

# 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



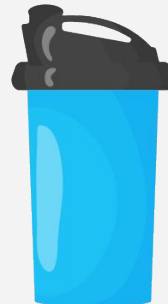
Add  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp of Himalayan, Celtic or sea salt to every quart of drinking water.

REALINE



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

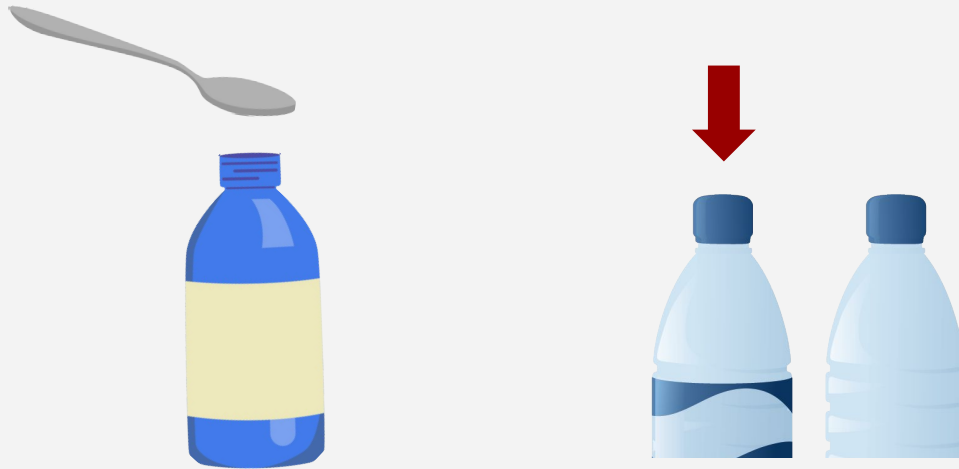
RESTRUCTURE



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

## WEEK TWO:

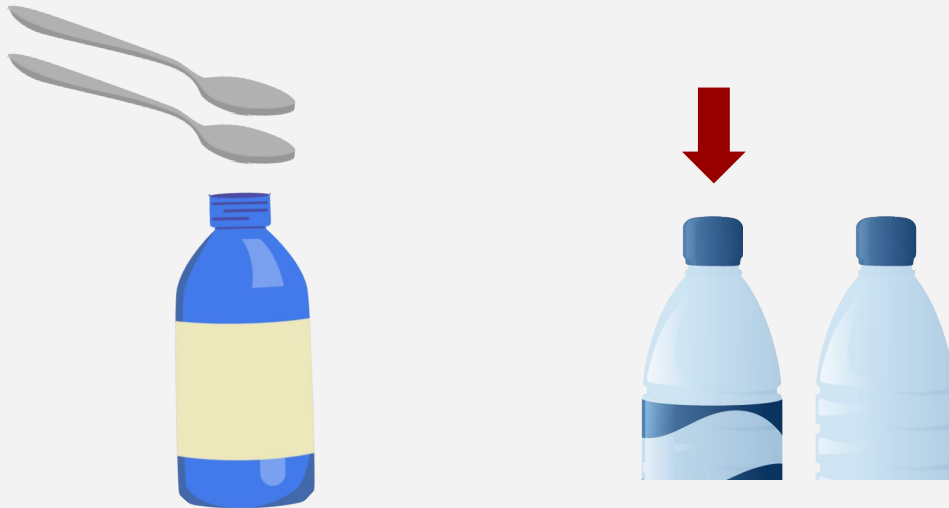
ADD REMAG



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

2 days later....

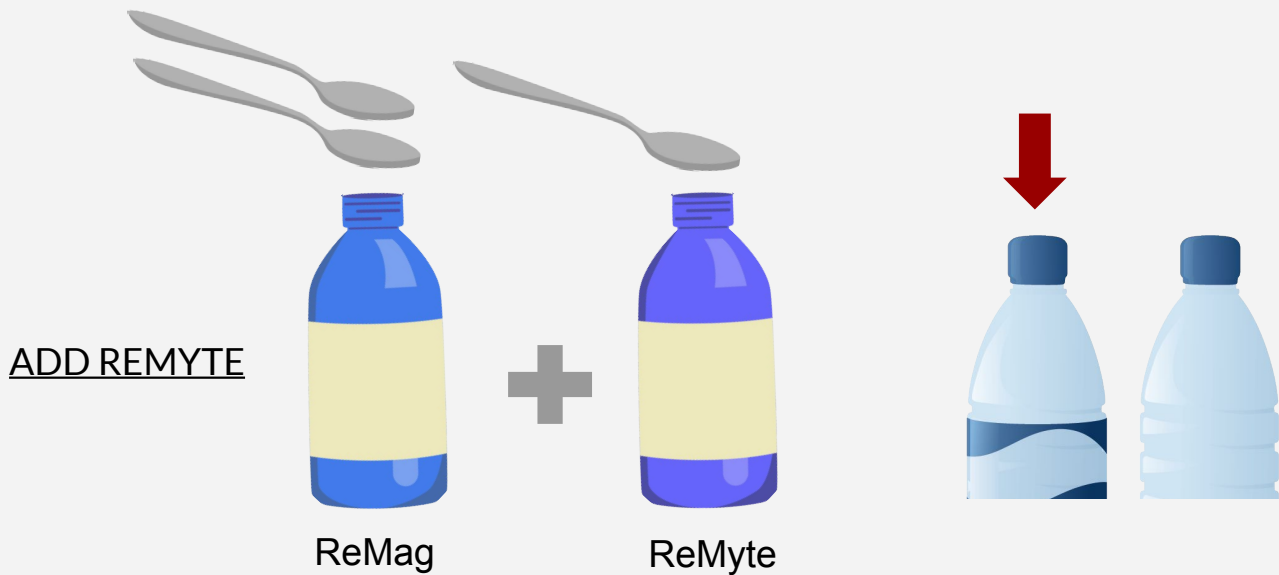
INCREASE  
REMAG



Take  $\frac{1}{2}$  tsp ReMag per day. Work up slowly to 2-3 tsp per day if overcoming health condition, on medication or magnesium deficient.

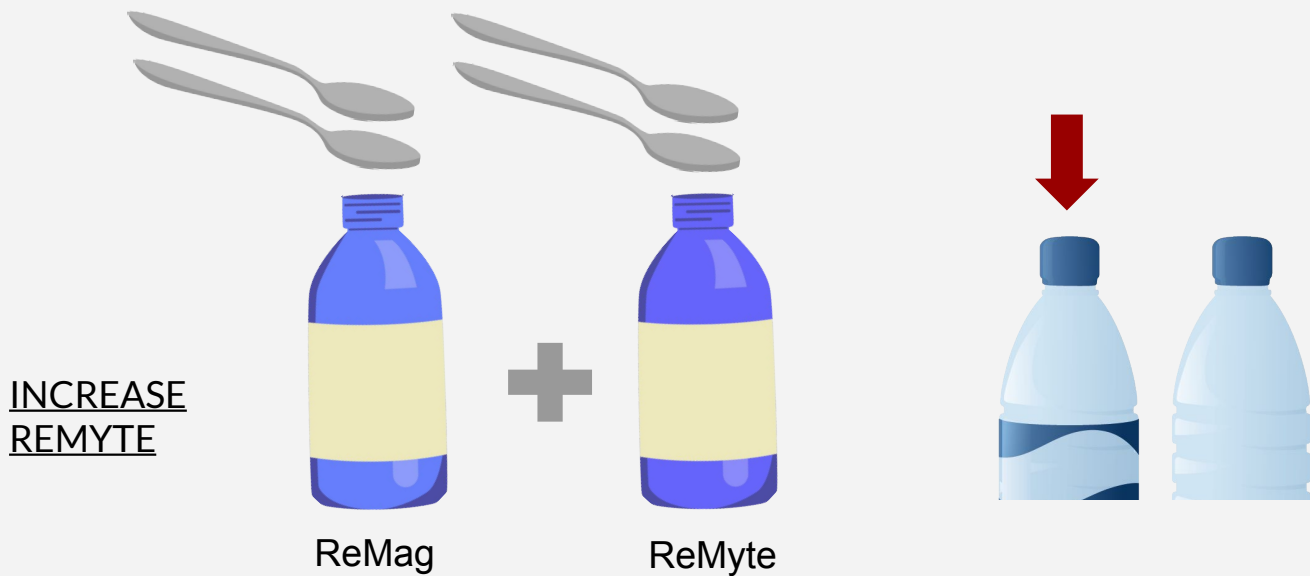
After 1 week of slowly building up...

## WEEKS THREE & FOUR:



Take  $\frac{1}{4}$  tsp ReMyte, added to the same quart as ReMag. Sip throughout the day.

2 days later...



Add another  $\frac{1}{4}$  tsp ReMyte. Work up to  $1\frac{1}{2}$  - 2 tsp per day.

After 2 weeks of REALINE, RESTRICTURE, REMAG & REMYTE...

RNA DROPS  
Nature's Perfect Nutrient



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. You can even begin with RnA drops or take at any time in the Total Body ReSet™ plan.



ReMag



ReMyte



ReAline



ReStructure

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