

# DR DEAN'S TOTAL BODY RESET™

## WEEK ONE:

WATER



Drink half your body weight (lbs) in ounces of water per day. Prepare 2 bottles. One will later contain ReMag & ReMyte sipped throughout the day, and the second will be just drinking water with sea salt.

SEA SALT



Add  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp of Himalayan, Celtic or sea salt to every quart of drinking water.

REALINE



ReAline



Take 1 per day with or without meals for 1 week. Then take 1 twice per day.

## RESTRUCTURE



ReStructure



Shake or blend 1 scoop or 1 packet into 8 oz of liquid of your choice.  
Take ReAlign with ReStructure if desired.

## RNA DROPS



RNA Drops

Take 1 drop under tongue twice per day. Add 1-2 drops every week.  
Average dose is 10 drops twice per day. Take 15 minutes apart from food or drink.

## WEEK ONE - DAY FOUR:

### ADD REMAG



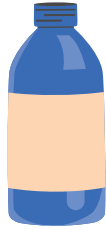
ReMag



Take  $\frac{1}{4}$  tsp ReMag per day to start. Add to 1 quart of water sipping throughout the day.

## WEEK ONE - DAY SIX:

INCREASE  
REMAG



ReMag



Take ½ tsp ReMag per day. Work up slowly to 2-3 tsp per day if overcoming health condition, on medication or magnesium deficient.

After 1 week of slowly building up...

## WEEK TWO

REALINE



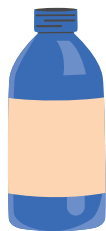
ReAline



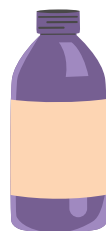
Take 1 per day with or without meals for 1 week. Then take 1 twice per day.

## WEEK TWO - DAY ELEVEN:

ADD REMYTE



ReMag

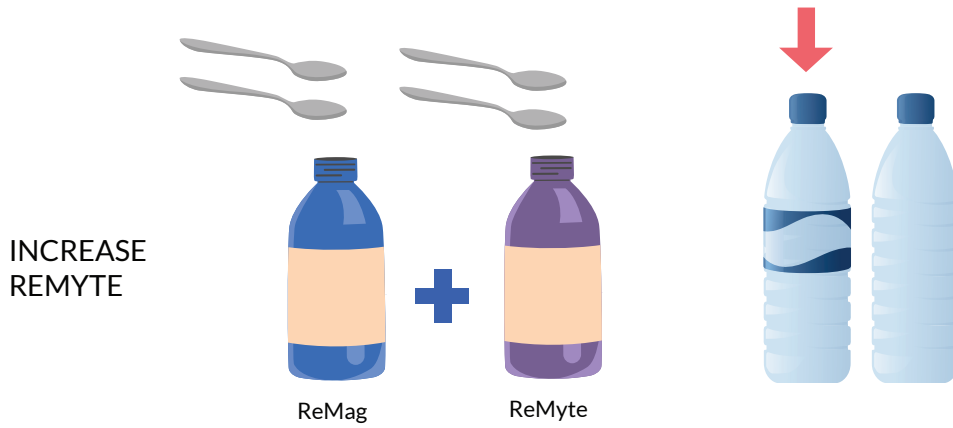


ReMyte



Take ¼ tsp ReMyte, added to the same quart as ReMag. Sip throughout the day.

## WEEKS THREE & FOUR



Add another ¼ tsp ReMyte. Work up to 1½ - 2 tsp per day.

# Dr. Dean's Total Body ReSet



For more information, visit [www.RnARESet.com](http://www.RnARESet.com)