

# Medi-Body Pack™: Instructions For Home Use

## Sequence to Apply Medi-Body Packs™

- 1. Clear your 4 Download Areas First.** Before applying the **Medi-Body Pack™** “mud” to any target area, all 4 Download Areas must first test strong. (See “Four Download Areas” Chart.) If all 4 Download Areas test strong, then proceed to step 2. If any of the 4 Download areas test weak, then they must be detoxified (and thus strengthened) **first** before proceeding. Otherwise, if any of these important detoxification pathways test weak, then the results for other areas may be compromised. To clear these areas, apply a **Medi-Body Pack™** to each of the 4 areas individually, one at a time (on whichever of the 4 areas test weak). If you are unsure whether or not your 4 Download Areas test strong, then clear them anyway, one by one, by using the **Medi-Body Packs™**.
- 2. Clear the 3 Detox Organs Next** (Kidneys, Liver and Large Intestine Areas). After all 4 Download areas test strong, the 3 Detox Organs must test strong. To clear these areas, apply a **Medi-Body Pack™** to each area individually, one at a time, to any of the areas that test weak.
- 3. Select an Interference Field.** After all 4 Download Areas and your 3 Detox Organs (the Kidneys, Liver, and Large Intestines) test strong, select an interference field area that you want to detoxify (such as a C-section scar or a hip injury from a previous fall) but an area not larger than about 1 inch by 3 inches (about the size of the palm of your hand). Some scars or trauma areas are too large to treat in one application to get the best results. For a long scar or large injury area, you will need to break up the area into several smaller areas and treat each area separately.

## How to Use the Medi-Body Pack™

**1. Preparation.** Mix 2 tablespoons of **Medi-Body Pack™** powder and 1 Vcap of **Quantum Betaine HCL** (open capsule and pour out contents) with approximately 2 teaspoons of **Heavy Metal Nano-Detox™** (or other selected fluid) to make a thick, pudding-like “mud” paste. Mix well in a nonmetallic container (such as glass or plastic) with a nonmetallic spoon (such as Lexan or plastic). (Do not use metal utensils.) Let the mixture set (covered) for 5 minutes before use.

**2. Select Target Area.** Select an appropriate target area to treat. (See proper sequence above.)

**3. Application.** Mentally divide the selected target area into smaller areas, each about the size of a silver dollar. Apply only enough mud to thinly cover the first silver-dollar size area. Rub the mud into the area vigorously for about 3 seconds. Next, repeat this process on the 2nd silver-dollar size area, etc. until you have treated all of the smaller areas of the entire target area. (Do only one target area at a time.) The Pack may be done inside or (preferably) outside.

**Polarity:** The human body is a highly polarized, bio-energetically dynamic organism. Therefore, the position during treatment is important. For best results, face east or north while sitting on the chair during your detox session. Facing west is marginally acceptable. Avoid facing south. If you are lying down during your detox session, the top of your head should point preferably toward east (to be in harmony with the earth’s natural electromagnetic field). In addition, avoid sitting or lying down within one foot of any wall because the toxic electromagnetic signature of AC current (alternating current) typically extends out about a foot from walls in the average home or building in the U.S.

**4. Wash Off Pack.** Next, wash the mud off all areas. (You may use a wash cloth with a few drops of **Premier Liquid Soap** and water.) Do not re-use the mud as it will have absorbed toxic impurities during the treatment time.

**5. Go Outside For 5 Minutes.** After your session, go outside for about 5 minutes (or longer) to receive broad-spectrum solar radiation (even in the evening). This beneficial radiation helps to stabilize, nourish and strengthen the meridians that have just been detoxified. **Note:** sunlight is only about 1% of the total frequencies of solar radiation; that’s why going outside in the evening or when the sun is not shining is still very beneficial. The mud packs are best done during daylight hours but at least before 7 pm.

**Cold Weather.** Even if it is very cold outside, it is important to go outside even for a few minutes after a detox session. Just be sure to bundle up and keep warm.

**6. Number of Medi-Body Packs™:** You may do up to 3 **Medi-Body Packs™** (i.e. 3 different target areas, one at a time) in one day. If you have been chronically ill or are very sensitive, then you may want to begin with one **Medi-Body Pack™** only per day or spread them out, such as doing 2 or 3 per week until you get stronger.

**7. Medi-Blast.** After doing a **Medi-Body Packs™** (or up to 3 packs), next do the **Medi-Blast**. This is a gentle, but deeply purifying foot bath that directly pulls out toxins that have been released from pathways in the whole body, including the 4 Download Areas and Detox Organs. Doing the **Medi-Blast is especially important after using the Medi-Body Pack™ to avoid other areas of the body from “jamming”**.

**8. Apply Premier DNA Repair Cream.** After doing the Medi-Blast, wait about 10 minutes, then massage a small amount of **Premier DNA Repair Cream** into the target site(s) to nourish and assist in stabilizing it further.

**9.** That was easy. You’re finished! Congratulations on your newly detoxified body areas! **Optional:** Wait 1/2 hour (or more), then do a **Castor Oil Pack** over your kidneys (low back area) or abdominal area for 30 minutes.

## The Medi-Body Pack: *Special Notes*

**Staining from the Medi-Body Pack™:** The **Medi-Body Pack™** contains 100% natural ingredients and will not stain the skin or hair. However, it may stain clothing or bedding. Therefore, it's best to **wear old clothes** when using the Packs.

**Choosing Target Sites:** Select a target area to be cleared. Frequently this is an interference field such as a scar (from surgery, accidents, vaccination scars, ear piercing, etc.) or an area of previous trauma (such as the back of the neck from a whiplash or a hip area from a previous fall, etc.) or select a weak organ or gland area (such as pancreas or lungs) or select a painful area. **Don't forget:** you must clear the Four Download Areas plus the Three Detox Organs areas (kidneys, liver, large intestines) **first** -- before going on to other target areas.

**Typical frequency of use:** Typically, you may treat up to 3 target areas per day using the **Medi-Body Pack™**. If you have been chronically ill or are very sensitive, you may want to begin by treating only 1 target per day or only 2 or 3 per week. Later, as your body becomes stronger, you may detox up to 3 target areas daily, until finally, all interference fields are cleared. However, it is **critical to follow the Medi-Body Pack™ with a Medi-Blast** to be sure that internally released toxins are cleared. (See **Medi-Blast** procedure - a very easy and quick treatment.)

**Typical amount of Medi-Body Pack used:** Usually 2 tablespoons of **Medi-Body Pack™** each target area with approximately 2 teaspoons of **Heavy Metal Nano-Detox™** (or other selected fluid).

**Typical area covered per session:** Use the **Medi-Body Pack™** on only one target area each session (an area about twice the size of the palm of your hand). If a scar is longer than about 6 inches, divide the scar into sections. Use the Pack on an area no longer than about 6 inches per session. If a target area (such as a hip area) is bigger than twice the size of the palm of your hand, divide the area into smaller areas and use the Pack on only one smaller area each session (an area no bigger than about twice the size of the palm of your hand).

Continue the Packs until all of the smaller areas of the target area test clear. If you use a Pack on too large of an area, it may result in a more superficial detoxification and thus, the need for more Packs. The goal is to deeply detoxify each area as much as possible -- so that it is permanently clear -- and then go on to the next area to accomplish the same thing, etc.

**Medi-Packs on the scalp area:** When the **Medi-Body Pack™** is used on the scalp area, you may rinse the Pack off using water and **Premier Shampoo**.

**Using the Packs outside.** When possible, use the Packs outside during sunlight hours over natural ground areas (such as grass or sand) for superior results. Doing detoxification treatments over natural ground allows the body to absorb and incorporate the full extent of the earth's natural frequencies to assist in deeper detoxification while supporting the body's own bioenergetic systems. When possible, sit on natural, nontoxic furniture during the Pack time (such as a wooden chair rather than a metal one - but don't forget: the "mud" can permanently stain wood or cloth).

**When is a target area clear?** Your practitioner will use QRA™ testing to determine when a target area has been permanently cleared (and thus tests strong with QRA™ testing).

**How many Packs are needed to clear a target area (such as an interference field)?** It varies per person, depending on the age and degree of severity of the interference field. When adequate, targeted nutritional support is provided during the detox process, it often takes only 1 to 3 treatments to clear a target area with the **Medi-Body Packs™**.

**Timing of the Packs.** It is best to use the Packs before 7 p.m. in the evening. After 7 p.m., the body begins to go into resting mode and detoxification is often more superficial.

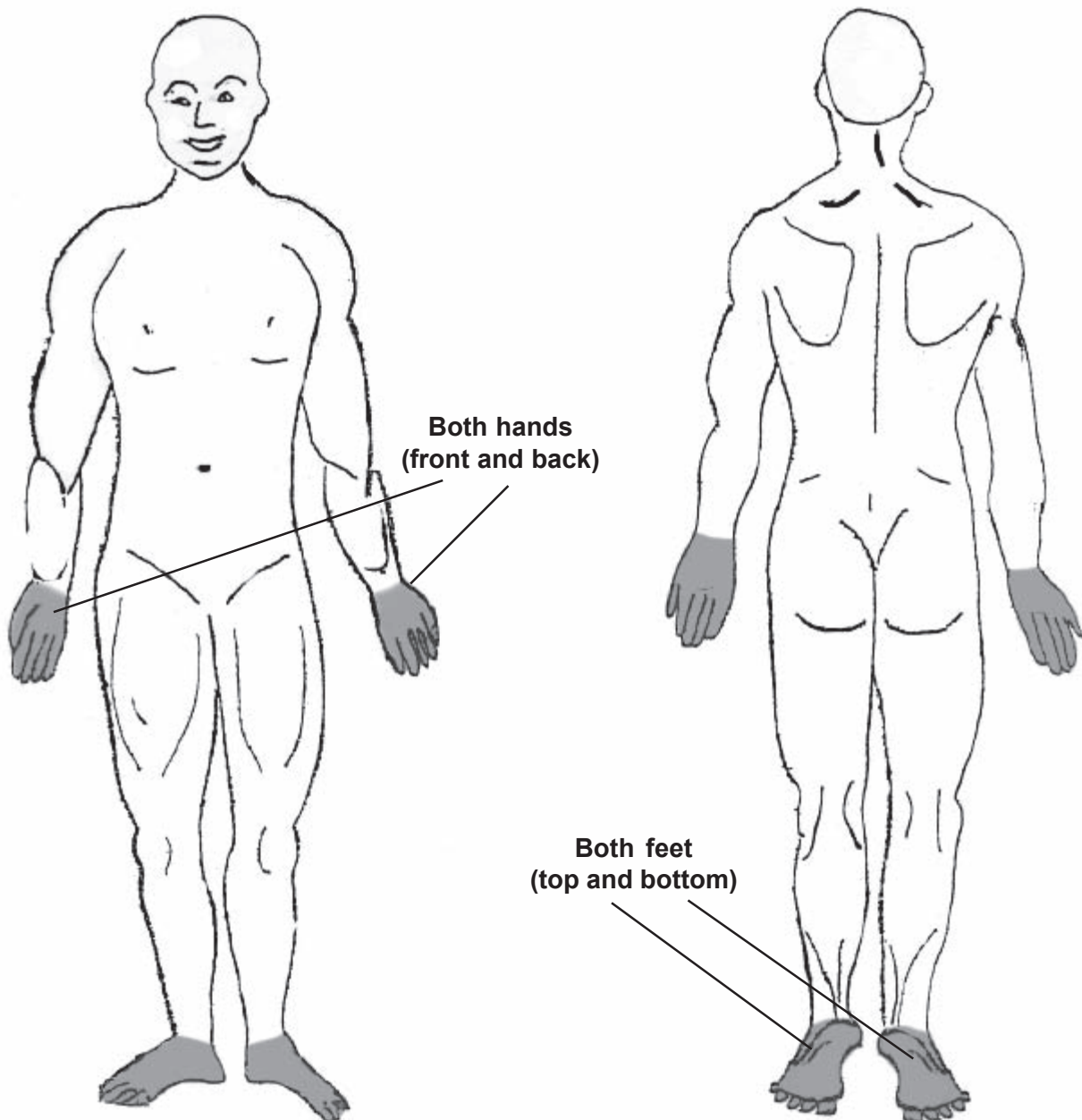
**Quick Tip.** To protect the carpet from getting dirty after you use the **Medi-Body Pack™** on the bottom of your foot, place your foot into an old plastic bag to easily walk to the bathroom to wash off the Pack. Then just throw the bag away.

# The Four Download Areas

## *Using the Medi-Body Packs™*

The “Four Download Areas” are four key, highly polarized, entry/exit areas of the body. When these areas are “on” and are in proper polarity, they assist in keeping the body healthy as well as assisting in ongoing detoxification. When they are blocked (or out of polarity), the body’s bio-energetic pathways can stagnate (literally “backing up”) and can produce pain as well as many symptoms. The Four Download Areas are both hands (front and back up to the wrist) and both feet (top and bottom up to the ankle). The hands and the feet contain hundreds of highly sensitive acupuncture points that are the main bio-energetic release areas for the entire body.

Before selecting a target site to detoxify with a **Medi-Body Pack™**, each of the “Four Download Areas” must test strong. Otherwise, if any of these four important detoxification pathways are weak, then detoxifying other areas of the body may be compromised. If one or more of the Four Download Areas test weak, use a **Medi-Body Pack™** to clear it. (See instructions.)



# The Medi-Body Pack™

## *Tips for the Most Successful Detoxification*

**1.) Test the “Four Download Areas”.** Before using the **Medi-Body Packs™**, first use QRA™ testing (Level III) to be sure that all “Four Download Areas” test strong (using 8 stress taps). The “Four Download Areas” are both hands (front and back up to the wrist) and the both feet (top and bottom up to the ankle).

**2.) Clear all four of the “Four Download Areas”.** If any or all of the Four Download Areas test weak (using QRA™ Level III), then first apply the Packs to each of these four areas, one at a time. Continue using the Packs until all four areas test clear.

- **Example:** If only the top of the left foot tests weak, then apply the Pack to the top left foot area only. Continue applying the Packs to the top of the left foot until it tests strong.
- **Example:** If all Four Download Areas test weak, then choose the left foot (the most important download area to start with) as your first target area. Continue using the Packs until the left foot tests strong. Next, treat the right foot area until it tests strong. Then treat the left hand, then the right hand.

Note: After using 1 to 3 **Medi-Body Packs™**, follow with one **Medi-Blast** to clean up the released internal toxins.

**3.) Test and clear all Three Detox Organ Areas.** Once the Four Download Areas test strong, then test and clear all Three Key Detox Organ Areas: **Kidneys, Liver, Large Intestines**. Begin with the Kidney area first. If either Kidney area tests weak, then detoxify each area, one at a time (start with the left side). Then test Liver and Large Intestine areas. If any area is weak, detoxify that area, one at a time.

Note: After using 1 to 3 **Medi-Body Packs™**, follow with one **Medi-Blast** to clean up the released internal toxins.

**4.) Test and clear a selected Interference Field.** After the Four Download Areas and the Three Key Detox Organ Areas test strong, now you may begin detoxifying a selected interference field.

Note: After using 1 to 3 **Medi-Body Packs™**, follow with one **Medi-Blast** to clean up the released internal toxins.

**Detoxification Scale:** On a “Detoxification Scale” from 1 to 10 (1 = minimal detoxification symptoms, 10 = maximum detox symptoms), using the **Medi-Body Packs™** will sometimes elicit detox symptoms, typically ranging from 0 to 5. After using the Packs, if your patient is experiencing detox symptoms above 5 on the Detox Scale, then you may need to:

- Use the Medi-Blast procedure more consistently after using the **Medi-Body Pack™**.
- Recheck the “Four Download Areas” to be sure they still test strong.
- Recheck each of the “Three Key Detox Organs” to be sure they still test strong.
- Use more nutritional support, especially for the Kidneys and Adrenals.
- Use fewer **Medi-Body Packs™** for a while (only 1 per day or every other day)
- Use a smaller amount of the **Medi-Body Pack™** per session (such as 1/2 tablespoon)
- Be sure the patient is using the Packs before 7 or 8 p.m. (not late at night)

### **Tips for the Best Detox Session for Medi-Body Packs™**

- **Position during the session.** The best position during the **Medi-Body Packs™** is for the patient to sit facing north or east or if laying down on their back, with the top of his/her head pointing toward the south. Second best direction: top of head pointing east. Not Allowed: top of head pointing north.
- **Completely relax.** If someone else is applying the Packs, the patient should be completely relaxed during the treatment time. Therefore, it is best not to sit or read during the session (since the muscles are contracted).
- **No talking.** Avoid allowing the patient to talk during the session so the patient can completely relax.
- **After the session.** It is best for the patient to rest quietly after the session rather than engaging in exercise. Immediately after the session, the patient should go outside to receive beneficial solar radiation for 5 minutes or longer. This helps to nourish and stabilize the meridians that have just been detoxified.



# The Medi-Body Pack™

## Detailed Information



### Using the Medi-Body Pack™

#### Using Special Fluids with the Medi-Body Pack™.

The **Medi-Body Pack™** is mixed with one of five appropriate fluids such as **Heavy Metal Nano-Detox™** rather than water. **Heavy Metal Nano-Detox™** (a special nanized, probiotic-tagged product) is often used initially because it creates a highly resonant synergy with the clays, minerals and other components of the **Medi-Body Pack™** which act to pull out toxins much faster and more thoroughly, reducing the number of sessions needed.

When we initially used water to mix with the **Medi-Body Pack™**, we found the exchange of toxins was less efficient and it required more treatments.

Therefore, for ease of use and faster, more effective results, we recommend using one of the recommended fluids such as **Heavy Metal Nano-Detox™** instead of water to mix the pack.

**Treating the Scalp.** If the target area is the scalp, then one of the five recommended fluids such as **Heavy Metal Nano-Detox™** can also be used with the **Medi-Body Pack™** since it is very easy to wash the “mud” out of the hair and scalp.

### Basic Directions

#### Using the Medi-Body Pack with Heavy Metal Nano-Detox™.

**1. Preparation.** Mix 2 tablespoons of **Medi-Body Pack™ powder** and 1 Vcap of **Quantum Betaine HCL** (open capsule and pour out contents) with approximately 2 teaspoons of **Heavy Metal Nano-Detox™** (or other selected fluid) to make a thick, pudding-like “mud” paste. Mix well in a nonmetallic container (such as glass or plastic) with a nonmetallic spoon (such as Lexan or plastic). (Do not use metal utensils.) Let the mixture set (covered) for 5 minutes before use.

**2. Select Target Area.** Select an appropriate target area to treat. (See the section on what area you need to treat first such as the Four Download Areas and Detox Organs.)

**3. Application.** Mentally divide the selected target area into smaller areas, each about the size of a silver dollar. Apply only enough mud to thinly cover the first silver-dollar size area. Rub the mud into the area vigorously for about 3 seconds. Next, repeat this process on the 2nd silver-dollar size area, etc. until you have treated all of the smaller areas of the entire target area. (Do only one target area at a time.)

The Pack may be done inside or (preferably) outside.

**Polarity:** The human body is a highly polarized, bio-energetically dynamic organism. Therefore, the position treatment is important. For best results, face east or north while sitting on the chair during your detox session. Facing west is marginally acceptable. Avoid facing south. If you are lying down during your detox session, the top of your head should point preferably toward east (to be in harmony with the earth's natural electromagnetic field).

In addition, avoid sitting or lying down within one foot of any wall because the toxic electromagnetic signature of AC current (alternating current) typically extends out about a foot from walls in the average home or building in the U.S.

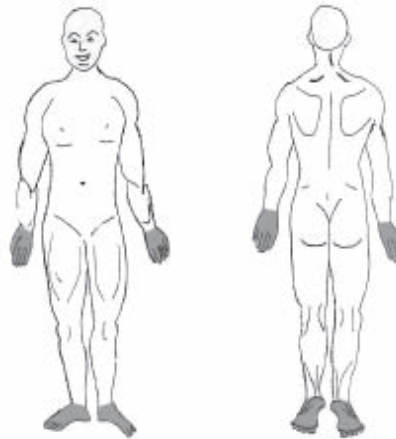
**4. Wash Off Pack.** Next, wash the mud off all areas. (You may use a wash cloth with a few drops of **Premier Liquid Soap** and water.) Do not re-use the mud as it will have absorbed toxic impurities during the treatment time.

**5. Go Outside For 5 Minutes.** After your session, go outside for about 5 minutes (or longer) to receive broad-spectrum solar radiation (even in the evening). This beneficial radiation helps to stabilize, nourish and strengthen the meridians that have just been detoxified. **Note:** sunlight is only about 1% of the total frequencies of solar radiation; that's why going outside in the evening or when the sun is not shining is still very beneficial. The mud packs are best done during daylight hours but at least before 7 pm.

**Cold Weather.** Even if it is very cold outside, it is important to go outside even for a few minutes after a detox session. Just be sure to bundle up and keep warm.

**6. Number of Medi-Body Packs™:** You may do up to **3 Medi-Body Packs™** (i.e. 3 different target areas, one at a time) in one day. If you have been chronically ill or are very sensitive, then you may want to begin with one **Medi-Body Pack™** only per day or spread them out, such as doing 2 or 3 per week until you get stronger.

**7. Medi-Blast.** After doing a Medi-Body Pack (or up to 3 packs), next do the **Medi-Blast**. This is a gentle, but deeply purifying foot bath that directly pulls out toxins that have been released from pathways in the whole body, including the 4 Download Areas and Detox Organs.



**The Four Download Areas**  
*The Four Download Areas are the hands (front and back) and the feet (top and bottom).*

Doing the **Medi-Blast** is especially important after using the **Medi-Body Pack** to avoid other areas of the body from “jamming”.

**8. Apply Premier DNA Repair Cream.** After doing the Medi-Blast, wait about 10 minutes, then massage a small amount of **Premier DNA Repair Cream** into the target site(s) to nourish and assist in stabilizing it further.

**9.** That was easy. You’re finished! Congratulations on your newly detoxified body areas!

Optional: Wait 1/2 hour (or more), then do a **Castor Oil Pack** over your kidneys (low back area) or abdominal area for 30 minutes.

### Area of “Mud” on Target Site

Generally speaking, apply the pack (“mud”) on the target site to cover an area no bigger than twice the size of the palm of your hand. If you spread the pack over too large of an area, then you may exceed the body’s ability to detoxify that area and thus, you may not be able to clear the target site quickly (within 1 to 3 sessions).

### The Four Download Areas

Before you choose a target area to detoxify, it is important that all four of the Download Areas test strong. If any one of the four Download Areas tests weak, then the body’s ability to detoxify may be impeded and you may experience unnecessary detoxification symptoms (due to the inability of the body to completely release the toxins).

Therefore, ask your practitioner to use QRA™ testing to test each of your Four Download Areas. The goal is for each of the Four Download Areas to remain strong even after 8 stress taps during kinesiological testing (QRA™ Level III).

**Treat The 4 Download Areas First.** The Four Download areas are the hands (both sides, front and back) and the feet (top and bottom). (*See the Four Download Areas chart.*) All four of your Download Areas should test strong before you can start detoxifying other areas of the body. The Four Download Areas contain hundreds of sensitive acupuncture points that act as the main bioenergetic release sites to download the entire body.

If any or all of the Four Download Areas test weak with one or more stress taps, then you must first detoxify these before you proceed in order to reap the best and fastest results.

**Treating the Download Areas.** For example, if all Four Download Areas test weak (using QRA™ Level III), then treat each area with the **Medi-Body Pack™** (mixed with one of the selected fluids such as **Heavy Metal Nano-Detox™**), one at a time. (*See complete instructions.*) For example, if

only the left foot tests strong, but the other three Download Areas still test weak, then treat each of the three weak areas, one at a time, using the **Medi-Body Pack™**.

**Treat Until Strong.** If you treat a weak Download Area and afterwards, if it still tests weak, continue to treat it until it tests strong. Proceed using the **Medi-Body Packs™** (no more than 3 sessions per day) until all Four Download Areas test strong (using QRA™ Level III). (Note: If you are unable to be tested and are unsure if your Download Areas test strong, we recommend that you treat each Download Area 3 times. If you did 3 sessions per day, this would take only 4 days.)

**The Medi-Blast:** Always be sure to use the Medi-Blast procedure after each **Medi-Body Pack™** (or up to 3 packs each day.) The Medi-Blast is a gentle, but deeply purifying foot bath that directly pulls out toxins that have been internally released from using the **Medi-Body Pack™**.

Although it is a foot bath, the high resonance of the clay-mineral-herbal combination is able to chelate toxins from pathways in the entire body, including the 4 Download Areas, the 3 Detox Organs as well as many other areas. It is especially important after using the **Medi-Body Pack™** to avoid other areas of the body from “jamming” after a detox session.

### The Three Key Detox Organs

Once your practitioner has determined that your Four Download Areas all test strong (using QRA™ Level III), the next step is to be sure that the Three Key Detox Organ Areas also test strong. The Three Detox Organs are **the kidneys, liver and large intestines**. Your practitioner will test all or your Three Detox Organ Areas using QRA™ Level III. If any of your Three Detox Organ Areas test weak, then you will need to detoxify these areas first before choosing other target areas.

**The Kidneys.** The kidney area is commonly a weak area, especially for those who have had chronic health complaints. This area is located on the low back, about 2 inches lateral to the spine (right and left sides), about 2 to 3 inches above the level of your waist.

If both kidney areas test weak (using QRA Level III), then apply the **Medi-Body Pack™** on one kidney area only, doing one side at a time.

Strengthening the kidney area is critical to the success of using Medi-Body Packs on other areas. In the time-proven science of medical acupuncture, the kidneys are considered to anchor the strength of the entire body. When the kidney’s bioenergetic function weakens, the whole body weakens.

Conversely, as the kidney function improves, it can help the whole body to regain its strength and health.

Depending on the toxicity and weakness of an area, it may take 1 to 3 sessions to clear an area. In the case of severely weakened points, it may take even more sessions. In all cases, adequate nutritional support is critical to achieve rapid success and best detoxification.

**Liver and Large Intestines.** Once both kidney areas test strong, proceed to detoxify the Liver and Large Intestine Areas. After all Three Key Detox Organ Areas test strong (using QRA™ Level III), now you are ready to begin detoxifying other areas of the body.

**Recheck Often.** Each time you treat an area, take the time to briefly recheck all Four Download Areas and the Three Key Organs to be sure that they have remained strong. If any of the areas weaken, then they should be treated again before proceeding. Otherwise, the detoxification process can become more difficult with limited results.

### Very Old or Very Traumatized Areas

If a target site is very old (for example, a scar that is 30 years old) or it is very deep (such as deep wounds or surgeries) or has been very traumatized (for example, the same C-section scar that had been cut 3 times), then it may take more than just a few sessions to clear it. However, be patient. When a weakened area is eventually cleared, many people have felt a whole new, profound sense of freedom from the release of years-old, toxic stagnant residues with internal pathways opened up and operating again that had long been inactive. It can mean a literal rejuvenation of the whole body!

### Maximum Polarity

You can maximize your body's own natural polarity during your session by **facing north or east when seated**. However, for the best results and the most thorough detoxification, allow your body to completely relax during your session. Avoid talking or reading (i.e. holding a book contracts the muscles which does not allow for complete relaxation).

Minimum requirement during detoxification: if seated, avoid facing south (best directions: north or east). If lying down, avoid pointing the head to the north. (Best directions for the top of head to point if lying down: east or west).

### Avoid EMFs (Electromagnetic Fields)

During your detox session, sit or lie at least 1 to 2 feet away from a wall (to avoid the adverse electromagnetic field exposure of the AC current which typically extends out from the wall about 1 to 2 feet in the typical house or building). As much as possible, avoid sitting or lying within 6 to 10

feet of other appliances (such as a refrigerator, stove, oven, TV, etc.) so your body's natural biofield is not influenced by artificial EMFs.

**Quick Tip:** If you are using the **Medi-Body Pack™** on the bottom of your foot, then for convenience, after your detox session is over, insert your foot into an old plastic bag so you can walk to the bathroom (to rinse off) without tracking the "mud" mixture on the floor. Then simply throw the bag away.



### After Your Session

#### A) Solar Radiation

After your detox session, go outside for 5 minutes (or longer) following your session to receive broad-spectrum solar radiation.

At the very least, go outside for a few minutes (even in the evening) and even if you have to wear a coat (due to cold weather).

After the **Medi-Body Pack™** therapy, the body's target areas should now be wide open (energetically speaking) and often for the first time in a long time. Now these target areas (previously "locked out") become able to absorb and store solar radiation (note: sunlight is only a small fraction of the entire spectrum of solar frequencies so it is still effective to get outside for 5 minutes or more even at night if the Packs are done in the early evening).

After washing off the Pack, the detoxified meridians remain open and at high cellular resonance for about 30 minutes -- but begin to fade somewhat if they do not receive exposure to solar radiation to supplement and nourish them.

Therefore, after your Pack, go outside immediately (or at least within 30 minutes) to allow your meridians to imbibe the healing solar frequencies to their fullest. Even if you do not go outside at all after using a Pack, the clinical results can still be quite good -- but receiving solar radiation does expedite the healing process much faster and more completely.

#### B) The Medi-Blast

After receiving solar radiation, do the Medi-Blast procedure to detoxify toxins that have been internally released from using the **Medi-Body Pack™**.



#### C) Nourishing Cream or Essential Oil

Next, apply a small amount of **Premier DNA Repair Cream** or apply a small amount of another natural cream such as **Premier Colostrum Cream** to the target area that you just detoxified. The immune-boosting phytonutrients in the cream can now be more easily absorbed into the meridians for faster healing and stability of the target areas.

Another favorite application is an essential oil such as **Premier Eucalyptus Spray** or **Premier Lavender Oil**.

Choose from any of the Premier creams that contain high cellular resonance ingredients -- all without toxic tagalongs such as propylene glycol, PEG-8 stearate, methyl or propyl paraben or other chemicals you can't pronounce. Strictly avoid toxic creams -- otherwise, **you may be re-toxifying your body!**

## ***Frequently Asked Q & A***

**Q: Why does the body develop weak areas and interference fields?**

**A:** A key reason why the body has developed weakened areas that create abnormal reflexes to other parts of the body is due to insufficient quality and quantity of nutrients at the time of the trauma or injury. Premier quality nutrients are essential for the body to heal itself, especially during times of trauma.

If the body does not have enough nutrients available at the time of the trauma or injury, then the area can become weakened. Once an area of the body has become weakened, it is more likely for toxic chemicals or metabolic toxins to accumulate there.

Our environment has become increasingly toxic. Over **20,000 new chemicals per year have entered our environment** for the past 30 years. The result: more than 1 person in 2 in the U.S. is now chronically ill.

In addition, there has been a **50% reduction in the antioxidant nutriture in our food over the last 25 years**. This is unfortunate because adequate levels of antioxidants are one of the major nutritional defense resources for the body. Interestingly, in research studies, **100% of Americans tested by the EPA were shown to have toxic plastics such as styrene in their fat**. These toxic chemicals increase our risk of cancer, diabetes, Parkinson's, Alzheimer's and so much more, eroding our quality of life.

In addition, **these toxins can block key pathways in the body, such as particular organs and glands. Now more than ever, we need a simple yet elegant way to keep our bodies detoxified.**

**Q: Have we overlooked an easy way to detoxify ourselves from this enormous chemical toxicity in order to protect ourselves?**

**A:** Yes. If you're suffering with any type of illness, especially chronic illnesses like fibromyalgia, chronic fatigue, chemical sensitivity or cancer, chemical toxicity can be a serious

player. There is now a way to rapidly download years of exposure to heavy metals from metallic dental work, pesticides, plastics, dry cleaning chemicals, solvents, gasoline and much more.

Using a new therapy called **Medi-Body Packs™**, you can detoxify yourself from the outside, externally pulling out toxins. This magnificent therapy works to help literally everyone. After a **Medi-Body Pack™**, you'll be amazed at the difference in the way you feel.

**Q: How can we easily detoxify ourselves?**

**A:** By using the secret of the ancients -- therapeutic body packs made from highly detoxifying, grade 10 clays, moor mud with special herbs simply applied on the outside of the body to troublesome sites -- but first clearing the key download sites of the body. This simple but highly effective approach had helped hundreds of patients and when used properly, it has worked quickly and without complications.

**Q: Is there any research on these muds and clays?**

**A:** Yes. There is an enormous amount of research -- over 840 worldwide clinical research studies are available on PubMed alone -- which proves how extraordinarily effective these mud packs are -- and how they work quickly, safely and effectively. Mud packs can quickly eliminate years of bio-accumulated toxins that impair nerve, lymphatic and the body's energy flow (called "chi"). These accumulated toxins are known to delay healing or in many cases, prevent it altogether.

**Q: What is so special about Medi-Body Packs™?**

**A: Medi-Body Packs™** combine various unique earth substances to create an unusually strong synergy with a maximum cation binding capacity:

- 1) High cell resonance, unheated volcanic clay and unheated kaolin clay, rich in naturally occurring beneficial minerals and rare earths with high detoxification capacity -- guaranteed toxin free.
- 2) Shilajit, a natural mineral resin from high mountainous areas of India, rich in key detoxifying organic acids.
- 3) Peat magma, a carbon matrix humate, rich in humic and fulvic acids, delivering critical nutrients to help the body heal itself.

**It's time for all of us  
to detoxify!**



These ingredients have been time proven over thousands of years by ancient healers and were used in many cultures. **Medi-Body Pack™** go a step further, however, to help the body download chemicals and plastics never seen on the earth in ancient times.

4) **Medi-Body Pack™** also deliver a full spectrum of synergistic botanical agents: South American sassurea, European bilberry, skullcap, French maritime pine bark, Ndiian cardamom, fermented mycelial maitake extract, European beta sitosterol, wild blue green algae, grade A Japanese sunlit-grown chlorella (broken cell wall process), grade 10 Indian noni, Indian turmeric and more.

All these premier nutrients have been clinically tested to achieve the most rapid shift of tissue detoxification: the **Quantum Nutrition Effect**.

5) Each of the ingredients are exquisitely well-grown and free of toxic tagalongs. When they are combined together, their effect is far greater than the sum of their individual benefits by a factor of 2 to 100-fold or more. We call this the **Quantum Nutrition Effect**.

**Q: How does the Medi-Body Pack™ work?**

**A:** As mentioned earlier, we all live in an era where everyone is now exposed to many toxic elements – in the air we breathe, in our food and water, in common cleaning products and body care products. **Whatever you put on your skin, you are actually eating** because it can be absorbed internally and go into systemic circulation.

Consequently, for most people, the connective tissue of their bodies have become **saturated with many toxic chemical residues** that have gradually deposited there over time. Proof of this was shown in an EPA study where 100% of tested subjects had accumulated toxic chemicals in their fat tissue, such as dioxins and pesticides. These stored toxins can act to disrupt normal body physiology and function.

To detoxify these chemicals, natural, highly charged clays, shilajit, humates and detoxifying herbs have been brought together for the first time in the same product. Centuries-proven therapies from all over the earth have come together to make PRL's clinically proven **Medi-Body Pack™**.

The natural detoxifiers in the **Medi-Body Pack™** are highly negatively charged. Toxic, synthetic chemicals are positively charged. When the wetted mixture of the **Medi-Body Pack™** is applied to your skin, an osmotic pulling effect occurs where the positively charged ions of the chemical toxins are attracted to the negatively charged ions of the natural clays, acting to draw them out of the body. After massaging the mixture into

the target area, you then simply wash off the spent detoxifying mixture.

**Q: Can these mud packs trigger a wholesale toxin release?**

**A:** Yes, in certain cases, even single ingredients of the **Medi-Body Pack™** have been shown to **eliminate up to 50% of the local bio-accumulation of toxic elements** in a just one application.

**Q: Can these mud packs help scars?**

**A:** Yes. Acupuncturists and naturopaths have been concerned about re-establishing normal energy flow through traumatized areas especially scar areas. Many acupuncturists tell us that the mud packs **work better than any technique that they have seen so far** to quickly and permanently eliminate scar interference fields and quickly reestablish the normal energy flow through the scar -- which is critical for best organ and gland function -- since many of the scars can reflex to organs and glands and slow down or impede their optimal functioning.

**Q: Why aren't more doctors using Medi-Body Pack™ for their patients?**

**A:** The main reason the magnificent mud pack detoxification therapies of the past using therapeutic clays and moor mud, are so little used today may be the lack of therapeutic grade, premier quality ingredients, especially high-cation exchange clays. In fact, some clays we tested actually contained toxic ingredients. Other clays were highly heated (which kills its naturally high cellular resonance and ability to actively detoxify) and some were irradiated (literally "dead" in its therapeutic activity). With the **Medi-Body Pack™**, you are guaranteed non-toxic, super-potent moor mud and rare, detoxifying clays (unheated, not irradiated or tampered with in any way) with world-class synergistic botanical ingredients -- guaranteed pure and highly effective.

After using **Medi-Body Packs™** with hundreds of patients, many practitioners have learned first hand that the chronically ill patient routinely has their meridian channels and connective tissue saturated with toxins -- which stagnates the flow of their nerve, lymphatic and energy systems -- as well as preventing adequate uptake of vital nutrients, especially needed in deficient organs and glands.

Oral supplements often have little effect on most of these bio-accumulated toxins -- because these areas are "locked out"(i.e. harboring a toxic buildup -- unseen by naked eye but nonetheless choking off the area)-- so it is difficult to get the nutrients into the most needed areas. Altogether, this scenario prevents their return to great health.

However, after using the **Medi-Body Packs™**, we often see dramatic clinical results because the toxic, stagnated areas can be quickly cleared -- thus allowing the free flow of bio-energy into the area again -- so the body can once again begin healing itself.

These areas of hidden body toxicity are **one of the most overlooked factors that prevent the body from healing**. And how unfortunate for so much suffering individuals, since it is relatively simple and fast to detoxify these areas with the Packs.

**Q: Can you tell us some experiences using the Medi-Body Packs™?**

A: Of course. We have hundreds of exciting success stories using the **Medi-Body Packs™**. Here's a few interesting cases.

**Clearing TMJ Symptoms.** One acupuncturist wrote: "In a single application of a **Medi-Body Pack™** to my left TMJ area, all TMJ symptoms cleared after years of other therapies that didn't work. I've also seen many other spectacular overnight results using **Medi-Body Packs™**. Definitely one of the more profound, overlooked therapies of today -- clearing hidden toxicity."

**Painful, Swollen Hands.** A medical doctor in San Antonio has had an extraordinary case of a older woman exuding very painful crystals from her hands. With just two or three **Medi-Body Packs™** applied to the hands and the bottoms of the feet, all the redness, swelling, pain and discharge of crystals cleared completely. She had seen a long list of practitioners over the past 8 years with no help.

**Chronic, Stiff Neck.** In another case, a chiropractor in Torrance, CA used **Medi-Body Packs™** to relieve a middle-aged man with a chronic, long-standing stiff neck that interfered with normal sleep and was so painful it interfered with daily tasks as well. This condition was resistant to all other previous therapies. After using just 3 **Medi-Body Packs™** at the site on the neck, he achieved complete relief.

**Q: Are there any special considerations before using a Medi-Body Pack™?**

A: We have researched many different procedures to learn how to best use these Packs for ease of use with the most rapid benefits. The **real key is to first clear the Four Download Areas and the Three Key Detox Organ Areas** (i.e. kidneys, liver and large intestines) before using the **Medi-Body Packs™** on other target areas. This way, the key eliminatory organs become strong and it is much easier for the body to detoxify other areas.

In addition, after detoxifying any area of the body, it is wise

to go back and retest to be sure that the Four Download Areas and Three Detox Organs are still strong. If any become weak, treat that area again before proceeding to other areas.

Before, during and after external detoxification with the Packs, it is also essential to support the body with a healthy dietary routine in addition to key nutritional supplements to nourish and maximize the body's healing potential.

**Q: What is the best area of the body to detoxify first?**

A: Before using the **Medi-Body Packs™** on selected areas of the body, be sure that the Four Download Areas and the Three Key Detox Organ Areas test strong. If not, then use the **Medi-Body Packs™** to clear those areas first. Then, you may use the **Medi-Body Packs™** on other areas of the body.

**Key interference areas** to detoxify are areas of previous trauma such as old scars (i.e. C-sections, vaccination scars, surgical scars, etc.) or areas of trauma without scars (i.e. whiplash, a fall on your hip, an impact site such as from a fast ball, etc.)

**Q: Why do I need to detoxify the 4 Download Areas (my feet and hands) when they don't bother me?**

A: The 4 Download Areas (the feet and hands) are saturated with highly active acupuncture points and act as key, highly charged, bio-electrical circuits to help draw out the toxins lodged elsewhere in the body.

Through clinical experience, we have found that these 4 key Download Areas are critical in helping to pull out the systemic toxins that have accumulated at other areas in the body. Before using the 4 Download Areas, we had varied clinical success. Now, by first detoxifying the 4 Download Areas before proceeding to other target areas, we have achieved consistently excellent results.

**Q: How do you know when a target body site has been detoxified?**

A: Your practitioner can test you using QRA™ (Quantum Reflex Analysis) muscle testing to determine if an area has been cleared and now tests strong. In general, if an area tests strong with QRA™ Level III (a challenge muscle test using 8 stress-taps), then the area is considered to be clear.

**Q: Why is the Medi-Body Pack™ recommended for use over old scars? My scars don't hurt or bother me.**

A: Since 1925, European doctors have done a considerable amount of research showing that old scars (or sites of previous trauma, such as a whiplash, falls, internal surgical pins, etc.) can create an interference field which reflexes to distant, unrelated body sites to create unexplainable pain, fatigue, allergies, physiological dysfunction and many more symptoms -- that are resistant to treatment.

Researchers found that a traumatized area such as an old scar acted like a stagnant, toxic pool, preventing the normal flow of the body's governing electromagnetic circuits. They proved that there is a measurable voltage buildup against the scar, with the scar in effect acting like an electrical "short" in the body's bio-energy field.

Through biopsies, they found that the immediate area adjacent to a scar had often become highly toxic – with a greater than normal deposition of accumulated infectious material and metabolic toxins (but unseen to the human eye) – explaining why the area acted like an bio-energetic blockage. They observed that their patients usually did not complain about a scar area itself — but they were able to prove that it was the scar areas that were the culprits in creating unresolvable symptoms.

Applying the **Medi-Body Pack™** over scar areas can help to rapidly cleanse and detoxify the accumulated bio-toxicity around the scar and help the body re-establish its own normal bio-electromagnetic flow. Our clinical experience has proven that the Packs are immensely helpful in aiding the healing process throughout the body.

**Q: How often do I need to apply the packs to clear a reflex caused by a scar?**

A: Your practitioner can test you using a simple QRA™ muscle testing procedure to determine which of your scar areas are reactive. Each person's healing process is unique. Some scar areas may clear and test strong with a single Pack. Other scar areas may require several Packs in order to clear and test strong. Areas that have been extremely traumatized may require additional packs before they clear.

**Q: Can I leave the "mud" on my skin for awhile after I massage it in - for better results?**

A: No. Leaving the **Medi-Body Pack™** on after you have massaged it into the target area does not yield additional results. After your massage the "mud" into your skin, there is an immediate toxin exchange. For the amount of mud used, the mixture will have drawn out the maximum toxins possible for that session, depending on the health and condition of the body.

**Q: Can I use the Medi-Body Pack™ every day?**

A: Yes. Up to 3 **Medi-Body Packs™** may be used each day. However, in the beginning, you have the most detoxification to do. When you first begin to use the packs, to minimize any detoxification reactions, you may want to begin with just one Pack per day or if you are very sensitive or have been chronically ill, you may want to skip days between packs to allow the body to rest and detoxify.

After each pack is washed off, the body continues to gently detoxify for about 12 hours.

In addition, for best results, follow the use of the **Medi-Body Pack™** by the **Medi-Blast** -- which helps to pull out additional toxins released within the meridian system and restores life-critical electrolytes to prevent possible fatigue.

**Q: I fell asleep with the Medi-Body Pack™ "mud" still on my body. Did I hurt myself?**

A: No, the **Medi-Body Pack™** is a nontoxic detoxification concentrate made of natural clays, minerals and chemo-toxin-free herbal detoxifiers. Its pulling power to draw out toxins is exhausted once it is massaged into the body. Leaving it on longer will not provide further help nor will it hurt the body. However, it is best to wash off the "mud" after use with a non-chemical soap such as **Premier Liquid Soap**, then go outside to receive solar radiation for a few minutes.

**Q: After my "mud" detox session, the "mud" mixture was still wet. Should I wait until it is dry to wash it off?**

A: No. The **Medi-Body Pack™** does not need to dry - so after you massage it into your target area, it may still feel wet. The pack does not need to become dry to work. However, after use, its detoxification capacity is exhausted and it should be washed off.

**Q: Can I use the Medi-Body Packs™ on my dog or on my 2-year old child?**

A: Of course. Pets can benefit immensely from the use of this elegant detoxification technique. For your pet, you will still need to detoxify their 4 Download Areas first before using a Pack on another area. The download areas for animals are all 4 paws; you should treat them one at a time.

If you are unable to test and are unsure whether their 4 Download Areas (i.e. the 4 paws) test strong or not, then it is best to treat all 4 areas first (one at a time) before selecting another area to treat. In addition, be sure to treat their 3 Key Detox Organ Areas as well (i.e. their kidneys, liver, and large intestines).

And of course, do not forget to use key nutritional support supplements with your pets such as **Quantum Greens Mix Powder**, **Quantum EFA Oil Blend** and **Quantum Coral Powder**. Just blend them right into their food.

Regarding the use of **Medi-Body Packs™** with children (age 1 and up), they can be of significant benefit -- just use the **Medi-Body Packs™** the same way you would with adults. (See complete instructions for use.)

**Q: After my first Medi-Body Pack™, I felt more tired than usual the following day. Did I do something wrong?**

A: Not necessarily. When the body is undergoing detoxification and deep-seated tissue repair, it is not unusual to feel tired for a short period of time.

This is your body's signal telling you to rest more during this time. In addition, be sure that you support your body's healing capacity with premier quality nutrients such as **Lean Body Whey Protein™** and **Quantum Greens Mix**, key sources for "once living" Super Foods, delivering every nutrient essential for life. Without sufficient amounts of quality nutrients, the body is unable to adequately repair and regenerate itself.

Also, do not forget to do the Medi-Blast procedure after the **Medi-Body Pack™** (or up to 3 **Medi-Body Packs™**) because it provides excellent help in pulling out toxins that have been released. (Toxins that have not been completely eliminated often make you feel very tired.)

**Q: Can I re-use the packs after I've applied them to my body if I save the "mud" when I wash it off?**

A: No -- do not re-use the **Medi-Body Packs™**. The detoxifying properties of the Pack pull out and complex with internal toxins. Once you have applied the mixture to your body, it becomes spent with no further detoxifying capacity. After use, simply wash off the mixture with water and **Premier Liquid Soap**.

**Q: Do I need to follow a special diet or use nutritional supplements during the time I use the Medi-Body Pack™?**

A: Of course. Since you are in the loving, nurturing process of purifying and helping your body heal itself, you can best support your body during this period of detoxification with a natural, whole foods diet. Avoid the health destroyers of fast foods with white flour, refined sugar and food chemicals.

During the detoxification process, it is also necessary for the body to receive high quality, natural-source nutrients for whole body support. It is best to use premier quality, non-toxic supplements, especially without toxic tagalongs such as calcium or magnesium stearate.

Using premier quality supplements is particularly of great benefit for support during detoxification. Your practitioner can offer specific recommendations for key nutrient complexes that are best for you during this time.

Key products to take: **Lean-Body Whey™ Protein Blend**, **Quantum Greens Mix** and **Quantum EFA Oil Blend**.

**Q: How long can I continue to use the Medi-Body Packs™?**

A: You may use the **Medi-Body Packs™** indefinitely. Depending on your body areas that need to be cleared, it is recommended to continue using the Packs until all areas are clear.

For example, if you have 14 trauma or injury areas, you may continue using the Packs until each of the 14 areas are cleared and test strong.

Because of our ongoing exposure to toxic chemicals in our environment, many people choose to continue using the Packs once a week or twice a month, to keep detoxified on a regular basis.

**Q: Can you take the Medi-Body Pack™ internally to purify internal organs?**

A: No. The **Medi-Body Pack™** is designed for external use only.

**Q: Why is the Medi-Blast foot bath recommended after doing the Medi-Body Packs™?**

A: The **Medi-Blast** is a simple foot bath for 10 minutes after using the **Medi-Body Pack™** using highly ionically charged crystalline minerals, peat magma and other detoxifiers to replace badly needed electrolytes and to help clear toxins released from the **Medi-Body Pack™**.

The **Medi-Blast** helps you sail through the detox procedure easily with few or no detox symptoms.

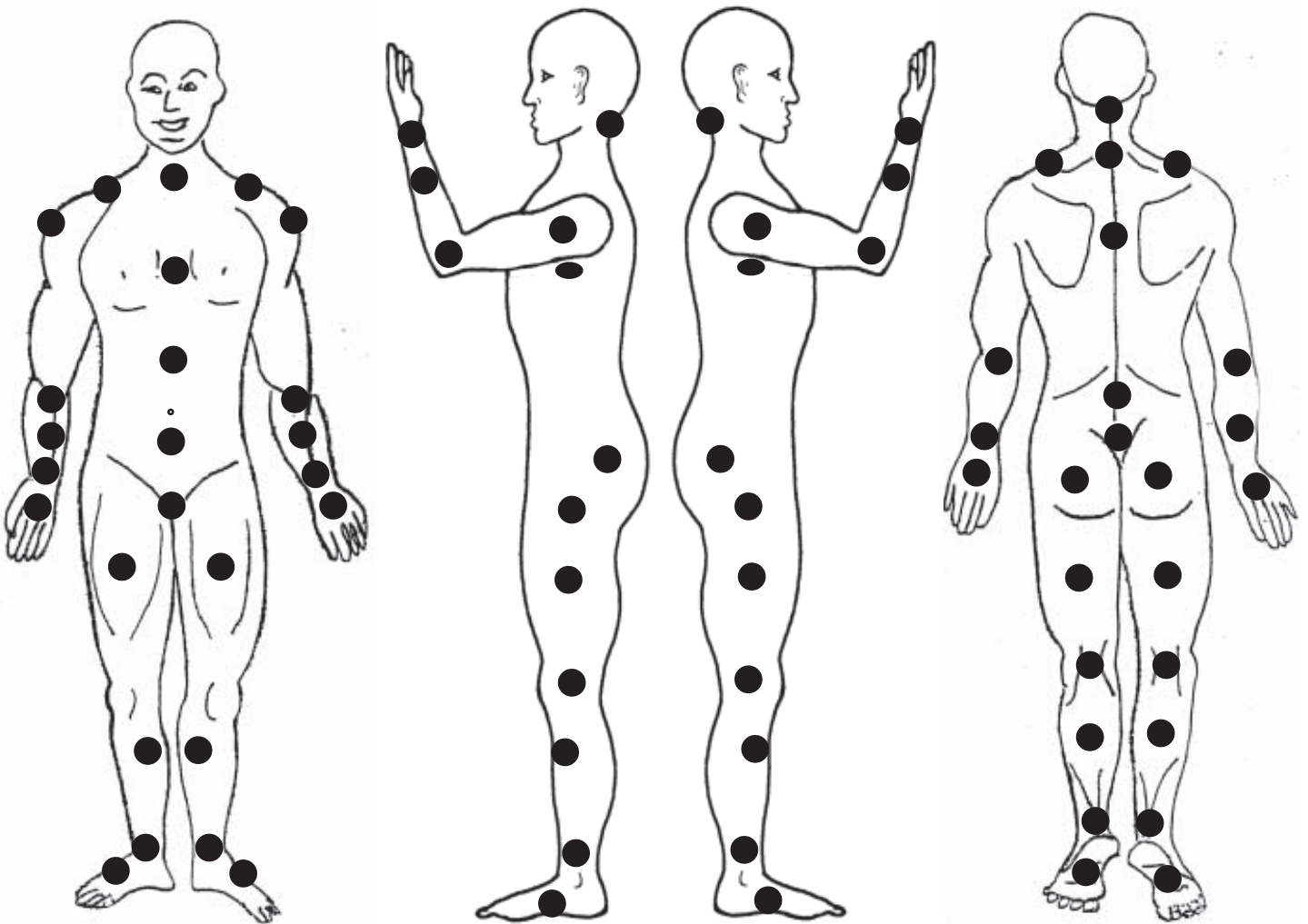
# Common Toxic Focal Sites

## *Common Sites to Use Medi-Body Packs™*

The following chart shows common toxic focal sites of the body. Over time, these areas can often bioaccumulate a broad range of environmental and metabolic toxins, which can act to block the normal energy flow of the meridian network of the body, thus perpetuating illness and preventing complete recovery.

After using **Medi-Body Packs™** to clear known interference fields such as scar and trauma areas, then use QRA™ testing to check the areas illustrated below to be sure that they are clear as well. If not, then use **Medi-Body Packs™** to clear these areas and ensure spectacular results.

Often, one or more of these focal sites will test poorly on QRA™ testing and must be cleared for complete healing and recovery. Commonly, the QRA™ testing process of the body focal sites (below) may trigger the patient's memory of trauma to a certain area (that they previously had forgotten). Regardless of whether or not a patient can remember any trauma to a particular focal site, if an area tests poorly, it should be treated to achieve maximum recovery and long-lasting results.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Medi-Body Pack™ Procedure

### Basic Directions

The following procedure can be used 3 to 4 days each week.

1. **BRT.** Begin with the simple BRT procedure using the **BRT™ Therapy Vial** and **BRT™ Mineral Vial**.

2. **Medi-Body Pack™.** (*See Complete Directions for all details.*)

**Important Note:** The **Medi-Body Pack™** may stain clothing and the **Castor-Immune Pack** may get clothing oily. Therefore, please wear old clothing when doing the **Medi-Body Pack™** or **Castor-Immune Pack**.

a. **Preparation.** Mix 2 tablespoons of **Medi-Body Pack™ powder** and 1 Vcap of **Quantum Betaine HCL** with approximately 2 teaspoons of the selected fluid such as **Heavy Metal Nano-Detox™** to make a thick “mud”. Mix well with a non-metallic spoon in a non-metallic container (such as a glass bowl and a Lexan plastic spoon).

b. **Application.** Preferably, sit on a comfortable chair facing north or east (for best body polarity). Mentally divide the selected target area into smaller areas, each about the size of a silver dollar. Apply only enough mud to thinly cover the first silver-dollar size area. Rub the mud into the area vigorously for about 3 seconds. Next, repeat this process on the 2nd silver-dollar size area, etc. until you have treated all of the smaller areas of the entire target area. (Do only one target area at a time.) The Pack may be done inside or (preferably) outside.

**Target Area:** \_\_\_\_\_

c. **Wash Off.** Next, cleanse mud off all areas. (You may use a wash cloth with a few drops of **Premier Liquid Soap** and water.) Do not re-use the mud as it will have absorbed toxic impurities during the treatment time.

d. **Go Outside.** Go outdoors for 5 minutes (or longer) so your body can absorb beneficial solar radiation (*not just sunlight*) to nourish and re-set your body’s biofield. You may go outside day or night. Packs are best done before 7 pm. (Note: if you do 2 or 3 **Medi-Body Packs™** in a row, you only need to go outside for 5 minutes once after completing them. However, it is essential to use the **Medi-Blast** next -- *see below.*)

**Please Note: You may do 1 to 3 Medi-Body Packs in a row before doing the Medi-Blast.**

It is highly recommended to use the **Medi-Blast** after the **Medi-Body Pack(s)™**. The **Medi-Blast** provides ionically charged electrolytes for smooth sailing during this detoxification time. It also helps to gently but very effectively eliminate internal debris liberated by the **Medi-Body Pack™**. At any time, if detox symptoms start to weigh you down (such as feeling tired, headache, etc.), you may do an extra **Medi-Blast** to help quickly pull you out of it.

3. **Medi-Blast** (Detoxifying, full-body toxin chelation with electrolyte replacement)

This gentle, but deeply purifying foot bath directly pulls out toxins that have been internally released from using the **Medi-Body Pack™**. Although it is a foot bath, the high resonance of the clay- mineral- herbal combination is able to chelate toxins from pathways in the entire body, including the 4 Download Areas, the 3 Detox Organs and many other areas. It is especially important after using the **Medi-Body Pack™** to avoid other areas of the body from “jamming” after a detox session. (*Please see separate **Medi-Blast** sheet for complete instructions.*)

a. Mix **1 cup of Medi-Body Bath™** and **12 cups of hot water** in a foot-size, plastic container (non-metallic).

b. Mix the powder into the water with your hand. **Optional:** add 4 drops of **Q. Allucidin Liquid** into the water for increased quantum cellular resonance.

c. Soak feet for 10 minutes, then towel dry. When finished, throw out the soak water. (Do not re-use.)

**Please wait 30 minutes (or more) before continuing.** Next, using a **Castor-Immune Pack** is highly recommended or you may use the **Castor-Immune Pack** separately by itself on a different day. Generally, the **Castor-Immune Pack** is used once daily (alone or after other therapies).

4. **Optional: Castor-Immune Pack** (*See “Castor-Immune Pack” sheet for complete directions.*)

a. Prepare a Castor Oil Pack by saturating 3 sheets of organic cotton flannel (each 6” x 8”) such as **Quantum Flannel** with about 5 tablespoons of **Quantum Castor Oil** (until it is sticky-wet with oil but not dripping wet).

b. Select a target area to be treated. **Target Area:** \_\_\_\_\_

c. Place 4 drop of **Quantum Allucidin™ Liquid** on the target area. Massage well into the area.

d. Apply 4 drops of an immune boosting oil (i.e. **Quantum Neem Oil**) and massage well into the target area.

e. Apply the Castor Oil Pack over the target area and apply heat for 30-60 minutes. (Cover the pack with a sheet of plastic to protect the heating pad.)

f. After allotted time, wipe excess oil off the target area with a paper towel. Last, massage the area with a small dab of **Quantum Pain Relief Cream** to assure maximum chelation of toxins.

# Medi-Blast Procedure

*Detoxifying, Gentle Foot Bath for Full Body Toxin Chelation and Purification*

**What is the Medi-Blast?** The **Medi-Blast** is a gentle, but deeply purifying foot bath that directly pulls released toxins from pathways *in the whole body*. It is especially important after using the **Medi-Body Pack™** or **Medi-Dental Pack™** to avoid other areas of the body from “jamming” from released toxins after a detox session. The **Medi-Blast** is **highly recommended** to promote smooth sailing during external detoxification sessions, especially for sensitive people, those that have been chronically ill or who have had dental problems. You may also use the **Medi-Blast** on any day alone by itself if you are feeling low energy or experiencing any detox symptoms.

## **Basic Instructions**

- a. **Add hot water.** Fill a foot-size, plastic container (non-metallic) with **12 cups of hot water** (purified water is best, but not absolutely necessary).

Note: If tap water is used (which is known to contain various toxic chemicals such as chlorine, fluoride, etc.), then a small portion of the foot bath’s detoxifying power will be used up in detoxifying the water itself, but the major detoxifying effect will still be available to act.

Water temperature: The foot bath water should be very warm, but not too hot. For some individuals, such as diabetics, the sense of temperature may be impaired and they may be unable to accurately sense water temperature. In these cases, only use mildly warm water (to avoid water that is too hot that may burn or hurt the skin.) If you are unsure, always use a milder temperature of water. Cooler water is better than too hot.

- b. **Add powder.** Add **1 cup of Medi-Body Bath™** powder (a blend of detoxifying earth minerals, volcanic clay, shilajit, moor magma, herbal concentrates, crystalline minerals and more) and briefly mix into the water with your hand.

Note: Some of the crystalline minerals contained in the **Medi-Body Bath™** will only partially dissolve in the water. You may feel slightly chunky crystals on the bottom of the plastic container when your feet are in the water. This is fine. It is not necessary to wait until they have completely dissolved. In fact, once these crystalline minerals are submerged in the water, they begin to emit a very fine, highly resonant, piezoelectric effect into the water which assists in powerfully drawing out impurities and toxins from the body. Some individuals who are very sensitive are able to feel this very fine frequency in the water during the foot bath, almost like a low-grade electrical current. This is the magnificent power of genuine, highly resonant mineral frequencies that are being released. However, if you are unable to feel this unique effect, don’t worry - the foot bath is still working at full potency.

Optional: It is especially effective to add **4 drops of Quantum Allicidin™ Liquid** (serious immune detox/support) into the water.

- c. **Soak for 10 minutes.** Soak feet in the water for 10 minutes, then towel dry. (It is OK if the feet are not completely submerged in the water during the soaking time.) Note: Always avoid letting the feet get cold during the soaking time.
- d. **Towel-dry feet.** After 10 minutes, the maximum cation exchange power of the **Medi-Body Bath™** will be exhausted (i.e. the maximum amount of toxins will have been absorbed into the water). Discard the water. (Do not re-use.)
- e. **Go outside for 5 minutes.** Go outside for 5 minutes (or more if desired) to receive beneficial solar radiation (day or night) to reinforce the new cellular resonance for the whole body. In cold weather, still try to go outside even for a minute or two, if possible.

## **Weight Considerations**

For the maximum “pulling effect” of toxins from the body, the ratio of water to mineral/solutes in the **Medi-Blast** foot bath is very important. Adding too much or too little water can weaken the detoxifying effect of the **Medi-Blast**. Therefore, please follow the chart below for the best proportions based on your weight:

\*For those who weigh 100 to 200 lbs.: use 12 cups of water to 1 cup **Medi-Body Bath™**

\*For those who weigh 200 to 300 lbs.: use 18 cups of water to 1 1/2 cup **Medi-Body Bath™**

\*For those who weigh 40 to 100 lbs.: use 6 cups water to 1/2 cup **Medi-Body Bath™**