

# Optimal Health

## WITH GRACE

Directions for making the ReMag magnesium supplement delicious.

1. Add about  $\frac{1}{2}$  cup of warm water to a 32 ounce (1 quart) jar. Then add  $\frac{1}{2}$ -1 teaspoon of honey - it mixes much better in warm water than in cold water. You may want to start with more honey than that. Fill the jar/container the rest of the way with water.
2. Squeeze juice from  $\frac{1}{4}$  -  $\frac{1}{2}$  lemon into water. If the lemon is more juicy, I just use  $\frac{1}{4}$ . Add a pinch or two of salt to the water. Salt with visible trace minerals (brown and reddish spots) is most desirable as minerals tend to work together (RealSalt, Himalayan Salt, Celtic Sea Salt, etc). I also add 2-3 drops of essential oil to the mix.
3. Add the potassium and/or magnesium supplements as directed. **Start low and slow.** Add just  $\frac{1}{4}$  teaspoon of each. Mix well and sip throughout the day – should last 8 hours or so. Increase potassium to just  $\frac{1}{2}$  teaspoon per day but continue increasing the magnesium by  $\frac{1}{4}$  teaspoon every 3-4 days.

You will know when you are saturated with magnesium as you will get loose stools – like really loose, like water coming out your ass loose! If this happens, the next day, decrease the magnesium by  $\frac{1}{4}$  -  $\frac{1}{2}$  teaspoon. This will be the level at which you are saturated.

Ciao!  
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