
ONE SIMPLE NUTRIENT CAN PREVENT, TREAT, AND REVERSE HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES, AND OTHER CHRONIC CONDITIONS.

Health And Wisdom's Transdermal Magnesium Oil Is THE Answer!!

MAGNESIUM STARTER PACK

This question has been asked hundreds of times so we put together a "Starter Pack" to get you on the road to good health through Magnesium supplementation! By raising Magnesium levels at the cellular level transdermally (through the skin, preferably with foot soaks) and hydrating your cells with 'thin' Prill water, you will be on the road to improved health!

This includes:

- 1 gallon Magnesium Oil to use in foot soaks, applied topically, and added to baths and personal care products.
- 1 Pump dispenser - each "pump" dispenses 1 ounce of Magnesium Oil.
- 1 Empty 12 ounce bottle with a sprayer - fill this with Magnesium Oil for a convenient spray. Use full strength or dilute with Prill water.
- 1 Twelve ounce bottle of Magnesium Gel to be applied topically and added to personal care products.
- 1 Ninety-gram Prill Satchel to treat 1 gallon of water for years and years.
- 1 Hemp Heart Sample! Oh, so good!



MAGNESIUM PRILL PACK

This pack contains all the options needed to have Prill water EVERYWHERE!! Our Prills are Kiln Dried to increase the hardness of them providing years & years of use!!

This includes:

- 1 90-gram Prill Satchel - have a virtually endless supply of Prill water! One satchel will treat one gallon of water for years & years!!
- 1 Ready-to-use One Pound Laundry Pouch - treat your laundry water making it thinner to better permeate the fibers of the fabric to remove dirt more easily! As an added benefit - most customers use only about 10% of their detergent!! We are all about saving money!!
- 1 Two Pound Magnesium Prill Bath Ball - use this to make your bathing experience better by having "thin" water in every bath!! For an even greater treat, check out the Ultimate Bath Pack!
- 1 Two Ounce Magnesium Gel with Seaweed Extract
- 1 Hemp Heart sample! Oh, so good!!



THE ULTIMATE BATH

This pack contains all the options needed to experience THE ULTIMATE BATH!! Relax while you restore your Magnesium levels!

This includes:

- 1 Two Pound Magnesium Prill Bath Ball - Use this to turn your bath water into "thin" water, which increases Magnesium absorption!
- 1 64-ounce Magnesium Oil - use only 2 ounces for every bath.
- 1 Pump Dispenser - dispenses 1 ounce per "pump".
- 1 1.75# Magnesium Bath Crystals - use 2-3 scoops for every bath.
- 1 Magnesium Snow - this is a great detoxifier and provides great visual effects! For most people, when added to the bath water your feet will float!
- 1 Fine Ground Mica Crystals - add Universal Energies to your bath with the addition of the Fine Ground Mica!
- 1 Two Ounce Magnesium Gel with Seaweed Extract - the perfect finish to the Ultimate Bath experience!!
- 1 Hemp Heart Sample - Oh, so yummy!!



Magnesium Oil

USP Pharmaceutical Grade ~ 100% Absorbable

Health And Wisdom's crystal clear, odor-free Magnesium Oil (Magnesium Chloride) is a concentrated essence of pure sea water. Magnesium Oil does wonders as a foot soak, as a bath additive, and as a body spray to re-establish needed Magnesium in the body. Using Magnesium Oil daily aids in accomplishing the first stage of rejuvenation; raising DHEA & intercellular magnesium.*

Although this product is named Magnesium **OIL**, the viscosity of this actually resembles that of **WATER**. The name was applied years ago as, once applied to the skin, there is an appearance of oil. When you pour some into the palm of your hand it almost 'rolls around' as oil would. Because of this, it mixes well with other liquids - well, except OILS!! In which case it separates just as water would when mixed with oils. If adding essential oils – shake before applying. Available in 1 ounce (dropper included), 2 ounce, 4 ounce flip top or dropper tip (with optional sprayer), 12 ounce, 64 ounce, and 1 Gallon (with optional pump dispenser) bottles.

Recommendations for use

As a foot soak

- Using a plastic, glass, or ceramic tub that is large enough to comfortably soak both feet, add 2-4 ounces of Magnesium Oil and enough water cover the tops of your toes, soak 15-20 minutes and discard liquid after soaking. Be sure the temperature of the water is comfortable - no microwaves please! Soak daily for 3-4 weeks to restore the magnesium level to the cells then 2-3 times a week as maintenance. You will know if you need to increase the soaking frequency based on how you feel or if **your** symptoms start to return.

As a body spray

- Mix a solution of 50% Magnesium Oil with 50% Prill water or distilled water - or any comfortable dilution. Spray your entire body (**remove contact lenses** before spraying face). Apply before or after bathing! Let air dry for best results.
- There is no need for additional washing or rinsing, however, once dried, the natural salts in the Magnesium Oil may be uncomfortable to some and rinsing this off is fine. This may be applied full strength but for those with sensitive skin the 50/50 dilution is recommended. Apply the Magnesium Oil to areas of concern several times a day and massage gently.
- Customize your experience by adding essential oils ~ shake the bottle to mix the liquids before spraying!

In a bathtub

- For general maintenance add 2-4 ounces of Magnesium Oil to a hot bath and soak 20-30 minutes. **Remove contact lenses prior to bathing.** If your tub is too small to be totally submerged, soak in shifts ~ ROLL OVER!
- For optimum results, and the **least expensive** route, we recommend the Magnesium Bath Crystals. These are available in a trial size, 3/4#, 1 3/4#, 5.5#, and 14# sizes!

*Based on clinical studies conducted by Dr. C. Norman Shealy.

Magnesium Bath Crystals

Treat yourself to a healthful, relaxing experience! • Restore cellular Magnesium to optimum levels!

Magnesium Bath Crystals are an excellent way to supply the body with magnesium. Aids to relieve back pain, muscle pain, and arthritic pain and stiffness. The Magnesium Bath Crystals are a highly concentrated dry form of the Magnesium Oil.

- Soaking in Magnesium Bath Crystals relaxes nerves, removes everyday stress, relieves tension, "jump starts" enzymes important for protein and carbohydrate metabolism, and more! Add 2-3 scoops (included in each container ~ except the trial size) to a hot bath to experience a soothing, relaxing sensation. Soak for 20-30 minutes.

Note: Initially you may experience extreme relaxation and even feel tired.

Available in 75 gram (1 bath), 3/4# (5-8 baths), 1.75# (10-16 baths), 5.5# (33-50 baths), and 14# (84-127 baths) sizes!

Magnesium Snow

An excellent detoxifying cellular cleanser

Magnesium Snow can be used as a wonderful face mask. By detoxifying and cleansing the facial area, Magnesium Snow may produce a more youthful, healthy complexion. Magnesium Snow may be used on any area of concern. One jar provides enough Magnesium Snow for 25+ baths!

To experience the "ultimate bath"

- Toss the 2# Magnesium Prills Bath Ball into the bathtub while filling it with hot water (a comfortable bath temperature, of course).
 - Add one rounded teaspoon each of Magnesium Snow and the Fine Ground Mica Crystals.
 - Pour 1 - 2 ounces of Magnesium Oil into the tub.
 - Add 2 - 3 small scoops of Magnesium Bath Crystals into the tub.
 - Soak 20 - 30 minutes and enjoy the magic of magnesium!
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Magnesium Gel ~ with Seaweed Extract

Our Magnesium Gel is silky and smooth ~ leaving skin more supple than before! Now with Seaweed Extract you get the additional trace minerals from the sea while supplementing your skin with Magnesium! The Seaweed Extract in the Magnesium Gel is an excellent chelator for pulling radioactive toxins, such as Iodine-131, from the body, which have taken the place of their non-radioactive counterparts. From start to finish this is your complete hair and body product! Cleanse and moisturize your skin and scalp while restoring vital Magnesium.

Magnesium Gel may be applied full strength to the skin and hair to restore lost minerals due to aging. You may experience tightness when applied to the skin ~ **IT IS WONDERFUL!** Available in 2 ounce, 4 ounce (with flip top cap), 12 ounce (with flip top cap), 64 ounce (with optional pump dispenser), and 1 Gallon (with optional pump dispenser) bottles.

Directions

- Mix 1 part shampoo with 1 part gel and shampoo normally.
- After bathing or showering, apply to the body then pat dry.
- Apply full strength to hair before drying for added control when styling or for a more natural look.
- Massage Magnesium Gel into the body to relieve stress & tension.
- Personalize your experience!

Feel free to personalize your Magnesium Oil and Magnesium Gel by adding essential oils or adding these to your favorite lotion or cream (preferably all natural!), even layering Coconut Oil for an exotic experience!! If using essential oils, remember to shake the blend every time you use it as the essential oils will separate from the Magnesium products! Enjoy!

Note: A few people have reported an 'odor' when using the Magnesium Gel, this appears to be person specific and related to the individual's pH on any given day. This does not happen every day and the 'odor' dissipates when dry.

Laminar Mica Crystals

Laminar Mica Crystals have the capability of absorbing and transmitting high vibration frequencies required for healing the body.

WHAT IS MICA, ANYWAY?

Mica comes from a flat thin sheet stone found in the Rocky Mountains. The structure of this unique product has the capacity to collect and transmit vibrational frequencies from the ambient free energies of the universe, which are required for healing the human body.

When placed in water or comes in contact with the human body the energy pulses from Mica Crystals restructure water into thin water, which permeates cellular membranes. Users are known to experience increased energy levels.

Intuitives say that Mica Crystals have the power to significantly reverse the aging process, restore function to many parts of the body and reduce arthritic pain. Mica Crystals do NOT contain any Magnesium.

HOW DO I USE THE LAMINAR MICA?

Use the Laminar Mica Crystals to make pillows, sleepers, smaller "huggies", etc. Remember to use 100% cotton (or other natural fiber) with a high thread count. Natural fibers in our clothing, bedding, and everything we come in contact with will make us happier! Wool, silk, cotton ~ those materials that are God given and natural will remove tension and stress caused by synthetic fibers. Don't forget your pets ~ use all natural fabrics for their bedding too!

- To make a pillow, put the amount of crystals desired in a pillowcase and sew the end closed. Cover with another pillowcase to keep this clean.
- To make a sleeper, use a small sheet folded in half. Sew two sides, add crystals, sew the end closed. Put this on the bed on top of the bottom sheet, arrange the crystals to suit, place another sheet over this to keep the sleeper clean.
- To make "huggies" use a half pillowcase or part of a sheet. Cut this to the desired size, fill with crystals and sew closed. This is great for necks, ankles, knees – any body part that needs some extra attention!
- Put some Laminar Mica Crystals in your crisper to "boost" your fruits and veggies!
- If you have something that you want to treat with the energy pulses of Mica, simply put the container in or on the Mica Crystals. This can be supplements, herbs, food, personal hygiene products ~ the universe is yours!

Available in 1.75#, 4#, and 30# sizes

Fine Ground Mica Crystals

Energize and restructure your bath water. One jar provides enough Fine Ground Mica Crystals for 25+ baths!

To experience the "ultimate bath":

- Toss the 2# Magnesium Prills Bath Ball while filling the bathtub with hot water (a comfortable bathing temperature).
 - Add one rounded teaspoon each of Magnesium Snow and the Fine Ground Mica Crystals.
 - Pour 1 - 2 ounces of Magnesium Oil into the tub.
 - Add 2 - 3 small scoops of Magnesium Bath Crystals into the tub.
 - Soak 20 - 30 minutes and enjoy the magic of magnesium!
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Magnesium Prills

Restructure your water for a variety of uses!

Magnesium Prills change ordinary water into "thin" water, which assimilates into the body cells. Magnesium Prill Water will enhance your nutrient absorption and toxin elimination thus improving your health. Treated water makes the water "thinner" which allows greater penetration in and around the cells of the body. Magnesium Prill beads can be used for drinking, cooking, plants, washing vegetables, as a moisturizing spray, therapeutic bathing and laundry pouches. Variation in prill bead color is normal and part of the manufacturing process.

Available in 90 gram satchels, 1# jar, 1# Laundry Pouch, 2# Bath Ball, 7#, and 50# packages!

To treat water for drinking, cooking, plants, washing vegetables, and as a moisturizing spray ...

- Keep the Magnesium Prills in the mesh bag. Rinse before first use for 3-5 minutes. Place the bag in a one gallon glass or ceramic container and let stand **24 hours**. You may pour off up to three quarts of the water to use, leaving one quart behind and refill with water. Your next batch is ready in one hour, longer is better, up to two weeks. Too much charge will taste metallic. Use Magnesium Prills in your water cooler, or your humidifier. One Prill Satchel will last for years! Refrigeration is NOT required.
- It is recommended that water not be left longer than 2 weeks. If this happens, simply discard the water and start over with the same prills!
- If the bag will not fit in the opening of the bottle, open the bag and pour the prills in loose. To clean the bottle, pour the water through a strainer to save the prills!

Save money and make gifts!

Buy the one pound Magnesium Prills and 5 individual satchels and make your own! Great gift idea!

Treat your Bath Water

- Keep the Magnesium Prills Bath Ball in the mesh bag. Upon initial use, rinse the Magnesium Prills Bath Ball for 3-5 minutes. Place the Magnesium Prills Bath Ball in the tub while filling it with hot water (a comfortable bath temperature). One Magnesium Prills Bath Ball will last for years!
- For the "ultimate bath soak" ~ Put the Prills Bath Ball in the tub. Fill the tub with hot tap water. You may remove the ball or leave it in the tub. (Let the Bath Ball dry ~ **do not** store it wet in an air tight container.) Add 1 - 2 ounces of Magnesium Oil, 2 - 3 scoops of Magnesium Bath Crystals, one rounded teaspoon each of Fine Ground Mica Crystals and Magnesium Snow to your bathtub of Prill water ~ all available from Health and Wisdom! Relax and enjoy the sensation and wonders of Magnesium! Soak for 20-30 minutes. Drink plenty of Prill water after soaking to rehydrate your body.

As a Laundry Pouch

Health And Wisdom's ready-made Laundry Pouch enables you to wash your clothes by using up to **90% LESS detergent** than you are now using! This is a reusable device that lasts for years and years – **saving hundreds of dollars** in detergent and softener.

- **PRIOR TO INITIAL USE** remove the laundry pouch from the plastic bag and discard the plastic bag. Rinse pouch in cold water for 3-5 minutes. Simply toss this into the washer as it is filling with water. Start with 10% of the amount of detergent you normally use and adjust as needed. You will need to pre-treat any stains as usual. Leave this in the washer through the entire cycle.
- Between loads set the pouch to the side, air drying the pouch is fine. Do not store in an airtight container. If multiple loads are being washed, leave the pouch in the washer until you are finished with all the loads then set it out to air dry. Do Not put the pouch in the dryer!
- Remove the Laundry Pouch if you use chlorine bleach as it weakens the FABRIC. **Watch for wear in the pouch fabric and repair or replace as wear occurs to save the prills!** Use 90% LESS Detergent - if you use any at all! Clothes smell great - you may want to rewash your wardrobe!!

Make your own laundry pouch and save a few bucks!

- Purchase one pound of Magnesium Prills and the fabric to make the laundry pouch from H&W.
- Sew a pouch, be sure to double stitch the corners ~ leaving an opening for the prills.
- Put one pound of Magnesium Prills in the pouch. Sew closed.

Additional Benefits to You and the Environment

- Improve your health by not having chemical residue on your clothing – and ultimately on your skin to be absorbed. Our bodies absorb everything put on the skin, if you would not eat it do not apply it to the skin!
- Improve the environment by not dumping chemicals down the drain and reduce land fill 'donations'!

Health and Wisdom Inc.

Prices Effective January 1, 2011

www.health-and-wisdom.com
Toll Free Phone 877-852-5641

| | |
|---------------------|-----------------------|
| Order Total | Shipping |
| Up to 20.00 | \$ 8.00 |
| 20.00 - 50.00 | \$12.00 |
| OVER \$50.00 | FREE SHIPPING! |

Name _____

CC# _____ Exp _____

Phone _____

Email _____

Bill To _____

Ship To (if different) _____

City St Zip _____

City St Zip _____

| | ITEM | ITEM # | PRICE | QTY | TOTAL |
|---|---|--------|--------|-----|-------|
| Packs | VALUE PACKS | | | | |
| | MAGNESIUM STARTER PACK ~ SAVE \$25.00 | 72001 | 100.20 | | |
| | MAGNESIUM PRILL PACK ~ SAVE \$25.00 | 92001 | 111.80 | | |
| | ULTIMATE BATH PACK ~ SAVE \$30.00 | 82001 | 142.30 | | |
| Magnesium Oil | MAGNESIUM OIL | | | | |
| | 2 Ounces | 22002 | 6.30 | | |
| | 4 Ounces Flip top cap (Sprayer Sold Separately) | 22004 | 7.50 | | |
| | 4 Ounces Dropper Tip cap | 22003 | 7.50 | | |
| | 12 Ounces Flip top cap (Sprayer Sold Separately) | 22012 | 11.90 | | |
| | 16 Ounces Flip top cap (Sprayer Sold Separately) | 22016 | 15.80 | | |
| | 64 Ounces (1 ounce Pump Dispenser Sold Separately) | 22064 | 47.00 | | |
| 1 Gallon (1 ounce Pump Dispenser Sold Separately) | 22128 | 78.00 | | | |
| Magnesium Gel | MAGNESIUM GEL with Seaweed Extract | | | | |
| | 2 Ounces | 07002 | 6.80 | | |
| | 4 Ounces Flip top cap | 07004 | 9.50 | | |
| | 12 Ounces Flip top cap | 07012 | 15.70 | | |
| | 64 Ounces (1 ounce Pump Dispenser Sold Separately) | 07064 | 48.80 | | |
| 1 Gallon (1 ounce Pump Dispenser Sold Separately) | 07128 | 79.00 | | | |
| Magnesium Bath Crystals | MAGNESIUM BATH CRYSTALS | | | | |
| | 75 grams 1 bath | 19075 | 4.60 | | |
| | 3/4 Pounds Up to 8 baths | 19341 | 11.00 | | |
| | 1.75 Pounds Up to 14 baths | 19795 | 19.00 | | |
| | 5.5 Pounds Up to 50 baths | 19005 | 48.00 | | |
| | 14 Pounds Up to 127 baths | 19014 | 115.00 | | |
| 35 Pounds Up to 318 baths | 19035 | 235.00 | | | |
| Magnesium Prills | MAGNESIUM PRILLS | | | | |
| | 90 grams Satchel ~ treats 1 Gallon of water perpetually | 23090 | 20.00 | | |
| | Laundry Pouch ~ 1 Pound | 23126 | 50.00 | | |
| | Bath Ball ~ 2 Pounds | 23002 | 60.00 | | |
| | 1 Pound | 23001 | 42.90 | | |
| | 7 Pounds | 23007 | 160.00 | | |
| 50 Pounds | 23050 | 500.00 | | | |



More on reverse

All containers are BPA free!!

Health and Wisdom Inc.

Prices Effective January 1, 2011

www.health-and-wisdom.com

Toll Free Phone 877-852-5641

| | |
|---------------------|-----------------------|
| Order Total | Shipping |
| Up to 20.00 | \$ 8.00 |
| 20.00 - 50.00 | \$12.00 |
| OVER \$50.00 | FREE SHIPPING! |

| | ITEM | ITEM # | PRICE | QTY | TOTAL |
|---------------------------|--|-------------------------------------|--------|-----|-------|
| Snow | MAGNESIUM SNOW - Great for Facials and Baths! 75 grams | 71075 | 18.00 | | |
| Laminar Mica | FINE GROUND LAMINAR MICA - Use in Makeup and in Baths! 100 grams | 51100 | 15.00 | | |
| Laminar Mica | LAMINAR MICA CRYSTALS - High Vibration Natural Mineral 1.75 Pounds | 31795 | 15.00 | | |
| Laminar Mica | 4 Pounds | 31004 | 26.00 | | |
| Laminar Mica | 30 Pounds | 31030 | 125.00 | | |
| Miscellaneous Items | MISCELLANEOUS ITEMS | | | | |
| Miscellaneous Items | Sprayer for 4 oz Magnesium OIL ONLY | 13004 | 3.10 | | |
| Miscellaneous Items | Sprayer for 12 oz Magnesium OIL ONLY | 13012 | 3.10 | | |
| Miscellaneous Items | Sprayer for 16 oz Magnesium OIL ONLY | 13016 | 3.10 | | |
| Miscellaneous Items | Empty 4 oz Bottle w/ Sprayer for OIL ONLY | 51904 | 4.50 | | |
| Miscellaneous Items | Empty 4 oz Bottle w/ Flip Top for OIL or GEL | 50604 | 4.50 | | |
| Miscellaneous Items | Empty 12 oz Bottle w/ Sprayer for OIL ONLY | 51912 | 5.00 | | |
| Miscellaneous Items | Empty 12 oz Bottle w/ Flip Top for OIL or GEL | 50612 | 5.00 | | |
| Miscellaneous Items | Empty 16 oz Bottle w/ Sprayer for OIL ONLY | 51916 | 5.00 | | |
| Miscellaneous Items | Empty 16 oz Bottle w/ Flip Top | 50616 | 5.00 | | |
| Miscellaneous Items | Fabric to make one Laundry Pouch | 13025 | 3.00 | | |
| Miscellaneous Items | 3" x 4" Organza Satchel to make Small Prill Satchels | 13013 | 2.30 | | |
| Miscellaneous Items | 4" x 6" Flat Bottom Organza Satchel for Prill Bath Balls | 13015 | 3.00 | | |
| Miscellaneous Items | 1 oz Pump Dispenser for the 64 ounce Jug | 13064 | 6.50 | | |
| Miscellaneous Items | 1 oz Pump Dispenser for the 1 Gallon Jug | 13010 | 6.50 | | |
| NEW | VIRALIB® **NEW** Aids with the Herpes Virus and Shingles | | | | |
| NEW | 4 Ounces Glass Eye Dropper | 69004 | 39.50 | | |
| Rocky Mountain Hemp | ROCKY MOUNTAIN GRAIN HEMP PRODUCTS | | | | |
| Rocky Mountain Hemp | Hemp Hearts Case of 9 One Pound containers | 26901 | 139.50 | | |
| Rocky Mountain Hemp | Hemp Hearts One Pound | 26454 | 16.00 | | |
| Rocky Mountain Hemp | Square Meal Bars 10 bar variety 1 of each flavor | 16014 | 75.00 | | |
| Rocky Mountain Hemp | Single Bar - choose from: Almond, Blueberry, Cashew, Coconut, Cranberry, Macadamia, Papaya, Pecan, Pineapple, Strawberry | <i>Specify Flavor</i> | 7.50 | | |
| Dr Christopher's Products | DR CHRISTOPHER'S HERBAL PRODUCTS | | | | |
| Dr Christopher's Products | Alcohol Extracts & Oils | Specialty & Personal Items | | | |
| Dr Christopher's Products | Capsules ~ Formulas and Single Herbs | Syrups | | | |
| Dr Christopher's Products | Glycerine Extracts | Bulk Christopher Formulas | | | |
| Dr Christopher's Products | Kid-E-Line ~ Glycerine Extracts for Children | Bulk Herbs ~ Wildcrafted or Organic | | | |
| Dr Christopher's Products | Ointments | | | | |



More on reverse