

Medi-Body Pack • Bath • Soak Instructions

The therapeutic products and supplies for doing all mineral packs on scars (injury and surgical) and tattoos, that you listed on the **Scar/Trauma Chart** you completed with your Initial Assessment Questionnaires, are listed on the **"Scar Detoxification Supply List."** Upon receipt of products, be sure you have been invoiced and received for all products on this Supply List. None of the products will clog skin or tub plumbing drains.

At the bottom of the Supply List under **"Instruction Attachments"** a box has been checked for all documents that comprise your **Skin Detoxification Program instructions**. Be sure that you have received a copy of each checked document by U.S. Mail if you do not have internet access and if you do, you will have downloaded them from our "Scar Detoxification" web page.

Note: Those with internet access will be emailed the **"Skin Target Schedule"** and the **"Scar Detoxification Supply List."**

Important Note: If in the process of mineral packing you notice other scars or tattoos that you inadvertently omitted on the Scar/Trauma Chart, contact Dr. Smith immediately for instructions on when and how to pack the newly discovered scar/tattoo.

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Monitor Your Program Products and Supplies

To the best of our ability, we have calculated the number of containers or bottles required to complete your **Scar Detoxification Program**, with as little left over as possible and without the need to order more. In mixing products, it is also possible to spill or use more than is necessary until you have gained experience in using them, which generally takes only a few days.

Therefore, please keep an eye on the containers and order immediately if additional products are needed. Also, there are instructions in this document that will provide other health benefits for ways to use left-overs, if any, after completing the scar detoxification procedures. For example, a little left over is advantageous in the event of an accidental injury as you will have what you need to immediately mineral pack the injured site to prevent creating new scars (external and internal).

BEFORE 7 P.M.

1. **Make Ancient Mineral "Mud" Pack** – In a glass or plastic jar or bowl, put:
 - a. 2 tablespoons of Medi-Body Pack powder,
 - b. 1 opened Veggie capsule (Vcap) of Premier HCL and
 - c. at least 2 ½-3 teaspoons of the therapeutic Fluid (See A, B, C, D, or E)
 - d. Stir and mix well with plastic knife. Use no metal utensil, jar or bowl. Then apply to Skin Target Areas indicated on the Skin Target Schedule.
 - e. If more than one fluid is to be used for one particular skin area, cut the dosage in half-or thirds depending upon the number of fluids used.
 - i. Ex: If two Fluids (A & B on Scar Detoxification Supply List) are used, then measure 1 and ¼ teaspoon of each fluid to add to 2 Tablespoons of Medi-Body Pack OR if three Fluids, then measure ¾ teaspoon of each, etc.
 - f. Note: When fluid, powder and ingredients in opened capsule are mixed together; the mixture should be at the right consistency to adhere to skin, not too wet or too dry. You may need a little more or less than the above measurements.
2. **Avoid Stains:**
 - a. The easiest way to do Mineral Mud packs is to apply them in the bathtub or shower and this is recommended unless otherwise instructed, as in the **Vaccination Detoxification Procedures**. Then you can simply wash the mineral mud off once done and minerals will not stain the bathtub or shower.
 - b. If not done in the tub or shower, wear old clothing, put an old rug or towel on the floor and towels or wash cloths that touch mineral mud should also be old, white and 100% cotton. These highly-charged minerals will stain them and the stain will not come out in the laundry. Also, if you were to drop some of the mineral mud on the bathroom floor, wipe it up immediately as it will stain the tiles.

3. **Applying Mineral Mud To Target Area:**

- a. Refer to your **Skin Target Schedule** for which target area of the body to apply the Mineral Mud and apply twice daily; once in the morning (a.m.) and once in the afternoon (p.m.) and completed before 7 p.m.
 - i. You will notice, however, in the **Vaccination Detoxification Procedures**, you will apply their Mineral Mud packs twice in the A.M. and twice in the P.M.
 - b. Wash the Skin Target area to be packed with a few drops of the **Premier Liquid Soap** before applying Mineral Mud Pack with your hands or spreading onto skin using the plastic knife.
 - c. Apply the Mineral Mud with a plastic knife over the target area, extending the Mineral Mud about 1-2 inches out from the target area.
 - d. Using your thumb, press the Mineral Mud at least five (5) times into every area where the Mineral Mud has been applied. Press five times in one area before moving to the next area of skin. In other words, starting at the left, work around the 1-2 inch diameter of target skin area until the Mineral Mud has been pressed into all of skin target site at least five times.
 - e. **Allow 2-3 hours between Mud packing each target area.** You will generally mud pack twice in one day, unless otherwise instructed. For example, the Vaccination Target Skin areas are done four times in a day, twice on each area in the a.m. and the p.m.
4. **Applying To Scars Longer Than 3 Inches:** You can mud pack only three (3) inches at one time for a scar that is longer than 3 inches. In other words, if a scar is seven (7) inches long, you would have three (3) mud pack Target areas with that one scar. Two of this scar's target areas would be 3 inches and one would be one-inch. Therefore, you will find on the Skin Target Schedule this scar listed three times for three mud packs each.
- a. For Vertical Scars, start at the bottom of the scar and work upward.
 - b. For Horizontal scars, you can start left or right, it does not matter.
 - c. If more than three inches were detoxified at one time, considering all the toxins moving through the system from the packing the day before and the next few days after the longer scar areas, this would be too many toxins released to quickly in the body and the result would be cleansing or detoxification signs/symptoms. Therefore, long scars are detoxified (mineral

packed) only three inches at a time.

5. **Applying to GV-20 (Crown of Head):** When the GV-20 column is checked on your Skin Target Schedule, you must pack a 2 ½ -inch diameter at the top of the head to reconnect GV-20 (the center of all body meridians) to the skin target area. When packing the Forehead, Back, Left and Right sides of the Head, pack all the way upwards to the Crown of Head (GV-20) with an inch lap-over. For example: The Forehead is packed up to GV-20, and then an inch beyond the GV-20 towards the back of the head.
6. **Head Injuries:** You will notice on the Skin Target Schedule that the Forehead, Back, Left and Right Side of the Head are also mineral mud packed.
 - a. This is because everyone at some time or another especially during childhood has fallen and/or been shoved into some stationary object (wall, door, etc.) and hit their head. An impact on one or more side and/or the top of the head, as well as the shoulders and neck, has adverse internal effects on the entire head (inside) even if not visible outside.
 - b. **Macro- and Micro-Head Trauma:**
 - i. When injury site is noticeable visually, through medical testing or symptoms are present, this is called "**macro-trauma** head trauma." Macro-trauma is like a concussion or a deep cut (or gash) on the head.
 - ii. When injury site is not visible, detectable through medical testing or no presenting symptoms, this is called "**micro-trauma head trauma.**"
 1. A micro-trauma can be so small that it goes undetected or does not immediately present symptoms, but months or even years later, the body has adverse health challenges resulting from it.
 2. This is like a small drip of water from a leaky faucet does not immediately appear harmful to the basin, however, if the faucet is not fixed and you return months or years later, the small constant drip day in/day out will have barreled a hole in the basin.
 - c. Even a single "low-impact" to one side of the head can disconnect one or more energy meridians from the brain to any other area(s) of the body (depending upon which meridian(s) was affected). In time, this causes organ, gland or body system dysfunction, then given more time, disease in both areas (the brain and that area).
 - d. Additionally, if you were ever whiplashed in the past or whiplashed **in the future**, mineral mud packing all sides and top (GV-20) of the head is vital for this reconnection of GV-20 to all body meridians and to heal from bone, tissue and muscle trauma to neck and head.

- i. Why? Because anything that adversely affects GV-20 (top/crown of head) adversely affects all bio-energy meridians as all meridians begin at GV-20. This is why all new parents are cautioned to take care that their newborn infant does not fall or get hit on top of their head. The impact sends a shock way from GV-20 down the body through all the meridians and can stop the heart from beating and the infant can instantly die.
7. **Done by 5 p.m.** - Mineral Mud Packs must be done by 5 p.m., not only is the time from rising to 5 p.m. the most biologically effective time for applying mineral mud, it also allows two hours if the last packing is finished at 5 p.m. so that you are ready at 7 p.m. for the Medi-Body Pack (Foot Bath).
8. **After Each Mud Pack:** Wash mud off with a clean, wet wash cloth containing a few drops of **Premier Liquid Soap**.
 - a. **Aloe:**
 - i. Then immediately drink 2 ounces of Aloe Drink liquid straight or in purified water or juice OR add 2 teaspoons of Aloe Powder in water or juice, whichever is provided. **Best juices** are Organic Apple or any Berry Juice.
 - ii. This means that 4 ounces of Aloe Drink Liquid or 4 teaspoons of Aloe Powder is consumed daily for all skin target sites, except Vaccination Sites, which are twice this daily amount.
 - iii. Aloe will get the dissolved toxins moving through the body so they will be easier to move out the feet when doing the Medi-Body Bath (Foot Bath).
 - b. **Solar Radiation:** As soon as Aloe is consumed, for best absorption of solar radiation into the Skin Target area just packed, IMMEDIATELY go outside for 5 minutes. Please note, you must be outside within 30 minutes after packing or it is too late. No special clothing or disrobing is required. (Note: depending upon where you live moon light may appear before 5 p.m. so you may go outside for solar radiation whether sun or moon light occurs before 5 p.m.).
9. **Follow these Steps (#1 to #8)** for morning (AM) applications so they are completed between rising and 12 noon AND afternoon (PM) applications are completed between 12 noon and 5 p.m. for all skin target areas for each day. Note: if pressed for time, you may do all A.M. and P.M. applications in the morning or afternoon as long as:
 - a. You have allowed at least two hours between packing, three hours is ideal.
 - b. All packs are completed by 5 p.m.

After All Mud Packs Are Done For the Day, in the evening at or after 7 p.m. follow instructions for the Medi-Bath and Castor Oil or Castor-Oil Immune Pack before bedtime. Note: Not all clients require the Castor Oil Packs. The instructions for these are included below in the After 7 P.M. instructions.

AFTER 7 PM.

1. About the Medi-Body Bath (Foot Bath) also called the Medi-Blast.

- a. The Medi-Body Bath is detoxifying and a full-body toxin chelation with electrolyte replacement. The Medi-Body Bath prevents dissolved scar particles and other toxins broken up by the Mineral Mud packs from settling into other areas of the body and helps move these toxins out of the body through the feet.
- b. Also, if a Medi-Body Foot Bath was not done at the end of the day when mineral packs have been applied, these accumulated toxins will cause you to feel discomfort, pains, achy or other cleansing signs, within three to 72 hours.
- c. We call these cleansing signs because the first part (mineral mud applications), but not the second part (Foot Bath) of the detoxification or cleansing process was performed, resulting in toxins remaining in the body and causing these signs or symptoms as the toxins irritate and infect healthy cells and tissue.

2. How To Prepare Medi-Body Foot Bath In a plastic dish tub or foot spa, add and stir the following:

- a. **12 cups of Hot Water** (purified water is best, but not essential). Get water as hot as feet can stand.
- b. **1 cup of Medi-Body Bath.**
- c. **1 cup of Allicidin Tea** (increases quantum cellular resonance). To make Allicidin Tea - Boil 1 and ½ cups of pure water. Remove the pot from stove, when the water starts to bubble. Open 3 Vcaps of Allicidin Complex into the boiled water. Cover with lid and let it steep for 15-20 minutes, then pour all of the tea into the plastic foot tub. **Remember you boil the water, not the herb in the water.**

3. Soak feet for 10 minutes only and not longer. Towel Dry. When finished, throw out the Medi-Bath water. **DO NOT RE-USE.** This is toxic water. You are now finished for the day, unless Castor Oil or Castor-Oil Immune Packs are to be applied to their Target Skin area. Note: You may dump the Foot bath water in your flower beds as the ground can neutralize the toxins and benefit from the

minerals still in the foot bath water.

4. **Castor Oil or Castor Oil-Immune Packs:** When included, follow the instructions in the document titled, "**Castor Oil (CO) and Castor-Oil Immune (COI) Packs,**" and **Wait 30 minutes** after the Medi-Body Foot Bath before applying the Castor-Oil Immune Packs. The **Skin Target Schedule** will have a check mark under the CO or COI Columns to indicate which Type of Castor Oil pack you are to do for each target skin area and the "day" sequence to apply CO and/or COI packs.

DETOX OR CLEANSING SIGNS

1. If you are one who has followed the instructions above precisely and still experience "detox" or "cleansing" signs/symptoms (feeling tired, achy, diarrhea, cold- or flu-like symptoms) following the Mineral Mud pack or Castor-Oil Immune Pack, this is an indication of long-term deep toxicity surfacing faster than the minerals can release and process. You may do one or both procedures below to help clear the released toxins even faster.

a. Medi-Soak Total Body Bath –

- i. Get into the bathtub and as the water fills the tub, keep increasing the hot water so to as hot as you can stand it. Once water has covered the entire bottom of the tub, add 2 cups of Medi-Soak to the hot water.
- ii. Stir the water often to help dissolve the salt crystals. As they soften you can press them between your fingers to dissolve them faster. Once all the mineral salts are dissolved, stir water around you again, then lay back and soak your entire body up to the neck for at least 20-30 minutes.
- iii. If possible rest after body soak,
- iv. Do not re-use bath water. The dissolved mineral powder and salts can go down the drain and will not clog it.
- v. (See below other key uses for Medi-Soak).
- vi. If you really feeling bad, you may use more than 2 cups or repeat a 2-cup Medi-Soak full body bath in a couple hours. Best results occur when soak 30 minutes, or longer.
- vii. Clients who have used experienced detox or cleansing signs/symptoms often report relief after just one Medi-Soak.

- b. Do an **extra Castor Oil or Castor Oil-Immune Pack** over the detox organs (especially over the kidneys). Detox Organs are Liver, Kidneys and Large

Intestines.

- c. If after doing the above, you still have Detox symptoms, call Dr. Smith.

MEDI-SOAK

Medi-Soak is a full body bath (soak up to the neck) which provides Mediterranean Sea Salts for electrolyte replenishment. Here are a few of its many uses:

1. It is great after workouts to reduce soreness from lactic acid build-up and replace electrolytes.
2. Replenishes electrolytes for people who have been out in the hot sun all day,
3. Replaces fluids and rebalance electrolytes after suffering from high fevers.
4. Used after doing Colonics or Enemas to reset colon fluid balance.
5. And, of course, speeds the Detoxification process after doing the Medi-Body Pack, Medi-Body (Foot) Bath and Castor Oil-Immune Packs to prevent, eliminate and/or reduce Cleansing signs and Detoxification symptoms.
6. Note: If after completing all mineral mud packs on skin target sites, you did not use **Medi-Body Soak** or did not use all of it, then use the Medi-Body Soak for one bath every three days or at least once weekly until container is empty. Soak for 30 minutes. This will help remove more of the remaining internal toxins and take this burden off the liver, kidneys and intestines.

ADDITIONAL INSTRUCTIONS AND HEALTH MAINTENANCE

1. **Scar Detoxification Program – One-Time Program:** After you have completed instructions precisely for all the scars (surgical or injury-related), piercings, tattoos, and vaccination puncture sites, you will never need to Medi-Pack (Mineral Mud) these skin target sites again, as they are now cleared and blood, nutrients, lymph, and nerve flow will begin to move through these previously obstructed areas within three days after completing program. This truly is a one-time program as long as you avoid future vaccines and follow the instructions below instantly in the event of a new injury occurring after completing this program.
 - a. The benefits of this program, for some, may be noticed soon after its completion. For others, it may take many months for these starved areas to shows benefits as the blood, lymph, nutrients and nerve flow have time to be restored fully in these areas. Others may not notice these benefits specifically because the gradual restoration process that is occurring over the

following months can also be subtle.

- b. However, years of physical examinations and biochemical testing have proved the benefits from dissolving scars and toxic debris and removing them from the body. We have also observed severe symptoms, health challenges, as well as adverse exam and test results that occur when scars have not been dissolved using this program. This also includes areas of the body that may improve, but due to the scars would not heal completely, until this Scar Detoxification Program was completed.
2. **Warts, Moles and Skin Tags:** If you have warts, moles or skin tags, following the scar detoxification program with our skin products for these skin conditions will help remove them even faster than when their products are used alone. This is because the skin pores have been cleared of toxic debris and thus the warts, mole and skin tag products do not have to first remove the toxins in the skin that were in the way of the stem and roots of the warts, moles and skin tags from moving to the surface and out of the skin. Therefore, if you have warts, moles or skin tags, schedule a telephone consultation with Dr. Smith for other instructions for this program and to purchase these products. **Warts and Moles are outward signs of very severe health challenges developing within the body.**
 3. **Health Maintenance and Prevention (Hands, Feet and Detox Organs):** Because we live in a polluted environment and some exposures are out of our control...
 - a. **Detox Organs:** The detox organs are processing poisons daily from air, water, food and by-products from the internal metabolic processes. Therefore, the liver, kidneys and intestines (detox organs) are always working harder than their innate design, trying their best to manage and remove this toxic over-loaded and in time can become dysfunctional and over-burdened with toxicity, again. Thus, **an annual detoxification of the detox organs** can be accomplished by applying the instructions for the Mineral Mud, Medi-Body Foot Bath, and Castor Oil Immune Packs externally verses internal detoxification through supplementation.
 - b. **Hands & Feet Downloads:** Also, toxins that cannot get out of the body will in time settle in your hands and feet as they are pulled downward by gravity, which is why we call the feet and hands, "downloads." Thus following these instructions to Mineral Mud pack the hands and feet, followed by the Medi-Body (Foot) Bath, at least once a year will remove these toxins and ultimately prevent cellular and tissue destruction of the lower arms/legs and feet/hands from these accumulated toxins. (Even notice how as people age they have more problems with their hands and feet, joints shifts out of place, swelling and neuropathy occurs, etc.? Now you know one of the primary reasons why.)
 - c. Therefore, the above are part of your Health Maintenance and Disease Prevention Program.

4. **Future Injuries:** It is important to keep in mind that if you injury yourself at any time in the future, after concluding the Scar Detoxification Program, to follow the instructions again to apply Mineral Mud pack to the newly injured area and thus prevent future scarring. This applies to bruised areas, cuts and burns. Even if you do not see any visual external marks or sign of injury, as it is best to assume it is bruised internally and pack the injured area to be on the safe side. In cases of new injuries, you generally need to pack only the injured area, plus at least one inch in diameter around the injured site. In other words,
 - a. You do not have to mineral pack hand/feet downloads before packing injured area if you have been doing this at least once a year.
 - b. You also do not need to pack the GV-20 (Crown of head) unless the injury is to the shoulder, neck or head.
 - c. The Medi-Body (Foot) Bath is also not required unless the area of injury is larger than six inches.
 - d. Also if a., b., c., above are not needed, and the injury is over three inches, you may apply the mineral mud over the entire area at one time.
5. **A Castor-Immune Oil Pack** with and without Medi-Body Packs can be used as needed to boost your immune system when you have a cold, flu, allergies, etc. This has also been used for dissolving tumors and cysts. Ask Dr. Smith how to use them for these purposes. Never Castor Oil Pack on the head.
6. **Eliminating Daily Toxic Exposures and Preventing Future Toxic Accumulations:**
 - a. To eliminate future exposures to toxins that are within your control, clients are coached in the **Personal Education Program (PEP) Lifestyle Series** regarding Household/Office Cleansing Supplies, Personal Hair, Skin, Nail and Over-all Body Care Products, and other items to use that are non-toxic and safe.
 - b. **A Note About Personal Care Products:** Some products are labeled non-toxic products and yet they use what we call toxic tag-alongs (i.e., the ingredients they use may be non-toxic, but the preservatives, chemicals, talc, fillers and other substances used to manufacture and binder ingredients are toxic.) **Dr. Smith "Anti-Aging Program (Skin, Hair and Nails)** e-book includes a list of toxic tag-alongs so you will know how to identify them. This e-book also provides instructions, benefits and usage for personal care products Dr. Smith personally uses and professionally recommends to her clients that are 100% organic and toxic free, with only "live" highly-charged whole food and herbal ingredients.
7. **Left Overs** – Here are some suggestions for using left over Skin Detoxification

Program products (e.g., Medi-Body Powder, Premier HCL and Fluid(s), Medi-Body Bath, Medi-Soak, etc.):

- a. For **future injuries** to prevent developing new scars as stated in #4 above.
 - b. **Deep tissue skin layer detoxification of face and neck.** Mineral mud can be applied every third day and **must be** followed with a Medi-Body Foot Bath after 7 p.m. on days applied. For the amount left-over, these instructions are sufficient. However, if you would like to continue using these products for face and neck skin health, detoxification and anti-aging, you may order **Dr. Smith's Anti-Aging Skin Hair and Nail e-book** for complete instructions for Daily Skin, Hair and Nail Maintenance, Skin Enhancement products for skin conditions and other anti-aging products, benefits and instructions to fully address this goal.
 - c. **Fluids** can be taken at ½ teaspoon in water or juice daily to finish the bottles as each are beneficial for the immune system internally. Check expiration, if any, and use before expiring.
 - d. The **Medi-Body Bath and Medi-Soak** can be used anytime you feel achy, sore from exercise or any reason, out of sorts, cold, flu, etc.
 - e. **Premier HCL** – keeping leftover for future injuries is ideal. However, if you want to use this supplement, for example, because it has an expiration date and you want to obtain its benefits before it expires, you may use this HCL the same as you would use Zypan, which is Standard Process's HCL. In other words, you can take 1 or 2 capsules with the last bite of food at each meal until till the bottle is empty. HCL assists digestion by supply Hydrochloric Acid (HCL) one of the primary gastric acids the stomach requires to digest food.

Note: Drug sales for Anti-acids are the highest among all drugs sold to the public. When the digestive system is low in HCL it leads to heartburn, GERD, Acid Reflux, indigestion, etc. Hence, the public thinks the answer is anti-acid drugs. However, anti-acids cause the stomach to become alkaline. The stomach **cannot digest food** when it is alkaline. So anti-acids use leads to a myriad of other health challenges and makes the reason they are taking it even worse.
8. **Short of Medi-Body Bath?** In a Pinch Tip: ½ cup of Medi-Body Pack added to ½ cup of Medi-Soak is equal to 1 cup of Medi-Body Bath. This formula may be when you have more Medi-Body and Medi-Soak on hand than Medi-Body Bath.

WOMEN ONLY

All Women:

1. If you are a woman, who has experienced one or more childbirths, miscarriages and/or abortions, you will notice that one of the target skin sites is written as EPI for Episiotomy to represent mineral packing the vaginal area inside and out. This is because:
 - a. Those who know they have experienced an episiotomy or vaginal tear may have inadvertently omitted this from their Scar/Trauma Chart.
 - b. Physicians do not often inform their patients who have what they consider a "minor" tear not requiring an Episiotomy.
 - c. Experienced the male penis stretching the vaginal opening beyond its capacity for comfortable insertion.
 - d. Whether a woman knows, does not know or does not remember, most women do tear or have an Episiotomy, unless they have been taught how to prepare the vaginal opening for birth so they may avoid tearing and/or an Episiotomy. (Contact Dr. Smith for this information when you or a loved one becomes aware of being pregnant.)
 - e. Therefore, mineral packing the inside and outside vaginal area for any known or possible scarring for any of the above reasons is included on the Skin Target Schedule, to be on the safe side.
2. Also, even if none of the above applies to you, if you have ever experienced one or more of the following the vaginal tissue (internally and externally) has been exposed to chemicals, germs and other toxins, thus mineral packing will help detoxify the vaginal cells and tissue.
 - a. One or more vaginal douche using a pharmaceutical solution,
 - b. Had a venereal disease, or
 - c. Had sex without the protection of a condom.
3. **To mineral pack the vaginal area**, is to apply the mineral mud at least two inches, internally and externally above, below and on each side of the vaginal opening. When pressing mineral pack five times on each area where mineral mud has been applied, you may save time by pressing the skin between your thumb on the outside skin and a your fingers on the inside of the vagina, as you work your way around the vaginal opening.

Menstruating Women:

Doing the Mineral Mud packs on areas between the chest and upper thighs during menstruation **may** lead to cleansings signs. Therefore, use the Skin Target Schedule, observing the "Days" in relationship to the Zig Zap Horizontal Lines to plan ahead for a break during menstruation.

If you choose to mineral pack during menstruation, you can use the Medi-Soak for a full body soak during menstruation to ease their symptoms as well as any cleansing signs (achy all over, etc.) if you experience them.

Additionally, using the full body Medi-Soak on the evening or day after menstruation has ended will help to rebalance minerals and electrolytes lost during menstruation, and help your body through the detoxification process of menstruation and that which begins with the next mineral pack.

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