



# Dr. Dean's Total Body ReSet™

For Total Health



ReSet Your Body

To Its Default Setting Of Total Health

## Dr. Dean's Stress-Free, Time-Saving Total Body ReSet

Focusing on the solution not the problem is the approach I'm taking with my Total Body ReSet program. When I realized how many people are in a Total Body Meltdown, I knew something dramatic had to happen in order to turn people's health around. I was going to write a book and title it *Total Body Meltdown*, but I realized that people didn't need more words, they needed a workable action plan.

Yes, *Total Body Meltdown: Where Nothing Works and Everything Hurts* describes the current state of health of too many of my customers, who are trapped in a health care system that is more about the system than about the care. The system that you are shunted into when you are suffering Total Body Meltdown separates you into your body parts, treating each part individually with an FDA-approved drug or surgery.

In a paper about yeast overgrowth that I wrote in 1988, I identified an ongoing downward spiral of health that many of my patients were suffering and still suffer. Childhood vaccinations and antibiotics lead to allergies and yeast overgrowth; the birth control pill (BCP) causes more yeast overgrowth; the immune system weakens allowing more infections and more drugs are prescribed. I actually witnessed the development of Chronic Fatigue Syndrome and see it as part of yeast overgrowth and magnesium deficiency. Along with CFS comes adrenal fatigue and hypothyroidism. Each condition and symptom add another layer. And no one grasps the larger picture. A dozen different health conditions share common symptoms, which confirms to me they have similar origins of magnesium deficiency and yeast overgrowth. They include: hypoglycemia, allergies, CFS, fibromyalgia, hypothyroid, adrenal fatigue, early menopause, Candida overgrowth, leaky gut, IBS, estrogen dominance, and ADHD. I talk about this downward spiral in detail in several of my books including [ReMineralize Your Thyroid](#).

Alternative medicine doctors, in a vain attempt to identify the underlying cause of these overwhelming symptoms, turn to expensive lab tests and dig into the minutia of genetic mutations, hair tissue mineral analysis, hormone testing, amino acid analysis, and vitamin and mineral blood tests. Most testing is not reproducible, inaccurate, confusing and leads to recommendations for ineffective and expensive supplementation while ignoring the basic needs of the body for good mineral nutrition, gentle detox, and a yeast free diet.

This booklet is about ReSetting your whole body. Instead of repeating previous writings where I've explained what I think is happening to throw your body out of balance, I'll list the free eBook references for you to consult and then outline my treatment plan.

[\*Invisible Minerals Part I: ReMag\*](#): In this book, I explain the basis of all health rests with optimum magnesium saturation of all the cells and tissues of the body. Every disease condition can respond to therapeutic levels of magnesium, which is what ReMag supplies.

[\*Invisible Minerals Part II: ReMyte and ReCalcia\*](#): In this book, I emphasize the body's need to balance the sex hormones, along with the thyroid and adrenal hormones.

[\*ReMineralize Your Thyroid\*](#): In this book, I focus on the thyroid, but I repeat the information from my ReMyte book about balancing all three sets of hormones.

[\*Magnesium-Deficient Anxiety\*](#): This book places emphasis on the role of the adrenal glands in keeping us calm, and if they are stressed, overworked, and fatigued, they can make us feel anxious.

[\*Atrial Fibrillation: ReMineralize Your Heart\*](#): This book emphasizes the need for magnesium and other electrolyte minerals to help smooth out the electrical conductivity of the heart.

[ReStructure: A Completement Formula to ReSet Your Body](#): This book describes a unique meal replacement/protein powder that helps complete the ReSet Formulas in the Total Body ReSet program.

Instead of a cupboard full of drugs or supplements, or more words, my Total Body ReSet approach to balance your body focuses on the 5 ReSet Formulas designed to both heal and prevent health problems by:

1. Supplying minerals that work (ReMag and ReMyte)
2. Gently detoxing the body, including yeast detox (ReAline, ReStructure)
3. Making perfect cells (RnA Drops)

What drives the ReSet Formulas and makes them so therapeutic is an intended synergism, where each formula interfaces and interlaces with all the others. Our commitment is to keep the number of products you buy and take to a workable minimum while maximizing this synergism.

As you will see, we put the “care” back in Health Care. My Total Body ReSet is meant to relieve you of the stress of believing your Total Body Meltdown is due to a dozen different health conditions, that your genes are malfunctioning, or that you need dozens of drugs and supplements. We offer you a simple, workable treatment protocol that has been successful for thousands of patients and customers. As we say on the [Dr. Dean Live Radio Show](#) – The Worst Is Over! We also ask you to “Partner up and do your own research,” and we provide you with an archive of all the research material you will ever need!

## Nutrition for the Body

The physical/chemical/mental body wants – protein, carbohydrates, fats, minerals, and vitamins. Let me show you how the ReSet Formulas link with each other to give your body almost everything it requires to get healthy and stay healthy:

- **Protein:** *ReStructure*: Whey, Pea, Rice Powders
- **Carbohydrates:** *ReStructure*: Tapioca, Pea, Rice Powders
- **Fats:** *ReStructure*: Flaxseed, Marine Algae Oil, Whey Fats
- **Minerals:** *ReStructure*: Dozens of vitamins and minerals in trace amounts in the various ingredients of this protein powder; *ReMag*: Magnesium; *ReMyte*: Boron, Calcium, Chromium, Copper, Iodine, Magnesium, Manganese, Molybdenum, Potassium, Selenium, Sodium, Zinc
- **Vitamins:** *ReStructure*: Vitamin C Complex (acerola berries), dozens of vitamins in trace amounts. *ReAline*: Methylated B Vitamins.
- **Probiotics and Prebiotics:** *ReStructure*: Tapioca, Inulin; *RnA Drops*

For your convenience, we have bundled all 5 of these formulas together into one package, the [Total Body ReSet Bundle](#), available exclusively at [RnAReSet.com](#).

## Total Body Reset Protocol

*ReStructure*, *ReAline*, *ReMag*, *ReMyte*, *RnA Drops*. For your convenience, we have bundled all 5 of these formulas together into one package, the [Total Body ReSet Bundle](#), available exclusively at [RnAReSet.com](#).

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### **1. Water Intake Guidelines**

While waiting for your ReSet Formulas to arrive, begin hydrating your body by increasing your water intake and adding sea salt or Himalayan salt.

Water Intake Guidelines: Drink  $\frac{1}{2}$  your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces per day.

Sea salt or Himalayan salt: Add  $\frac{1}{4}$  –  $\frac{1}{2}$  tsp to every quart of drinking water – to one of those bottles, you will later add ReMag and ReMyte.

### **2. ReAline®**

When the products arrive, begin [ReAline capsules](#) to assist in detoxing/taking out the trash.

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

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

### **3. ReStructure™**

You can also start to take [ReStructure](#) as soon as it arrives. It comes in a 22 Serving Canister or very convenient Individual Serving Packets, which are awesome to take traveling. 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 ReAline capsules with my ReStructure drink. For more information, read the free eBook, [ReStructure - A Completement Formula To ReSet Your Body](#).

#### **4. ReMag®**

After 4 days of ReAline and ReStructure, add [ReMag](#), starting with 1/4 tsp per day in a quart of water and sipping it through the day. Every 2 days, add another 1/4 tsp. Work up to a therapeutic dose of 2-3 tsp a day if you are trying to overcome a health condition, if you are on medications, or if you otherwise have magnesium deficiency symptoms.

Note: If you are already taking ReMag, don't worry, just skip to #5 and begin adding ReMyte.

For more information, read the free eBook, [Invisible Minerals: Part I – ReMag](#).

#### **5. ReMyte®**

After a week of slowly building up ReMag, add 1/4 tsp of [ReMyte](#) into the same quart of water and sip it through the day. Every 2 days, add another 1/4 tsp. Work up to 1 1/2 -2 tsp.

For more information, read the free eBook, [Invisible Minerals: Part II – ReMyte & ReCalcia](#).

#### **6. RnA Drops™**

After 2 weeks of ReAline, ReStructure, ReMag, and ReMyte (from day one of ReAline), add [RnA Drops](#). Dosage: 1 drop under the tongue twice a day. Add 1-2 drops every week, until you reach 10 drops twice a day, which is the average dose. Take RnA Drops 15 minutes away from food or drink. Of course, you can begin with RnA Drops alone or add it at any time in your Total Body ReSet protocol. However, some people like to do things in sequence.

## Product Description

The following information in a more detailed form can be found on the individual product pages at [RnAReSet.com](http://RnAReSet.com), but here is a brief overview:

[ReMag](#) is a unique 60,000ppm concentrate of stabilized magnesium ions where 1 tsp equals 300mg. It works synergistically with ReMyte.

[ReMyte](#) is a multiple mineral where 9 of the 12 ingredients help heal the thyroid and the adrenals – and dozens of other body systems. Instead of purchasing a dozen different bottles of minerals you just need one bottle of ReMyte.

[ReAline](#) has 4 methylated B's including B12 to support the nervous system and liver detoxification. L-methionine is an important precursor to glutathione and a second sulfur amino acid, L-taurine protects the body, including the heart from environmental toxins, reduces brain inflammation, and stimulates neuron formation.

[ReStructure](#) is a highly digestible protein powder for athletes and Paleo dieters as well as meal replacement for losing weight and balancing blood sugars. Protein is the main ingredient but carbs and fats are also part of the formula for the appropriate macronutrient balance. It's also the perfect meal if you are on a yeast elimination diet. ReStructure contains a “secret ingredient” – the concentrated, dehydrated RnA Drops that makes ReStructure the most unique meal replacement you will ever find. Mix with water, coconut milk, almond milk, or your favorite juice for a delicious healthy beverage charged with the power of RnA Drops!

[RnA Drops](#) are the catalyst for the ReSet Formulas providing the impetus for RNA to make perfect copies of DNA for new cell development using the ionized minerals in ReMag and ReMyte.



## Additional Recommendations

There are two more ReSet formulas that you may read about (ReCalcia and ReNew), which may be helpful; I'll include information about them here. Below are my supplement recommendations from outside sources.

### ReCalcia™

[ReCalcia](#) is our calcium, vanadium, and boron formula that you may want to add to your program if you are not obtaining sufficient calcium in your diet. I recommend 600 mg of calcium daily. See the calcium food list in my eBook, [Invisible Minerals: Part II - Multiple Minerals](#). On the days you are not getting enough 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. Your magnesium to calcium ratio may be 2:1 or even 3:1.

### ReNew

[ReNew Serum](#) provides leading-edge skin enrichment. Insulinose, which is our RnA Drops formula concentrated to at least a 25 times level, is the primary ingredient of ReNew. ReNew is superior to any serum presently on the market, because it contains the unique and newly created and discovered iCell. Like the RnA Drops, ReNew benefits from having all of the previous generations blended together. As of June 2016, we are on the 125th Generation of RnA Drops.

### Vitamin D, A, K2

Get 20-30 minutes of sun exposure per day and/or [Blue Ice Royal from Green Pasture](#) for a proper balance of vitamin D, vitamin A and vitamin K and essential fatty acids. Dosage: one capsule twice per day or 1/2 tsp of liquid twice per day.

### **Essential Fatty Acids**

ReStructure, Wild Salmon, freshly ground flax seeds and Blue Ice Royal.

### **Probiotics**

[Prescript Assist](#) is the only probiotic that worked and continues to work for me. See my blog post about [Soil-Based Probiotics](#).

### **Vitamin C Complex**

ReStructure, Food based organic [Vitamin C from Grown by Nature](#). Dosage 1 or 2 per day, with or without food.

## **For More Information**

### **RnA ReSet Customer Service**

Call: 1-888-577-3703

E-mail: [support@rnareset.com](mailto:support@rnareset.com)

### **LISTEN to: Dr. Carolyn Dean Live!**

Call in to Dr. Dean's 2-hour Radio Show every Monday on Achieve Radio, 4pm PST / 7pm EST.

Show archives are available at: [The RnA ReSet Blog](#) where you can do search for topics.

## MEET THE DOCTOR OF THE FUTURE



**Dr. Carolyn Dean** has been in the forefront of health issues for almost 40 years. She is not only a medical doctor, but also a naturopath, herbalist, acupuncturist, nutritionist, intuitive, lecturer, consultant, author, inventor, capitalist, and purveyor of commonsense! She's authored and co-authored over 35 books including *The Magnesium Miracle*, *IBS for Dummies*, *Hormone Balance and Death by Modern Medicine*, and 110 Kindle books. Dr. Dean is on the Medical Advisory

Board of the non-profit [Nutritional Magnesium Association](#). She was awarded The Arrhythmia Alliance Outstanding Medical Contribution to Cardiac Rhythm Management Services Award 2012, presented at The Heart Rhythm Congress, organized by the Heart Rhythm Society (HRS), Sept 23-26, 2012. In September 2014, she received an Excellence in Integrative Medicine Award at the Sacred Fire of Liberty Awards in Washington.

You are invited to receive a free subscription to Dr. Dean's Doctor of the Future Newsletter and join her online wellness program *Completement Now!* available on her web site at [www.drcarolyndean.com](http://www.drcarolyndean.com).

Disclosure: Dr. Dean has a creative and economic interest in the innovative products of RnAReset, including, but not limited to: RnA Drops, ReMag, ReMyte, ReAline, ReCalcia, ReNew, and ReStructure. For more information on ReStructure or our other products, go to [www.RnAReSet.com](http://www.RnAReSet.com). 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.