

Mud For “Download” Areas

The Four Download areas are the hands (both sides, front and back) and the feet. 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.

INSTRUCTIONS FOR “DOWNLOAD” MUD:

The “powder” will be either Medi Body Pack or Magma Facial Mask, the Liquid will be determined by QRA testing. The order of application is: Left foot x3, Right foot x3, left hand x3, right hand x3. Do each foot and hand separately.

Mix ¼ cup of Powder with (your liquid) into a thin paste (like cake batter) in a glass or plastic bowl. Open 1 capsule of Premier HCL and pour into mud. Cover and let sit 5 minutes. Make more as needed to get through both feet and hands.(add liquid, slowly)

Apply to bottom of LEFT foot. Cover mud. Leave this mud on for 5 minutes.

Put on Nitrile/latex gloves and remove the mud using water and towels.

Re-apply mud and leave on for 5 minutes, then repeat twice for a total of 3 times.

Apply to bottom of RIGHT foot. Cover mud. Leave this mud on for 5 minutes.

Put on Nitrile/latex gloves and remove the mud using water and towels.

Re-apply mud and leave on for 5 minutes, then repeat for a total of 3 times.

Apply to palm and back of LEFT hand. Cover mud. Leave this mud on for 5 minutes.

Put on Nitrile/latex gloves and remove the mud using water and towels.

Re-apply mud and leave on for 5 minutes, then repeat for a total of 3 times.

Apply to palm and back of RIGHT hand. Cover mud. Leave this mud on for 5 minutes.

Put on Nitrile/latex gloves and remove the mud using water and towels.

Re-apply mud and leave on for 5 minutes, then repeat for a total of 3 times.

FOOT & HAND BATH “MEDI-BLAST” PROCEDURE

After finishing the mud packs, mix Medi Body Bath per the instructions on the container into a plastic tub just big enough for both two to fit in. It is optimal to also soak your hands in the bath with your feet. If you have a stool you can set the tub on that can bend forward over safely for 10 minutes. Place the tub in front of the chair on a stool to elevate it off the ground a bit. If this is not comfortable, make 2 separate baths and soak feet 10 minutes then hands 10 minutes.

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.