

The Medi-Body Pack

Therapeutic-Grade Clay and Moor Mud Packs

This mud treatment works in conjunction with your customized nutrition program and in many cases will speed up the detoxification and healing process. The mud works effectively to pull toxins such as chemicals and heavy metals right out of the body at the site where they entered. This is a great treatment for vaccination sites, as well as for traumatic injuries that left physical scars or unresolved health problems.

For Your At-Home Mud Treatment You Will Need the Following Items:

- **Medi-Body Pack**
- **Medi-Soak**
- **Medi-Bath**
- **Betaine HCL**
- Liquids for mixing with the dried mud (ie. **Heavy Metal nano, Green Tea Nano, DHLA nano** and/or **Vintage Vinegar**)
- Non-metal bowl (preferably one with an air-tight lid)
- Non-metal spoon
- Old Towels
- Bucket to soak your feet
- **Aloe Vera Juice**
- **Coral Complex** or **Coral Legend**

The Mud Treatment is Performed in 5 Steps:

STEP 1: MUD PREPARATION

For every 2 tablespoons of **Medi-Body Pack™** powder you want to add 1 capsule of **Betaine HCL** (open capsule and pour out contents) with approximately 2 teaspoons of the recommended liquid. (Your practitioner will test you for the appropriate liquid.) Mix well in a nonmetallic container (glass bowl) with a nonmetallic spoon (preferably a small rubber spatula.) The consistency should be slightly thicker than cake batter or mousse. If you can “pour” the mixture, it’s too thin. You may add more powder or liquid until the consistency is right. This is the mud that will be applied to your target area.

Typical size of a target area: Excluding your hands and feet, the size of your target area should be no larger than the palm of your hand. If a scar is longer than 6 inches, divide the scar into sections and pack 3 inches at a time. In this case, you’ll need to rinse after each 3 inch section.

STEP 2: MUD APPLICATION

After selecting the target site to treat, mentally divide this 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. Then you may move on to the next target area. Once you have finished the third target area you may rinse. Then, apply the mixture to the indicated hand(s) or foot/feet to ensure proper drainage.

STEP 3: SOLAR RADIATION

Next you need to go outside for about 5-10 minutes. This step is very important to minimize any detox side effects from the mud treatments.

STEP 4: SOAKING YOUR FEET (VERY IMPORTANT NOTE)

Always finish each mud pack session with a **Medi Blast (foot soak)**. This is a crucial step that must not be skipped. The body has released toxins internally and the foot soaks will draw these toxins out.

***Note:** You may do up to 3 treatments per day; however, if you experience any detox reactions (e.g. weakness, fatigue, dehydration) then it is recommended that you do fewer treatments at one time or leave more days in between the treatments.*

STEP 5: AFTERCARE

By the end of the same day that you applied the mud treatments you may need to soak your feet for 20+ minutes using $\frac{3}{4}$ cup **Medi-Soak** and warm water. This will rejuvenate and re-hydrate you.

***Note:** You can sit outside and do the Medi-Soak while you read and relax OR while working on the computer or cutting and chopping in the kitchen!*

To minimize the effects of detoxification after your mud treatments, you can take 2oz. of **Aloe Juice** and 2 capsules of **Coral Complex** or $\frac{1}{4}$ tsp of **Coral Legend** to chelate the toxins in your body and help eliminate them more quickly.

ADDITIONAL NOTES:

Hands and Feet: When packing the hands start at the wrists and cover the entire hand top and bottom (this includes in between the fingers) and end by rubbing into the palm vigorously. Wait 5 minutes before rinsing. For the feet, start at the ankles and cover the entire foot top and bottom (this includes in between the toes) to the sole. There you should rub vigorously to finish. Wait 5 minutes before rinsing. If you are doing both hands and feet together, pack all 4 and wait 5 minutes before rinsing. Your hands and feet contain hundreds of meridian points, therefore it is very important to cover the entire area and rub vigorously at each silver-dollar size area. Go to The 4 Downloads for more explanation.

Using the Packs outside: When possible, use the Packs outside during the 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.

Timing of the Packs: Generally it is best to use the Packs before 7 p.m. After this time the body begins to go into resting mode and detoxification is often more superficial. The most desirable time is in the morning or afternoon.