

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.”



A Real Difference: Liquid Minerals

Fully absorbed, picometer-sized mineral solutions to support the structure and function of the body.



- Proprietary Formulations
- Highly Absorbable
- Pure and Unbound
- Highly-Precise Dosing

Key Nutrient Capsules

Whole-food based vitamins and nutrients to support the structure and function of the body.

- Highly-absorbable
- Food-based ingredients
- Vegan-friendly
- Complimentary to our liquid minerals



Vitamin C Powder



Vegan B-complex



Full Spectrum Vitamin C



Pre-/Probiotic +Antifungal



Vegan Omega 3 + Vitamin A+E



Vegan sourced Vitamin D



Remineralize and Nourish

"Optimal Nutritional Status for a Well-Functioning Immune System Is an Important Factor to Protect against Viral Infections."

"A wealth of mechanistic and clinical data show that vitamins, including vitamins A, B₆, B₁₂, C, D, E, and folate; trace elements, including zinc, iron, selenium, magnesium, and copper; and the omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid play important and complementary roles in supporting the immune system and other body systems."

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





Best Professional Recommendations

Against the background of the previous paper, the following conclusions can be made:

- (1) Supplementation with the above micronutrients (minerals and vitamins) and omega-3 fatty acids is a safe, effective, and low-cost strategy to help support optimal cellular and 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 highly encouraged to include nutritional strategies in their recommendations to improve public health.

The Dangers of Dehydration

- Weakens the Immune System
- Eliminating toxins and waste materials become a difficult task when dehydrated. Not being able to remove this debris, your body is more susceptible to infection. Not staying hydrated can also diminish energy levels, leading to a lack of exercise and a weakened immune system.
- Negative Impact on the Heart
- Dehydration thickens the blood and reduces the blood flow
- Slows metabolism
- Without water the body will store toxins in fat cells and hold them in the body instead of releasing them through the lymph, kidneys, and other elimination pathways
- Premature aging
- Essential for the supporting collagen, connective tissue, lymph



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.





ReAline®

A detox formula consisting of:

- L-methionine (precursor to glutathione; methyl groups and sulfur for liver detox methylation and sulfation)
- L-taurine (with sulfur for liver detox sulfation)
- Eight B vitamins (methylated and food-based forms) donate methyl groups for liver detox, for digesting food, blood sugar balance, balancing hormones, mental health, nervous system, and regulating gene expression.*

*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.





Whole C ReSet[®]

Adrenal Support

- Highest Vitamin C levels are in the adrenal glands
- A building block of adrenal hormones including progesterone
- Protection from oxidative damage
- Replacing spent vitamin C from stress
- Body can't synthesize its own vitamin C; requires you to supply it through diet or supplementation*

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Vitamin C ReSet®

- Vitamin C ReSet® offers the power of higher-dose ascorbic acid [vitamin C] in an easy-to-use powdered supplement form.*
- Ascorbic acid is both a reducing agent and an antioxidant that fights bacterial infections, aids detoxification, greatly assists in the formation of collagen in fibrous tissue, teeth, bones, connective tissue, skin, and capillaries. Without enough Vit C we have subclinical scurvy.
- Each 7-gram scoop contains 2,000 mg of vitamin C and 407 mg of potassium
- Stirred into your picometer mineral water, its refreshing, effervescent berry flavor covers up the strong taste of the minerals.

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Flora ReVive®

- Yeast Toxins block thyroid receptors
- Antifungal: Saccharomyces boulardii
- Prebiotic: Humic/Fulvic acid
- Probiotic: Humic/Fulvic Soil based probiotic
- Inulin: Prebiotic
- Catalyst: RnA ReSet® Powder*

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Omega-3 Algae A+E®

In its article, *The Importance of Omega-3 and Omega-6 Fatty Acids*, GrassrootsHealth shared that adequate levels of omega-3 intake may:

- Lower blood pressure and reduce blood triglyceride levels
- Slow the development of plaque in the arteries and development of heart disease
- Reduce the risk of heart attack, stroke and death
- Improve muscle stiffness, soreness, and range of motion recovery in athletes
- Improve mental health and prevent cognitive impairment
- Reduce the risk of non-melanoma skin cancer and breast cancer
- Improve immune response to infection
- Reduce levels of C-reactive protein and inflammation*

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D3K2 ReSet® - Vitamin D3

- Causes of deficiency: Lack of sun, sunscreen overuse, lack of magnesium to metabolize Vit D.
- 70% of infants deficient in Vit D
- GrassrootsHealth home test correlates outcomes with Vit D levels. Vitamin D optimum level 40-60ng/ml.
- Most customers tested low in Vit D, so we made plant-based D3-K2 ReSet®.
- Take ReMag® with Vit D3 for proper absorption and utilization.*
- Eight steps that metabolize Vit D require magnesium

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Building Your Own Protocols

Working with the Building Blocks to Encourage Optimal Health



Magnesium & Vitamin D3K2 Bundle



Immune Support



Thyroid & Adrenal Support

ReMag[®] and D3K2 Bundle

Any vitamin D supplementation should be paired with proper levels of magnesium

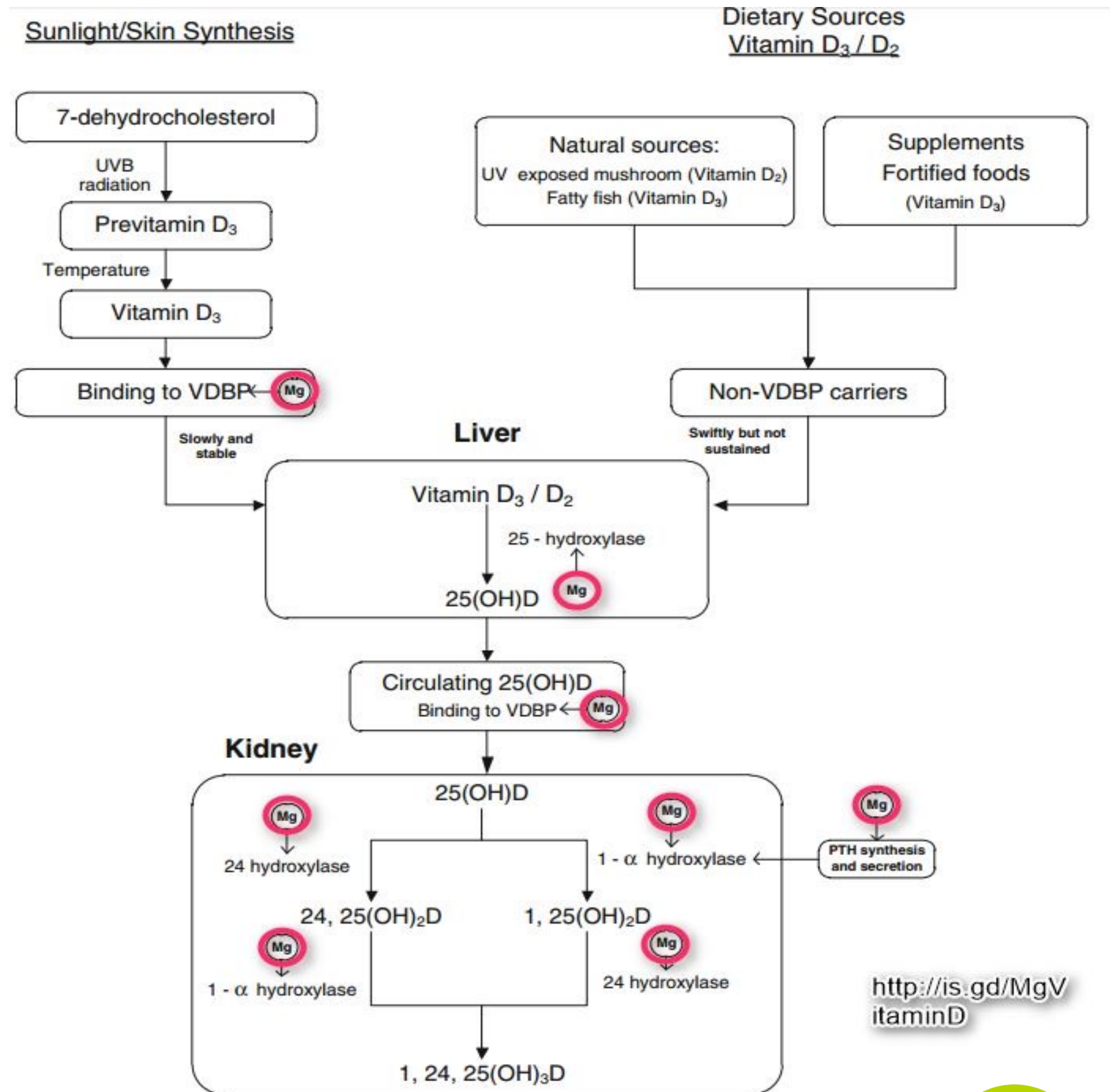
- Plant-based Vit D paired with K2
- Picometer-sized magnesium ions to activate vitamin D while providing better absorption and utilization at the cellular level.*

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Magnesium in Vitamin D Synthesis

REQUIRED IN 8 OF 13 STEPS



Over 130 Issues Associated with D-Deficiency

- Autism (136+)
- Autoimmune (177+)
- Bone - Health (282+)
- Breathing (397+)
- Cardiovascular (439+)
- Cognitive (299+)
- COVID-19 (600+)
- Depression (220+)
- Diabetes (477+)
- Falls/Fractures (224+)
- Gut (174+)
- Hypertension (141+)
- Immunity (213+)
- Infection (141+)
- Kidney (205+)
- Multiple Sclerosis (364+)
- Obesity (369+)
- Osteoporosis (192+)
- Pain - chronic (141+)
- Pregnancy (777+)
- Psoriasis (57+)
- Virus (600+)

Source: vitamindwiki.com



Heart Health

- ReMag[®]: Mg is most abundant in the heart and a necessary electrolyte.
- Vit C: Vital for collagen production to form strong blood vessels and heal wounds.
- ReAline[®]: Taurine for the heart muscle, methylated B's for stress reduction*
- D3K2: Cardiovascular diseases associated with vitamin D deficiency include hypertension, atherosclerosis, congestive heart failure, atrial fibrillation and chronic kidney disease

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Yeast Overgrowth

- **Pico Silver®**: Picometer-sized, stabilized ions of silver are the proper size for cellular absorption and are safe and effective. They do not build up in tissues as do silver compounds or colloidal silver. They are powerful antimicrobials without side effects.*
- **Flora ReVive®**: *Saccharomyces boulardii* - a natural antifungal yeast.
- **Inulin**: A prebiotic
- **Humic/Fulvic acid**: Soil based prebiotics and probiotics
- **RnA ReSet® Powder**: A catalyst of germinated barley seeds.

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Thyroid Support

- **ReMyte®**: Contains 12 minerals - 9 of which help produce thyroid hormones in a cascading flow which utilizes each mineral as a necessary cofactor. Iodine, Selenium, Zinc, Molybdenum, Boron, Copper, Chromium, Manganese, and Magnesium.*
- **Whole C ReSet®**: Contains tyrosine an amino acid backbone of thyroid hormone.



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Immune Support

- Flora ReFresh®: Antimicrobial Hand and Surface Wash. Zinc, Silver, Magnesium, Aloe
- Pico Silver®: Antimicrobial
- D3K2: Supports innate and adaptive immunity
- ReMag®: Necessary for 80% of known metabolic functions.



- Whole C ReSet®: Strengthens the endothelial lining of blood vessels against infection and inflammation.
- Pico Zinc Plus®: The right balance of Zinc and Copper to support zinc's antiviral properties and immune support.*

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Become a Community Resource with the
Onsite Store Program:

rnaresetpro.com/onsite

Provide Nutrient Protocols Online with the
Doctor-to-Door Program:

rnaresetpro.com/d2d

 **RnA ReSet Pro[®]**