

DETOX REGIMEN

For insect bites to deep detoxification.

Use on ankles for general detox.

Directly apply to scar tissue, sore areas, insect bites, nerve pain,....

USING

“Health and Wisdom” Magnesium gel

“GER” Bentonite Calcium clay

INSTRUCTIONS

1. Saturate skin with oil.
 - A. Coconut for dissolving and feet, very strong.
 - B. Olive oil
 - C. Shea butter for rebuilding
 - D. “Shea moisture” Black castor oil - leave in conditioner. As an accelerator with the others
2. Add small amount of Magnesium oil spray 1-2 times
STOP HERE FOR MAINTENANCE OR HAIR
3. Dust with Bentonite Calcium. (very lightly and rub in until absorbed (for maintenance) or liberally on oily skin)
4. Massage in vigorously, a dry wash cloth can be used, as required adding clay and magnesium as needed to achieve roll off and deep tissue relaxation.
 - A. do not over rub dry**
 - B. watch for open areas and work edges
 - C. take a good collagen and other supplements to aid in repairs, see list.
5. Finish with olive oil or shea butter
6. Wash with warm, not hot, water and re-oil, as needed, and after washing, for pain (mag) or dryness/burn (olive or shea)