

## OXY-MAG or MAGNESIUM OXIDE

Oxy-Mag is a highly ALKALINE (pH 10+) powdered form of magnesium ozonate. It has been used to oxygenate the system, detoxify tissues, clean/improve bowel functions, and generally rejuvenate health. Oxy-Mag is the most readily available and easily usable method of complete oxygenation of the gastrointestinal tract.

The process of oxidation is the most effective and safest way to break down, detoxify and eliminate the solidified waste material that has accumulated in the small and large intestines. Oxidation actually breaks down this waste into gas and water, lots of gas and lots of water.

An important thing to keep in balance here is

**Enzymes and probiotics are the “workers” of digestion. It is no good to have all the greatest food materials available if there are no “workers” to properly process these food materials provided.**

your intake of antioxidant nutrients, enzymes and probiotics. It is vital to supply your body with these nutri-

ents, enzymes and probiotics especially when cleansing with a “salt flush” to support the body’s own oxidation regulating enzymes so we can enjoy the optimum oxygenation without over-oxidation.

No other cleansing method can come close to the benefits of oxygenation and Oxy-Mag is a remarkable product that has moved all who have used it.

Oxy-Mag can be taken from 1 to 3 to 10 times a day or more. It is totally safe, highly alkalizing and has been used full term by women during their pregnancy and nursing. There are no harmful effects (except it is a powerful laxative) and most of us are actually deficient in magnesium and will benefit from the magnesium also.

The high amount of oxygen that is released can be measured with peroxide test strips; and it is many times more oxygenating than hydrogen peroxide or oxygenated waters, however, Oxy-Mag is far more cost effective and does not create hydroxyl radicals in the body which destroys cells.

The oxygen can eliminate any toxins from the cells. Once the toxins are reduced in the intestines, more oxygen passes into the blood and the rest of the body’s cells. The oxygen will break down fecal matter into a very soft liquid depending on how much and how often it is taken. Even if taken in large amounts or several times a day it is not harmful to have these soft stools.

There are no cramps as there can be with laxative herbs. Also some very toxic people may notice queasiness or nausea initially because their system is acidic and so oxygen deprived they are not used to the high pH and increased amounts of oxygen; this will

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pass soon. In the meantime they can cut down the amount to 1/4 or 1/2 tsp and gradually increase to a whole tablespoon slowly. Some people will do 2 tablespoons for a “salt-flush” and cleanse of the entire digestive system.

Furthermore, the high pH of the Oxy-Mag will be neutralizing acidity throughout the process thus it is a terrific addition to a program of alkalizing using salts. Taking a small amount (up to 1 tsp) nightly at bedtime can result in more restful sleep and less spasms in people afflicted with night cramping.

Oxy-Mag can be taken in varying increments. It is best taken on an empty stomach. 1 tsp. first thing in the morning or last thing at night are good.

REMEMBER cancer, germs and viruses do not flourish and thrive where there is adequate oxygen.

### ★ INSTRUCTIONS for a SALT FLUSH ★

*Mix 1 to 3 tablespoons of Oxy-Mag in 6-8oz of pure water (ionized high pH water if available), add juice of 1-2 fresh lemons, stir well and drink it. Follow with a glass of water with lemon and continue to drink lemon-water for next few hours as this is very alkalizing and cleansing along with the Oxy-Mag. It is recommended to maintain a 2 to 1 ratio of lemon-juice to Oxy-Mag per dose as we increase the dose.*

*It is best to begin slowly and gradually increase the amounts taken to whatever level of detox is desired or tolerated. One can gradually increase intake of Oxy-Mag to 24 tsp./day in doses of 6tsp. 4 times/day; eventually watery bowel movements will cease and this can take months to years depending on how much toxic waste is built up and accumulated and how hard we work on moving it out.*

*When the colon and intestinal tract is clean, there is nothing left to oxidize into water and gas, so a soft semi-formed non-toxic bowel movement will result, just like that of wild animals on enzyme-rich raw food diets.*

### ★ IMPORTANT ★

*Take a good probiotic after flushing out your intestinal tract as this is a great time to repopulate the gut with the right kinds of bacteria...it’s like planting the good stuff before the weeds can come back. Consuming fresh veggie juices after the “salt flush” will allow for maximum nourishment before eating solid food again.* ★

Oxy-Mag is not habit forming, but will provide the most effective means to do the dirtiest, nastiest clean-up job in the world. The more often you flush with Oxy-Mag, the sooner your digestion will be re-

# **A HEALING CRISIS**

## **THE BODY DESIRES PERFECT HEALTH AND WE HAVE THE ABILITY TO ACHIEVE THAT STATE.**

1. However, in order to achieve good health, the body must go through the elimination process. A healing crisis occurs when the body is in the process of eliminating toxins. Reactions (see paragraph 4) may be mild to severe and last anywhere from a few days to a week or more. One should expect to experience a healing crisis and work toward it for the elimination of toxins.
2. A healing crisis is the result of every body system working together to eliminate waste products and begin the task of regeneration. A disease crisis, however, works against the body's normal process of storing wastes and toxins in the body. Symptoms of a healing crisis may be identical to the disease, but there is an important difference—eliminating. A cleansing, purifying process is taking place and stored wastes are in a free flowing state. There are times when pain during a healing crisis is of greater intensity than the building of the chronic disease which may explain why there can be a brief flare-up in one's condition.
3. The healing crisis usually brings about past conditions in whatever order the body is capable of handling at that time. People often forget the injuries or diseases they have had in the past, but are usually reminded during the healing crisis.
4. Reactions to a healing crisis can include any (or several) of the following; nausea, headache, sleepiness, skin eruptions, unusual fatigue, diarrhea, head or chest cold, ear infections, boils, or in any other way the body uses to loosen and eliminate toxins. One's body needs juice and especially KANGEN water, to help carry off the toxins. This is a time for rest, if possible.
5. One may experience more than one healing crisis. With more serious conditions, there may be small crises to go through before the final one is possible. The person in a chronic state, or who has gone through many disease processes, must go through these processes again. Many times the crisis will occur when one feels their very best—the body is setting the stage for eliminating. The whole body must get into action—many people feel an energy boost the first few days which will help them as the toxins are dumped into the blood stream for elimination.
6. Nutritional Microbiology will open your eyes to how badly the body is ridding these toxins and most of the time your blood will look worse before it looks better. Fear not, your body wants to be healthy and balanced and as Dr. Fred Bisci says over and over “it's a matter of what you put in and what you leave out”.
7. Make sure you put in plenty of fresh, organic, raw vegetable juices and leave out the **CRAP** (**C**ompletely **R**efined **A**nd **P**rocessed) and you will achieve superior results in short order.