

November 4, 2013

1. Carolyn talking about the 4 books she is presently writing; Magnesium Miracle 3<sup>rd</sup> Edition. Death by Modern Medicine 3<sup>rd</sup> Edition. A Yeast Book and Invisible Minerals Part II – Multiple Minerals (about ReLyte).
2. Question about macular degeneration, cataract and glaucoma.
3. Question about nail ridges and protein deficiency.
4. Testimonial about being on the Completement Formulas for one month and feeling great and not testing for all the supplements she used to take.
5. What do I think of hair mineral testing?
6. Question about elevated neurotransmitters in adrenal cancer.
7. Question about tinnitus but the asker said “My life has become a dark living hell that I will ultimately lose my hearing.” We discussed how the Words you say can affect you.
8. A very thoughtful Testimonial about being on the Completement Program and going through Contrast, Auto Correction and Body Reset in a very elegant way.
9. Question about hip misalignment in a 28 year old male.
10. Question about getting off an antiarrhythmia drug that has 6 fluoride molecules (which bind up magnesium).
11. Question about Type 2 Diabetes.
12. Question: can I put ReNew in Rose oil and Olive oil.
13. Using ReMag spray successfully on neuropathy.
14. Question about ReMag for an 8-year old boy with dyslexia.
15. Mentioning Matthew Hurtado’s book “Misfit to Millionaire.”
16. Question: Are Microwave ovens safe? NO
17. Comment about my Completement Now! Online Wellness Program.
18. Question: will magnesium help hands “freezing up” and stiffening. Advised to get Magnesium RBC test to follow levels.
19. Testimonial. 13 year old American Eskimo dog, hair never grew back after a close trim 11 mo ago. Used a bit of RnA Drops, some ReMag but when started her on ReLyte, within 6 weeks her hair was fully grown in. Able to jump up on the bed again.
20. Eczema after bowel surgery
21. Question about RnA Drops and herpes
22. A 50-year old arm injury; after 3 years on RnA Drops it’s now activated and healing.

November 11, 2013

1. The fanaticism that some people bring into their diet.
2. Carolyn was given the Excellence in Integrative Medicine Award.
3. Rene, father of Brianna, a young girl with mitochondrial disorder called to discuss the RnA Drops that she is on.
4. Using Completement formulas for osteoporosis and gum recession and has had no more atrial fibrillation.
5. Question about urinary tract infection and using yeast free diet, magnesium and homeopathic Staphasagria.

6. Discussion of knee injury and what it means in Total biology.
7. Are there enough nutrients in the diet? No
8. Question about how much protein to take for nail ridges.
9. Update from Sara about her very smooth Neurontin withdrawal.
10. Ran out of Completement Formulas and now her whole body aches.
11. How can Rna Drops do everything like we say they do.
12. Testimonial: sprayed ReMag for peripheral neuropathy and had immediate relief. Also on husband's arthritic knee improving.
13. Using ReMag and ReLyte together as a facial spritzer.
14. Question about the Magnesium RBC test.
15. No effects on RnA Drops after one month.
16. Mouth full of mercury fillings a chunk even fell out recently. Why can't she swish with ReMag?
17. Testimonial: Sleeping now on ReMag and Epsom Salts
18. Testimonial: Cavity in center molar healed up since Rna Drops. Bad neck pain gone after applying ReNew.

November 18, 2013

1. Beginning remarks. Medical industry is the 3<sup>rd</sup> largest in the world. 70% of Americans take at least one drug.
2. Testimonial: Chickens laid stronger eggs with RnA Drops.
3. Testimonial: ReMag and ReLyte sprayed on cactus scrapes took away the inflammation immediately.
4. Question about Chromosome 14 and how it's activated by RnA Drops.
5. Question about ReMag and ReAline.
6. Testimonial about stopping calcium and hard nodules are going away.
7. Lynn Foutch feels that ReMag and ReLyte minerals are delivered when the body is in better alignment.
8. Question about how to treat a broken bone in the hand. ReMag and ReLyte.
9. Discussion about the Total Biology of
10. high blood pressure in a 35 year old male.
11. Took RnA Drops for one month for 6 years of leg and back pain, depression and anxiety and they aren't working.
12. I took 2 sample bottles of RnA Drops and don't see or feel any benefit from them, did I do something wrong?
13. Testimonial: to the woman with 6 years of pain; the drops do work. it took me 10 months but then everything started healing.
14. Question: I get hair electrolysis, will RnA Drops make that hair regrow?
15. Testimonial: spraying my face with ReMag and ReLyte, my face is so much softer. Using the spray on her daughter who has diabetes.
16. Questions: I'm on RnA Drops and my veins are getting worse. Looked at other people whose varicose veins improved. Discussed the total Biology of veins.
17. Testimonial: I'm spraying ReMag on my scoliosis and my spine is straightening and my pain is much less and I'm more flexible.
18. Just got the drops and wants to take more than recommended amounts. Discussed why we caution against this.

19. Question about aging and the drops.
20. Question about how much iodine do we need.
21. Question about HIV, Herpes, HSV and yeast infection and taking the drops.
22. Question about cataracts. Use 1 drop RnA in an eye cup of saline to rinse eyes.
23. Melody Rose has many health issues but wants to start the drops.
24. Testimonial: after just 10 drops of RnA could feel shoulder and knee getting better and feels amazing. Is this dangerous? NO
25. Do RnA Drops require engagement with non-physical?
26. If you take extra drops, is it a waste? Lynn Foutch says she is using 30 drops every few hours and is doing phenomenally well.

November 25, 2013

1. Discussed recent blog: Inventing Diabetes Drugs
2. Question: What if my Magnesium RBC test is normal and I still have symptoms?
3. Discussed the fluoride in all dental products and how fluoride blocks magnesium.
4. Lynn Foutch: her dentist is on all the Completement Formulas.
5. Question about healing the liver to get clean blood tests for insurance.
6. Melody Rose reporting that on Completement Formulas she has no chest pain and heart rhythm is improving.
7. Question: How do I treat a thyroid TSH of 7.5. With ReLyte.
8. Testimonial: ReMag helped with a really bad panic attack, it's like a miracle.
9. Discussed Dena's daughter's various health issues: flu, sore throat; the Total Biology of not being able to speak up to her teachers and developing a sore throat.
10. Alopecia universalis; lost all his hair after his mother passed. Just beginning RnA Drops and ReAline. Add ReMag and ReLyte and play opera – time to Say Goodbye.
11. Wants the Total Biology of mid back pain and shoulder pain.
12. Testimonial: the Completement Formulas are awesome. Incorporated ReLyte and able to come off so many other supplements. 2 part ReMag to 1 part ReLyte is a good balance for her. It's the first products she's ever taken where she notice the effects.
13. Rene, father of Brianna suffering the mitochondrial disease sent pictures, she is doing better.
14. Will plates and pins in the body be reabsorbed like iON said?
15. Discussed symptoms developed on ReLyte and why they are happening.
16. Question about right hip sciatica.
17. Is there a contraindication to magnesium in kidney disease? NO
18. Question about treating enlarged prostate with the Completement Formulas.
19. Testimonial: on the Completement Formulas for 3 months, they are fantastic.
20. Will my two daughters in their 30's benefit from just one bottle of RnA Drops if that's all they will take?

21. Taking ReMag for 6 months and started having back pain. Stopped ReMag and it improved. Discussed this as a healing reaction and to keep taking ReMag and maybe use the Egoscue Tower to align the spine.
22. Testimonial: I've been through 2-3 healing reactions which leave me in even better health than before.
23. Question about insomnia and tinnitus.

December 2, 2013

1. Opening remarks.
2. Question: Katie: I got a pounding headache after 1 drop of RnA. This happened twice.
3. Discussed my recent blog: [Science Proves Magnesium Deficiency Can Be Treated with Drugs](#).
4. Horrible story about how she was treated when she had rapid heart beat.
5. Lynn Foutch's advice: RnA Drops, don't travel without them.
6. Question about Completent Formulas while on Chemo. Also discussed Total Biology/German New Medicine and gave url on [www.2012rnraradio.com](http://www.2012rnraradio.com) for video on GNM.
7. According to GNM, the tumor stage of cancer is really the healing stage.
8. Question: How long does it take to recover from magnesium deficiency?
9. Do I advise colonoscopy? If you can find a doctor with an excellent safety record.
10. How long does it take to "heal?"
11. Discussion of RnA Drops healing the vascular system.
12. Question: How much RnA for a 10 lb Dachshund? One drop in the drinking water.
13. Testimonial: from Dr. Sutter on magnesium.
14. Question: what does Total Biology say for hand pain and arthritis.
15. Discussion about dosage of Completent Formulas for pets.
16. Melody-Rose. Just having PVC's once at night.
17. Question: Should I give ReLyte to my dog as well?
18. Testimonial: bad breath on dog cleared up with ReAline.
19. When I give blood, will they notice anything different? Will it help recipients?
20. Question about increasing ReMag dosage.
21. Question about Vertigo and what to use of the Completent Formulas.
22. Question about Crohn's disease and leaky gut.
23. Question about how to get over a viral infection.
24. Question about tinnitus.
25. Comment. Incapacitated with rheumatoid arthritis. Discussed following through with a treatment and the words we use when we are chronically ill.
26. Question about magnesium and calcification.
27. Comment about magnesium deficiency and gluten intolerance and esophageal spasms.

December 9, 2014

1. Discussion about the release of my Magnesium: The Missing Link to Better Health on Mercola.com. And another article about DCIS I'm working on for the Mercola site.
2. Testimonial: RnA Drops worked to decrease swelling and bruising from an injury near her eye.
3. Question about treatment for atrial fibrillation.
4. Question of using ground egg shells for calcium.
5. Cora loves my Mercola video.
6. Using drops for her pet.
7. Question: What is contrast?
8. Question: How does ReMag affect the following drugs? Furosimide, Xotalol, Coumadin, hydrochlorothiazide.
9. Question about bentonite clay.
10. Melody Rose: Less heart rhythm problems. Less pain. Had some contrast so going slower. Read When Magnesium Makes Me Worse.
11. Long question about symptoms after dental revision. Solution: more ReMag and ReLyte and listen to 24/7 Radio iON on Achieveradio.com.
12. Treating microcalcifications with ReMag.
13. Discussion of Coumadin and Vitamin K and Vitamin D.
14. Testimonial: Hormones blood tests are improved on RnA Drops.
15. Discussion about fibromyalgia.
16. Afraid of having a heart condition. Discussed various heart testimonials.
17. Question about psoriasis.
18. Question: can ReMag cause skin reactions?
19. Testimonial: on ReMag and RnA Drops. Hair darker and body and arms hairier. Sleeping better and waking without numbness and tingling.
20. Question about having headaches on ReMag. Read When Magnesium Makes Me Worse.
21. Question about Tourette's and ReMag.
22. Question about taking a Magnesium aspartate. I don't recommend this form it can have neurological effects.
23. Can I give my dog RnA Drops if he's on hydrazine sulphate.
24. I had bliss when I first started the RnA Drops. Where did it go?
25. Can RnA Drops be used on a newborn with incompletely developed lungs? Use externally at base of skull which is near the respiratory center and apply ReMag to the soles of the feet.
26. Recalling a Down Syndrome baby whose father administered RnA Drops along her spine and she began breathing better, feeding better and is growing rapidly.

December 16, 2013

1. Magnesium: The Missing Link to Health has over ¼ million views.
2. Lynn Curl's testimonial about her husband changing from IV magnesium to ReMag and his magnesium blood levels are even better on ReMag.
3. Concerned about taking magnesium with Paxil.

4. Discussion about mineral blood tests not testing what's going on at the cellular level.
5. Balancing yeast in the body.
6. Taking RnA Drops in menopause.
7. New website launching soon.
8. Question about iodine in ReLyte compared with Nascent and Lugol's.
9. Discussion about Rh factor and how iON said it was going to be eliminated.
10. How to get 23 year old daughter to take her ReMag.
11. Retired police officer with PTSD asking about Completement Formulas.
12. What is the Total Biology of vitiligo?
13. How do I take magnesium if I'm on prescription drugs for Atrial fibrillation?
14. Testimonial: I have a pacemaker and I have AFib and I'm on meds and magnesium is helping.
15. Question about using Completement Formulas for collapsing vertebrae.
16. Kudos to Carolyn
17. Discussed her contrast on RnA Drops but feeling pretty good spiritually, more in her own power and others opinions not bothering her as much.
18. Bob's friend was amazed at his skin.
19. Alice, age 82 discussing her Completement Formulas.
20. Tell us what ReAline does?
21. Lisa in China: Amazing confidence on the Completement Formulas helps her withstand the pollution level of over 500.

December 23, 2013

1. A beginning rant by Carolyn
2. Announcing our new [www.rnadrops.com](http://www.rnadrops.com) website
3. Testimonial: from a high school athlete with severe leg cramps who was able to continue playing because of magnesium.
4. Question: Can I stop taking other supplements now that I'm on the Completement Formulas.
5. Discussion of vegetarian diet versus animal protein diet.
6. Testimonial: Not holding onto negative feelings anymore.
7. Praise for Brendan Croskerry's music, our health show troubadour.
8. Melody Rose describes her progress with the Completement Formulas for serious chronic conditions.
9. Question about magnesium testing.
10. Testimonial: 93-year old goes off BP meds when she finds magnesium is helping her more; she even lost her ankle and foot edema.
11. Question: I've been on ReMag for a while and started ReLyte – 3-4 droppers twice a day and immediately got heart palpitations, restless legs and started biting my nails.
12. Testimonial: I work in a lab in a coal mine, on RnA Drops I have no worries about toxins; I don't worry about at anymore. And I'm even growing tomatoes outside my lab in a totally desolate environment.

13. Testimonial: Incredible results on RnA Drops and a strong sense of calm on ReMag.
14. Testimonial: I love ReMag, It truly is the Best! Some people reach for drugs or alcohol when they are stressed. I reach for ReMag.
15. Question: My small concern with taking too much magnesium is that it might lower my BP which is already sometimes low.
16. Testimonial: Bert in Switzerland – I'm noticing that my feet are always warm, which is unusual for me. It must be the ReLyte.
17. Question: On ReMag for a month 1-2 squirts a day. I sleep better at night but I developed an itch on my back and now a terribly itchy rash on my neck and torso.
18. Testimonial: Michaels first amazing day on RnA Drops.
19. Question about how much Vitamin D to take.
20. Sara singing the praises of Dr Dean's website and her consultations and Completement Now! online wellness program.
21. Janet complimenting Dr. Dean's Completement Now! program.
22. Question: Could ReMag make pain worse. Read the blog: [When Magnesium Makes Me Worse.](#)
23. Question: On my second bottle of RnA Drops experiencing a skin breakout on my hands. They are helping my energy and my sleep so I don't want to stop.
24. Long discussion on weaning off medications.
25. Comment: My symptoms got worse on 30 drops of RnA a day. I tried reducing but no change. So I doubled to 60 drops and my symptoms are much better.
26. Question about macular degeneration.
27. Question: Worried about Fukushima radiation.
28. Question about feeling worse on calcium and feeling worse on magnesium. [When Magnesium Makes Me Worse.](#)
29. Question: Taking ReMag, will it help hair loss and thyroid issues. Answer: I recommend ReLyte for all the thyroid minerals.
30. Comment: Her doctor said he removed her ovaries because she didn't need them anymore.
31. Question about RnA Drops dosing in a man who had a history of prison, military, nervous breakdown and been on 9 medications in the past.

December 30, 2013

1. Writing Death by Modern Medicine 3<sup>rd</sup> Edition. Discussed my blog: [Balancing Adrenals and Thyroid.](#)
2. Testimonial from Payday radio show. A man with 4 major back surgeries works and plays like a younger man. Off all his pain medication. Wife's neuropathy and paralyzed toe are improved.
3. Why do people not listen when they are told about the miracles with Completement Formulas?
4. Nothing natural about bio-identical hormones.
5. Lynn Foutch: A new RnA user says he doesn't need any sleep with the RnA Drops.

6. #10 of the Top Ten for 2013: Bob's 144 hours of BobFest.
7. Testimonial: On the 3<sup>rd</sup> week of Rna Drops, great energy, more stamina and better recovery in the gym. Vision better, can lift weights easier, skin looking younger. Scrape on lower leg since 1999 is now gone. Calmer and better sleep. Chip on tooth is gone. No longer holding onto negative feelings.
8. Discussion of Christ and iON
9. Kathy: Dr. Dean's information is like dessert, I can't get reno of it!
10. Will freezing affect the RnA Drops. NO.
11. She puts ReMag and ReLyte in her husband's OJ.
12. Testimonial: I appreciate your amazing article on Adrenal Fatigue.
13. #9 on the Top Ten: We have archived 51 Live with Dr. Dean radio shows and the inventory is up at [2012rnaradio.com](http://2012rnaradio.com).
14. #8: ReMag is constantly mentioned on the Magnesium Advocacy Group Facebook Forum.
15. #7: Magnesium Miracle in the top 100 on Amazon after the George Noory interview March 20, 2013. And over ¼ million views of Magnesium: The Missing Link to Better Health on [Mercola.com](http://Mercola.com).
16. #6: ReLye hits the marketplace in June 2013.
17. #5: RnA Drops World Domination Tour begins May in Wisconsin at a practitioner's conference
18. #4: Rna Drops presentation at the Health Freedom Expo in June
19. #3: Multiple book projects and Kindling 104 modules from the Completement Now! Program.
20. #2: Release of The Answer to Cancer Series, played on BobFest. Can be found at [www.ionandbob.blogspot.com](http://www.ionandbob.blogspot.com)
21. #1: RnA Drops at the 90<sup>th</sup> Generation; New global Web Marketplace/Resource at the new website. Carolyn received the Excellence in Medicine Award to be presented Sept 2014 in Baltimore from Emord and Associates. iON appearing several times on BobFest.
22. Some other liquid minerals discolor the teeth. Maybe it's the sulfur.
23. : iON said: Anything that you are feeling is nothing more than an activation of a recognition of something going on, then you bring your mind into it and say whether it's negative or positive based on past experience; the labyrinth of the mind and then you solidify that past experience into this present experience.
24. Testimonial: Peripheral neuropathy pain is so much better on ReMag.
25. Congratulations on your show. I'm a completely new person inside and out.

January 6, 2014

1. An overview of the Completement Formulas and how they form the basis of health rather than drugs and hormones.
2. Testimonial: Ginney shares her story about life-long weight issues and now she is losing weight. She explains why and her view of chronic disease.
3. Lynn Foutch: think of the word Die in Diet.
4. Testimonial: I went to my endocrinologist for my annual blood check. She was blown away at the results. My body is using estrogen a lot more intelligently and

is making DHEA in very healthy amounts. But I'm still having hot flushes. We discussed the need for ReLyte.

5. How do I make contact with my non-physical and what iON talks do you suggest I listen to. [www.2012rnradio.com](http://www.2012rnradio.com)
6. I have been on magnesium for more than a year and it has changed my life.
7. My 31 year old daughter has alopecia, auto immune disease, PMS, low iron, high platelet count, weight gain, low metabolism. Answer: she needs Relyte and ReMag and RnA Drops and Realine.
8. Started to have arrhythmia and after a week on magnesium feeling a lot better. How do I discontinue meds. Told him about the 93-year old woman who took magnesium and stopped her meds.
9. On Completement Formulas since November 2013, the last 4-5 days a painful sensation down his left foot. Discussed why.
10. Question about giving RnA Drops to his 14-year old daughter with Wilson's Disease (copper overload in the liver).
11. Do you take ReMag with or without food. Answer: either way.
12. Do magnesium levels drop at night.
13. How much water do you drink?  $\frac{1}{2}$  your body weight in ounces of water.
14. Another call from Lisa in China. Loves our show. Completement Formulas continue to change her life.
15. She fees magnesium deficiency symptoms at the ocean. Discussed the need for more magnesium when you take Vit D or get Vit D from the sun.
16. Temperature a bit elevated on thyroid meds and Completement Formulas. Should she stop her thyroid meds. Answer: With the iodine and other thyroid minerals in ReLyte she might not need her thyroid meds.
17. Hair loss stopped while on magnesium for 3 weeks now back. Answer: now you have to take ReLyte for the thyroid deficiency which is the real reason for hair loss.
18. Why does our skin itch after a magnesium bath.
19. Magnesium and menopause.
20. We are getting dry throat, dry eyes and very dry in general on ReMag and ReLyte for a few months. Answer: you aren't drinking enough water; minerals require water in the cells.
21. Testimonial: Melody-Rose. Completement Program is really changing my life. I had to dilute the Rna Drops (4 drops in 2 oz of water and taking 6-8 droppers from the 2 ounces). But it's working to stop the mind chatter, heart rhythm improving. I can't thank you all enough.
22. Blood Type diet discussion.