition of silver was shown to be safe and lacked side effects.<sup>14</sup>
- 6) Wound healing was observed to occur *after traditional treatments had failed* and amputation of the limb was the only remaining

possibility.<sup>15</sup>

7) Unforeseen clinical applications were attained.<sup>16</sup>

Other teams of researchers have confirmed that silver ions are effective against burns, severe chronic osteomyelitis (bone infection), urinary tract infections, and central venous catheter infections.<sup>17,18</sup> They have also confirmed Dr. Becker's work and demonstrated in both animal and human studies that silver ions can and will induce regenerative events that potentially exceed the promise of stem cell therapies.<sup>19</sup>

### **Are Silver Ions Toxic?**

The smaller the silver particle size – and you can't get any smaller than a silver ion – the less toxic silver is to the body. Medicinal solutions of silver ions have no known Lethal Dose nor are there any toxicity parameters established for silver ions.

<sup>20,21</sup>

Only a non-pathological blue cosmetic discoloration (argyria) has been established as the sole "adverse event" for silver,<sup>22</sup> and this event has been established from the toxic effects of silver salts.<sup>23</sup> Pico Silver is not a silver salt, nor does it get transformed into a silver salt upon entering the body.<sup>24</sup> Argyria occurs in direct proportion to the particle size of silver.<sup>25</sup> Silver ions and atoms are first eliminated through the bile and then secondly through the kidney elimination route.<sup>26</sup> Apparently, large silver particles or silver salts are deposited in the tissues rather than being eliminated.<sup>27</sup> Aside from being cosmetically undesirable, colloidal silver build up does not seem to have any other side effects.

Silver ion have never been reported to be toxic to mammals.<sup>28,29</sup> In 1974 and again in 1976 effective dosage levels of nanosilver were found to be safe for mammalian tissues.<sup>30</sup> According to the Silver Report, the last complete review (1990) of any possible adverse effect from a drug-silver interaction in the body

concluded there was no reason for concern.<sup>31,32</sup> Also, an EPA technical report – ATSDR CAS # 7440-22-4 identified no chemicals (food or drug based), which might cause silver to become toxic.<sup>33</sup>

## **Silver and The Gut**

We know from hundreds of years of experience using silver medicinally that silver supplements are very safe. In a [ResearchGate](#) file you can read how of silver has been used extensively throughout recorded history for a variety of medical purposes.

Even so, many people ask whether silver ions, since they are antibacterial, kill off good intestinal bacteria. There is one reason why silver ions don't affect intestinal bacteria. It's because the ions are immediately absorbed through the mucus membranes of the mouth and through the stomach. This means the silver ions don't even reach the gastrointestinal tract. The beneficial bacteria in the intestinal tract, therefore, are not exposed to silver ions.<sup>34</sup> One author noted that the rapid absorption into the bloodstream through the tissues in the mouth or stomach mirrors the direct absorption of silver ions into germs.<sup>35</sup>

The same author noted that silver ions attack mutated super germs without hurting human tissues; destroys germs from the inside out; do not harm good bacteria in the human intestine; are effective against viruses; and increase the rate and efficiency at which immune cells destroy germs. These characteristics far exceed the capabilities of patented antibiotics, which cannot keep up with bacterial organisms' ability to mutate, nor do antibiotics work against viruses.<sup>36</sup>

Two recent studies, Dr. Li's 2018 "[Review of the Effects of Silver Nanoparticle Exposure on Gut Bacteria](#)" and Javurek's 2017 "[Gut Dysbiosis and Neurobehavioral Alterations in Rats Exposed to Silver Nanoparticles](#)"<sup>37,38</sup> are mighty dense but they validate what was written in the silver report back in 2007. They report that five out of six silver ion studies in mammals show positive or no

significant changes to gut Microbiome diversity. Also, no clear distinctions were evident in the various bacterial classes between three treatment groups of silver: 1) spheres, 2) silver cubes, or 3) water.

### **Anti-Infective Properties of Silver Ions**

People who take colloidal silver or silver ions are doing so to support their immune system so, it's great news to learn that silver ions kill virus, bacteria, and fungal organisms. One research team studied silver ions and found that many types of bacteria, viruses, and fungi succumb, including the microbes that cause strep throat, pneumonia, diphtheria, gonorrhea, herpes, the flu, bronchitis, tuberculosis, and inflammatory conditions of the eyes, ears, nose, and throat.<sup>39</sup>

They found that silver ions are able to work on co-infections simultaneously and in some cases restore the immune system in one treatment.<sup>40</sup> One study said that silver ion absorption is nearly instantaneous.<sup>41</sup> This is what we have experienced with our other stabilized ionic minerals – *ReMag* and *ReMyte*. Because silver ions readily pass through the blood-brain barrier neurological diseases such as ALS, MS, polio, spinal meningitis, and viral encephalitis can be treated.<sup>42</sup>

Even Wikipedia admits there are beneficial effects of ionic silver. They report that silver and most silver compounds have a biocidal effect on bacteria, algae, and fungi. They confirm that the antibacterial action of silver is dependent on the silver ion, which defines *Pico Silver*. The effectiveness of silver compounds as an antiseptic is based on the ability of the biologically active silver ion to irreversibly damage key enzyme systems in the cell membranes of pathogens.<sup>43</sup>

Wiki also confirms that the antibacterial action of silver has long been known to be enhanced by the presence of an electric field. They reference Robert O. Becker's work that an electric current across silver electrodes enhances antibiotic action at the anode, likely due to the release of silver into the bacterial culture. The antibacterial action of electrodes coated with silver



nanostructures is greatly improved in the presence of an electric field. Silver, used as a topical antiseptic, is incorporated by bacteria it kills. Thus dead bacteria may be the source of silver which may kill additional bacteria.<sup>44</sup>

### **Immune System Support**

How do silver ions specifically support the immune system? This is not something I learned in medical school. Apparently, white blood cells store silver ions on their surface membranes enhancing their immunity and ability to track and treat infectious organisms like heat-seeking missiles.<sup>45</sup> Let's look at the conclusions of Javurek's team. Silver ions negatively affect bacteria:

- a) Through lethal oxidation
- b) With an "intermolecular electron transfer," resulting in electrocution
- c) By binding and chelating to essential pathogen receptor sites defeats the pathogen's mechanisms of invasion into host cells
- d) They absorb, interact with, and destroy bacteria
- e) Affect abnormal human tissue at the site of infection
- f) Favorably upregulate immune tissues and healing mechanisms.<sup>46</sup>

### **Total Body Meltdown**

Silver ions are effective in the treatment of complex, chronic diseases such as Fibromyalgia, Chronic Fatigue Syndrome, depression, weight problems, severe fatigue, and chronic pain.<sup>47,48</sup> Silver ions are adept at restoring strength and integrity to the human immune system, which is the key to longevity and good health.<sup>49</sup>

## **Quantum Mechanics**

Another fascinating aspect of *Pico Silver* and our other Pico-Ionic minerals is their ability to work at the quantum level. A quantum particle is one that exhibits both wave and particle properties. The fascinating part is that a 5- or 6-foot wave can encompass the whole body in the same instant. It does not go from point A to point B. It is at points A and B simultaneously. That's why some customers tell us they can feel our minerals immediately.

Once in the bloodstream, the silver ion has access to all body tissues, including the bones (which are extremely difficult to treat with antibiotics because of reduced circulation in the dense bone tissues).<sup>50</sup> It attacks and kills a broad spectrum of bacteria, viruses, and fungus while remaining medically benign to human cells.<sup>51</sup>

## **Uses of Pico Silver**

*Pico Silver* is used orally to support the structure and function of the immune system. As I mentioned in the introduction, my first use of *Pico Silver* was for a cold I "caught" on an airplane. Six teaspoons of *Pico Silver* spaced throughout the day and I woke up without a cold.

The dosage can be quite variable from 1 tsp to 6 tsp, depending on the severity of your symptoms. When you are taking *Pico Silver* for lower intestinal complaints, add 1-2 tsp of aloe vera juice to help pull the silver into your intestines. Otherwise it will be absorbed higher up.

It didn't take me long to compile the following very long list of uses for *Pico Silver*. I'm sure there are more, and I'll add them to the list in the next version of this book.

## **MANY USES FOR PICO SILVER**

1. **Colds, sort throat, flus:** You can take up to 1 tsp every 2 hours while awake for a total of 6 tsp. You can swish and swallow straight *Pico Silver* or put in 2 ounces of water and swish, gargle and swallow.
2. **Cough, Pneumonia:** One teaspoon in a nebulizer and inhale for 10 minutes; repeat several times per day.
3. **Nasal congestion:** Hold several drops in your palm and snuff several times a day.
4. **Traveler's Diarrhea:** 1 tsp with 1 tsp of aloe vera juice every 1-2 hours while awake.
5. **Food Poisoning:** 1 tsp with 1 tsp of aloe vera juice every 1-2 hours while awake.
6. **Cystitis:** 1 tsp every 2 hours while awake for a total of 6 tsp.
7. **Vaginitis:** On tablespoon *Pico Silver* and 2 tablespoons boiled or distilled water, douche twice a day.
8. **Yeast Overgrowth:** Follow yeast protocol in my book [\*ReSet The Yeast Connection\*](#).
9. **Sore throat, gum infection, dental infection:** Gargle or spray for gums and throat.
10. **Conjunctivitis:** 2 drops in each eye several times a day.
11. **Ear infections:** fill ear with 5-10 drops and leave in for 5 minutes.
12. **Disinfecting toothbrushes: 1 tsp in a cup of distilled water, leave overnight.**

13. **Cuts, abrasions, cat scratches:** Spray several times a day on affected parts.
14. **Skin rashes:** Spray on affected area twice a day.
15. **Deodorant:** Spray on armpits to kill odor-forming bacteria.
16. **Athlete's foot:** Spray on affected area twice a day.
17. **Shoe disinfectant:** Spray inside the shoe and let dry after wearing to prevent bacterial odor.
18. **Dandruff/seborrheic dermatitis:** Spray on scalp to kill dandruff-causing fungus.
19. **Hair loss:** Customers who are using *Pico Silver* for dandruff report rapid head hair growth in thinning or balding areas. You can also spray a 50:50 undiluted solution of *Pico Silver* and *ReMag* because they both enhance hair growth.
20. **Nail fungal infection:** Spray or drop on nails twice a day.
21. **Radiation burns:** From cancer radiation. Spray the affected area twice a day.
22. **Root Canal Irrigation:** This is the latest use that I've had for Pico Silver. I had to have a root canal and the dentist doesn't irrigate with ozone, so I brought a new bottle of *Pico Silver* and asked him to irrigate with it – and he did. It's just plain ionized silver without preservatives and he saw no contraindications. I was very happy to know that my root canal won't become infected.

## APPENDIX A

### TOTAL BODY PROTOCOLS

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

**1. Total Body ReSet** contains:

*ReMag, ReMyte, ReAline, ReStructure, RnA ReSet Drops*

*The Total Body ReSet Protocol can be paired with Total Body Immunity.*

**2. Total Body Immunity** contains:

*ReMag, D3-K2 ReSet, Whole C ReSet, Flora ReVive, Pico Silver, Pico Zinc*

**3. Additional recommendations include:**

*ReMag Lotion, ReCalcia, Pico Potassium, ReNew Serum, ReNew Face Cream, Blue Ice Royal, Mighty Mash*

### TOTAL BODY PROTOCOLS

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

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

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

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

I have written many in-depth books about various Completement Formulas and they are available for immediate download at [DrCarolynDeanLive](http://DrCarolynDeanLive).

You can read more about these formulas in the (over) one-dozen free eBooks available for immediate download at [DrCarolynDeanLive](http://DrCarolynDeanLive).

## TOTAL BODY RESET

### Implementing the Protocol

#### 1. Hydration Guidelines

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

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

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

#### 2. ReAline®

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

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

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

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

### 3. ReStructure®

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

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

### 4. RnA ReSet Drops®

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

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

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

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

## The Radish Experiment

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

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

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

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

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

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

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

## 5. ReMag®

You may already be taking *ReMag*, but if not, after 4 days of *ReAline* and *ReStructure*, add *ReMag*, starting with ¼ tsp per day in a quart of water and sipping it throughout the day. By doing this you allow a slow infusion of *ReMag*



into the cells, not an overload that may not enter into the cells but could be lost in the urine or through the bowels. Every 2 days, add another ¼ tsp. Work up to a saturation dose of 2-4 tsp a day if you are trying to overcome a magnesium deficiency, if you are on medications, or if you are participating in athletic and/or work activities where you sweat out your minerals yet you need to keep working.

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

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

## 6. ReMyte®

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

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

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

## TOTAL BODY IMMUNITY

The following abstract, from the journal *Nutrients*, defines the importance of

nutrients in supporting the structure and function of the immune system against viruses as indicated by the title: "Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect against Viral Infections."<sup>52</sup> This article completely validates the use of all our *Completement Formulas* and *Total Body Immunity Formulas* to maintain your health.

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

The role nutrition plays in supporting the immune system is well-established. A wealth of mechanistic and clinical data show that vitamins, including vitamins A, B<sub>6</sub>, B<sub>12</sub>, C, D, E, and folate; trace elements, including zinc, iron, selenium, magnesium, and copper; and the omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid play important and complementary roles in supporting the immune system. Inadequate intake and status of these nutrients are widespread, leading to a decrease in resistance to infections and as a consequence an increase in disease burden. Against this background the following conclusions are made: (1) supplementation with the above micronutrients and omega-3 fatty acids is a safe, effective, and low-cost strategy to help support optimal immune function; (2) supplementation above the Recommended Dietary Allowance (RDA), but within recommended upper safety limits, for specific nutrients such as vitamins C and D is warranted; and (3) public health officials are encouraged to include nutritional strategies in their recommendations to improve public health.

**Note:** I do not endorse the use of vaccinations for viral influenza. A 2018 Cochrane Reports<sup>53</sup> concluded that in a series of 52 studies, there was only a 1-2% benefit from taking a flu vaccine. This is a scientific fact that is being ignored.

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

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

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

## 1. ReMag

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

## 2. D3-K2 ReSet™

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

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

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

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

Magnesium is so important in vitamin D metabolism that saturation levels of magnesium may be more effective in producing active vitamin D than high dose vitamin D. In fact, magnesium is required in 8 crucial steps of vitamin D metabolism. We will be able to answer this question with the research we are undertaking with GrassrootsHealth. Mainstream research is catching on. An *American Journal of Clinical Nutrition* trial concluded: "Our findings suggest that optimal magnesium status may be important for optimizing 25(OH)D status."<sup>54</sup>

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

D3-K2 ReSet contains 5,000iu of vitamin D3, 100mcg of Vitamin K2, and

11mg of *RnA Powder*, the catalyst that powers many of our *Completement Formulas*.

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

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

### 3. Whole C ReSet™

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

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

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

Vitamin C complex is essential to 8 enzyme processes in the body. It assists in the growth, maintenance, and repair of tissues, including skin, blood vessels, bones, and teeth. It is a powerful antioxidant necessary for wound healing and it helps eliminate bruising. High amounts of vitamin C complex are found in the adrenal glands and in the eyes.

In the book *Sugar Crush* by Dr. Jacoby I learned how Vitamin C complex specifically helps stabilize blood vessels and consequently prevent heart disease. Dr. Jacoby says:

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

### **Ascorbic Acid Antiviral Mechanisms:**

#### **Direct antiviral mechanisms**

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

#### **Indirect physiological mechanisms**

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

#### 4. Flora ReVive™

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

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

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

- 1) *Saccharomyces Boulardii* – 5 billion CFU (colony forming units) per capsule. *S. Boulardii* is a type of yeast that helps keep *Candida albicans* and gut bacteria in balance. This is a hardy probiotic that survives stomach acid and does not require refrigeration.
- 2) Humic-Fulvic Acid (325mg), derived from high-carbon humus found in ancient compacted plant material that is broken down by soil bacteria. This rich plant material contains probiotics, prebiotics, phytochemicals, enzymes, and minerals, and is the basis for all soil-based probiotics. Humic-Fulvic acid is high in oxygen and antagonistic to *Candida albicans* and biofilms.
- 3) Inulin (100mg), a complex sugar from plant roots. This prebiotic stimulates the growth of beneficial bacteria, which helps improve digestion, immunity, and overall health.

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

#### 5. Pico Silver™

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

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

**Product Description:** I decided to have *Pico Silver* made with the same stabilized ion technology as *ReMag*, *ReMyte*, and *ReCalcium* so that all of our minerals would be compatible. I was thrilled that the first time I used it for an "airplane cold," 6 tsp throughout the day knocked it out overnight.

The silver ions that make up *Pico Silver* attach to WBCs to seek and destroy bacteria, viruses, and fungi and augment the myriad of other functions of WBCs. *Pico Silver* ions can safely detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as they fight infection. *Pico Silver* stimulates stem cell production enhancing all cell tissue types in the body and participating in tissue regeneration including remarkable wound healing. *Pico Silver* does not build up in tissues and it does not kill off good bacteria; instead, it balances the intestinal microbiome.

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

## 6. Pico Zinc™

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

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

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

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

immune boosting supplements *Pico Silver*, *Whole C ReSet*, and *D3-K2 ReSet* and won't have to rely entirely on *Pico Zinc*.

### **Product Description:**

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

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

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

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

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

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

### **ADDITIONAL RECOMMENDATIONS**

The following products can be added to the *Total Body ReSet* or the *Total Body Immunity Protocols* according to individual requirements. They will all definitely



help in supporting the structure and function of your body as it overcomes *Total Body Meltdown*.

### 1. ReMag Lotion

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

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

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

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

### 2. ReCalcia®

*ReCalcia* is our calcium formula that you may want to add to your program if you are not obtaining sufficient calcium in your diet. I recommend 600 mg daily. See the calcium food list in my eBook, [ReMyte & ReCalcia: Invisible Minerals Part II](#).

**Dosage:** On the days you are not getting 600mg of calcium, you can take *ReCalcia* (1-2 tsp per day, the equivalent of 300-600mg per day). Also, pay attention to your intake of *ReMag*. Magnesium intake should be 1:1 with calcium. However, if you are very magnesium-deficient or if your body is trying to break down calcified soft tissues, you may require more magnesium and less calcium in the first several months of treatment. During this time your magnesium to calcium ratio may be 2:1 or even 3:1.

### 3. Pico Potassium

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

**Product Description:** I hesitated for years to make a stabilized picometer, ionic form of potassium because the FDA advises only 99mg per dose. With the RDA at 4,700, it made more sense to tell people to eat lots of potassium-rich foods.

However, the recent diet fads of Paleo, Keto, and Carnivore mean a lot less vegetables and a lot less potassium. You can track your potassium intake with the [Cronometer App](#) and if you aren't getting 4,700mg per day, then you can take *Pico Potassium* to make up the difference. But since *Pico Potassium* has superior absorption you likely only need half of the amount indicated. Consult my *Pico Potassium* booklet for more information about the drugs, like diuretics, that deplete potassium and how you can also follow your blood tests to determine your potassium requirements.

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

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

#### 4. ReNew Serum

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

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

#### 5. ReNew Face Cream

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

Here are the ingredients of *ReNew Face Cream*:

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

- b. *ReMag Lotion* is a superior hydrator that smooths and softens the skin. The skin is hydrated from inside-out as well as outside-in, therefore oral *ReMag* Liquid and transdermal *ReMag Lotion* doubly support the structure and function of the skin – the biggest detox organ in the body. *ReMag* Lotion can also clear, lighten, and brighten the skin, reducing redness, acne spots and blocked pores as it improves the function of skin cells. Magnesium help balance hormones that can affect the skin, including lowering the stress hormone, cortisol.
- c. *Whole C ReSet*, in addition to its antioxidant functions, regulates the synthesis of the structural protein collagen, which repairs damaged skin. How do we damage our skin? Let me count the ways: sun, chemicals in cosmetics, chemicals in our air, food, and water, lack of proper sleep, exercise. Poor diet and lack of proper hydration that includes sea salt.

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

## 6. Blue Ice Royal – Vitamin A, D3, K2

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

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

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

## 7. Mighty Mash

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

**RESOURCES:**

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

## THE DOCTOR OF THE FUTURE



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

### **Disclosure**

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

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