

Building Better Bodies



with Dr. Dean



Partnering For People's Health



Dr Carolyn Dean MD ND

- Author of *The Magnesium Miracle*, 50+ publications, and 100+ Kindle Books
- Medical Doctor, Naturopath, and Researcher
- CEO of New Capstone Inc.

“Setting a standard for excellence through our formulations, public health initiatives, and clinical research.”



Updated for 2023 and beyond

Magnesium ***The Missing Link*** ***to Total Health***

By Carolyn Dean MD ND

One of the world's leading experts on magnesium supplementation.

Carolyn Dean MD ND

Mg

MAGNESIUM

The Missing Link to Total Health

- Responsible for 80% of known metabolic body functions.
- Magnesium deficiency is a public health crisis.
- Picometer magnesium solves the laxative effect of other magnesium formulas.

Magnesium Deficiency: Public health crisis

“Subclinical magnesium deficiency increases the risk of numerous types of cardiovascular disease, costs nations around the world an incalculable amount of healthcare costs and suffering, and should be considered a public health crisis.”

DiNicolantonio. “Subclinical Mg Deficiency: Principal Driver Of Cardiovascular Disease, Public Health Crisis” Nov 2017



What Magnesium Does

1. Catalyzes most chemical reactions in the body via 600-800 enzyme processes
2. Producing and transporting energy: ATP
3. Synthesizing protein: 3,700 Mg receptors
4. Transmitting nerve signals
5. Regulates muscle contractions: Ca channel blocker
6. Synchronizes ion channels
7. Responsible for the structural integrity of nucleic acids and thus RNA and DNA production

65+ Magnesium deficiency conditions

- Acid reflux
- Adrenal fatigue
- Alzheimer's disease
- Angina
- Anxiety / panic attacks
- Arthritis
- Asthma
- Atherosclerosis
- Blood clots
- Bowel disease
- Brain dysfunction
- Bruxism (teeth grinding)
- Cholesterol elevation
- Chronic fatigue
- Cystitis
- Depression
- Detoxification
- Diabetes
- Fatigue
- Headaches
- Heart disease
- Hypertension
- Hypoglycemia
- Indigestion
- Inflammation
- Insomnia
- Irritable bowel
- Kidney disease
- Kidney stones
- Migraine
- Musculoskeletal cond.
- Muscle cramps/spasms
- Fibrositis
- Fibromyalgia
- GI spasms
- Tension headaches
- Chronic neck/back pain
- Jaw tension
- Neuralgia, neuritis, neuropathy
- Burning pain/tingling
- Muscle weakness
- Numbness
- Paralysis
- Seizures
- Skin sensitivity
- Twitching
- Vertigo
- Confusion
- Obs/gyn problems
- PMS
- Dysmenorrhea
- Female infertility
- Premature contractions
- Preeclampsia
- Cerebral palsy
- SIDS
- Male infertility
- Osteoporosis
- Parkinson's disease
- Raynaud's syndrome
- Sports injuries
- Sports recovery.
- TMJ
- Tongue biting
- Tooth decay



Why all these conditions?

- Not enough Mg in the food supply
- Doctors don't properly test for Mg
- Doctors use drugs to treat Mg deficiency



Modern medicine turns a blind eye

Serum Mg does not reflect intracellular Mg

Chronic disease, medication, surgery, depleted soil, depleted processed foods, stress

Subclinical Mg deficiency increases the risk of numerous types of cardiovascular disease

- a. Hypertension
- b. Atrial fibrillation
- c. Coronary artery disease
- d. Stroke

Solution: ReMineralize

Magnesium is responsible for 600-800 enzyme processes in the human body!

Magnesium is necessary in 80% of known metabolic functions in the body.

[Workinger, J. L., et al. (2018). "Challenges in the Diagnosis of Magnesium Status." *Nutrients* 10(9)]





ReMineralize Beyond Magnesium

Magnesium and all the electrolytes and trace minerals in the body interact in a grand scheme that we mortals have barely identified in scientific terms.

- Calcium
- Potassium
- Sodium
- Selenium
- Zinc
- Manganese
- Copper
- Chromium
- Molybdenum
- Iodine

Fe

Cr

Zn

Mg

Ca

Why ReMineralize?

Food can't be medicine because it lacks nutrients

Supplementation is now a requirement for health

Magnesium necessary for energy production: Krebs cycle



Step One - Diagnosis

- Low energy
- Weakness
- Trigger happy adrenals
- Muscle Tension
- Insomnia
- Headaches, migraines
- Heart palpitations
- Shortness of breath
- Tingling extremities
- Uneasiness
- Irritability
- Restless mind and body



How to detect Mg and Mineral Deficiencies

Treating electrolyte imbalance in the hospital is hit and miss.

It's the seesaw approach because the testing is highly inaccurate.



What we know

- We don't have a proper Mg test
- Ionized magnesium testing is unavailable
- Ionized calcium, serum potassium, sodium and chloride are routinely tested
- Hair testing is based on a population low in magnesium, which skews the results
- 80% of the population is deficient in Mg
- 80% of metabolic functions require Mg
- Mg is deficient, it's likely all minerals are deficient
- Let's use a Mg deficiency questionnaire

Magnesium Deficiency Assessment



Assessment: Magnesium Deficiency

Patient's Name: _____ Age: _____

According to *Worker* (2018), magnesium is involved in 80% of known metabolic functions and activates 1,000 enzyme systems so it's important to identify magnesium deficiency in patients who have multiple complaints involving multiple systems.

Answer **yes** or **no** to the following 31 questions

	YES	NO
1. Excessive stress?	<input type="checkbox"/>	<input type="checkbox"/>
2. Invasive medical testing in the past 6 mo?	<input type="checkbox"/>	<input type="checkbox"/>
3. Surgery in the past year?	<input type="checkbox"/>	<input type="checkbox"/>
4. Drink coffee, tea, caffeinated drinks daily?	<input type="checkbox"/>	<input type="checkbox"/>
5. Drink HFCS or DIET sodas daily?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you take medications for:		
a. blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
b. heart disease	<input type="checkbox"/>	<input type="checkbox"/>
c. asthma	<input type="checkbox"/>	<input type="checkbox"/>
d. high cholesterol	<input type="checkbox"/>	<input type="checkbox"/>
e. nerves	<input type="checkbox"/>	<input type="checkbox"/>
f. sleep	<input type="checkbox"/>	<input type="checkbox"/>
g. birth control	<input type="checkbox"/>	<input type="checkbox"/>
h. hormone replacement	<input type="checkbox"/>	<input type="checkbox"/>
7. Drink 7+ alcoholic beverages weekly?	<input type="checkbox"/>	<input type="checkbox"/>
8. Take calcium supplements?	<input type="checkbox"/>	<input type="checkbox"/>
9. Take more than 2,000iu Vitamin D daily?	<input type="checkbox"/>	<input type="checkbox"/>
10. Exercise heavily, lots of sweating		
a. endurance athlete	<input type="checkbox"/>	<input type="checkbox"/>
b. runner	<input type="checkbox"/>	<input type="checkbox"/>
c. hot yoga practitioner	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you experience any of the following:		
a. Acid reflux	<input type="checkbox"/>	<input type="checkbox"/>
b. Angina	<input type="checkbox"/>	<input type="checkbox"/>
c. Anxiety	<input type="checkbox"/>	<input type="checkbox"/>



Testimonials

I had my magnesium RBC checked and it is LOW!

Things are beginning to make sense. I read in The Magnesium Miracle that prolonged stress burns magnesium and my life has been quite stressful since January.

*As suggested in the book, I've upped my magnesium by taking ReMag and am already feeling better. My restless legs and headaches are gone and I'm sleeping better. I will continue eating Keto with intermittent fasting and work extra hard to lose the weight, but it is a blessing to know about the low magnesium because it helps explain what's going on so I can be patient as my body rebalances itself.**

ReMag is a blessing!

-Kathy



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Testimonials

I am 44-year-old guy and I've been taking ReMag for over five years now! I started ReMag when I had symptoms of arrhythmia, restless leg syndrome, cramping on my lower legs while sleeping, and lack of energy. But all those symptoms have been gone now. My symptoms were actually gone within the first two weeks of using ReMag and never came back.

*Every time I use ReMag on a daily basis it gives me a boost of energy and the feeling my internal organs are so much more improved! I am a holistic health practitioner and I experiment on many other supplements and minerals, but no other supplements that I have ever tried have the positive impact of ReMag! I strongly believe that the term "magnesium miracle" is very well-suited for this product!**

-Pedram

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Testimonials

Truly a Magnesium Miracle!

I started taking ReMag in 2014 after 25 years of muscle problems and resulting insomnia. After 21 doctors failed to diagnose or help my problem in any material way, I suspected magnesium deficiency although not one of the doctors did a magnesium test or even uttered the word magnesium as a cause of muscle problems. OTC supplements gave a small effect and so I purchased the ReMag and within a week or two I was sleeping soundly for the first time in 25 years.

*So, consider this a "25 Star" rating. I have given some of my ReMag bottles to friends and they still use it. One is a person with cerebral palsy, and she finds it helps her muscles and spasms.**

-Octave

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Testimonials

At this point everything feels good with the products! I've used magnesium for years as a sleep supplement, as well as a post gym workout muscle relaxant! The first thing I've noticed with ReMag is no laxative effect! ReMyte is also excellent at electrolyte balancing! I've been following Dr. Dean for some time & believe in her approach to healthy living!

*My challenge is convincing my skeptical wife of the benefits of RnA ReSet! She thinks I'm a supplement junkie, but the proof is in how one feels! I feel young, whereas my wife used to feel young! **

-Dave



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Hydration w/ Sea-Salted Water

- Water follows minerals into the cells where they work together for optimum metabolism
- Proper cellular hydration lessens edema
- Sea Salt is vital for adrenal function.

Water Intake Guidelines:

$\frac{1}{2}$ Your Body Weight (lbs) =
of Ounces of Water/Day

Sea Salt for Adrenal Function:

Add $\frac{1}{4}$ tsp of sea salt, Celtic salt, or Himalayan salt to every quart of drinking water.





ReMag[®] Liquid Magnesium

- ReMag[®] supports 80% of metabolic function via 600-800 enzyme processes
- ReMag[®] assists temperature regulation, hormone balance, food metabolism, insulin production, blood sugar balance
- ReMag[®] is essential for adrenal support and sex hormone support*

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Magnesium's Best Friend

Pico Potassium[®]

- Very similar symptoms to Mg deficiency
- Heart, muscle, nerve, sleep, mood symptoms *
- Low in Keto, Paleo, Carnivore Diets because people avoid vegetables and fruits.
- Potassium is high in vegetables and fruits, but most people don't get the 4,700mg per day we require.

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ReMyte[®] Mineral Solution

- 12-ingredient multiple mineral that supports the structure and function of all the organs and glands of the body and the immune system. *
- 9 minerals in ReMyte[®] are associated with thyroid hormone production.
- Several minerals also support adrenal function and sex hormone production, which must be balanced along with the thyroid.

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ReCalcium®

The current RDA for calcium is too high at 1200-1500mg

- We recommend 600mg food and/or ReCalcium® for adults in accordance with UK and WHO guidelines. *
- In pregnancy, to build bones and teeth, 750-900 mg.
- Calculate your calcium intake from food at [Cronometer.com](https://cronometer.com).
- Make up the difference with ReCalcium®, where 1 tsp equals 300mg.
- Also, follow your calcium blood levels.

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Pico Zinc[®] Plus

- Post partum depression along with Mg and B vitamins.
- Wound healing - vaginal tears, episiotomy cuts.
- Necessary for protein, DNA, genetic material - for growth of the fetus.
- Immune system support - stress of pregnancy depresses the immune system.*

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Pico Silver®

- Stimulates stem cell production enhancing all tissue lines and participating in tissue regeneration to damaged organs, including thyroid. *
- Antibacterial, antiviral, antifungal.
- Detoxifies debris from dying organisms.
- Neutralizes the Herxheimer Effect.
- This stabilized ion does not build up in tissues.*
- Dosage: Varies from 1 tsp a day for maintenance up to 6 tsp a day for an acute infection.

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rnaresetpro.com/onsite

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Doctor-to-Door Program:

rnaresetpro.com/d2d

 **RnA ReSet Pro[®]**