

# HANDBOOK

INSTRUCTIONS ON USING & UNDERSTANDING YOUR...

## REBIS REGIMEN

Please read all instructions/warnings on the individual **REBIS REGIMEN**® product labels. What follows is an overview of the various alchemical products in the package, and a bit on how and why we use them.



The **REBIS REGIMEN**® is our complete alchemical regimen; a one-month's supply of the regimen once used by the alchemists both in Europe as well as Asia/Asia Minor. This regimen includes a one month's supply of **MAGI'S BLEND**® (our dolomitic limestone product), **AMRITA-ELIXIR**® and **AZOTH-ELIXIR**® (our two alchemical elixirs), and **QUINTA-ZENTIAL**® (our Zechstein liquid magnesium product), as well as grape seed extract (as OPCs, or Oligomeric Proanthocyanidins).

### USING OUR ALCHEMICAL SUPPLEMENTS AND ELIXIRS

**MAGI'S BLEND**® (pure white dolomite): 1 teaspoon daily, preferably in an acidic beverage like Orange Juice, Grapefruit Juice, V8 Vegetable juice, but any liquid, even water, works. However, by stirring one teaspoon into about 6 oz of orange or grapefruit juice for about 1-2 minutes, not only lowers the pH of these acidic beverages, but predigests the dolomite nicely, enabling a higher Ca/Mg bioavailability. Also, the viscosity of juices (especially a real orange juice) tends to keep undigested dolomite in suspension.

Our Alchemical elixirs (**AMRITA/AZOTH**): Use 1–1½ teaspoons of either elixir, **daily**. Long term users (who began taking these elixirs in 2006) have used 1½ teaspoons/day of Amrita for over 6 years, and during this time few have contracted any airborne virus or bacterial infections. You can alternate between **AMRITA** and **AZOTH** elixirs, or mix them and take 1½ teaspoons of the combined elixirs, but we suggest trying each for a few days separately first, to judge the difference between their physiological effects.

**AMRITA-ELIXIR®** and **AZOTH-ELIXIR®** are both dilute magnesium hydroxides – about ½ the viscosity of Phillips Milk of Magnesia (magnesium hydroxide). The active ingredient consists of OMPA (our acronym for: orbitally-mirrored, metallic primordial atoms) di-atoms. These di-atomic molecules have had many names through the ages, including the name ‘quinta essentia’ (five essentials). Trapped within the sponge-like matrix of the elixir’s magnesium hydroxide flock, As a laxative Phillips recommends 2-4 tablespoons of their Milk of Magnesia. When you use our elixirs(s) you’re taking about as little as ⅛ to ⅓ of this amount, hence a very safe, daily dose. ‘Vortexing’ (see below) 1-½ teaspoons of elixir in equal parts distilled water, passes the quinta essentia’s signal into the water, thereby lowering this to as low as ¼ of the laxative amount. This is how safe our elixirs are!

**Note: Shake contents of Elixirs thoroughly before each use. Hydroxides in water and will settle.**

**QUINTA-ZENTIAL®** (Zechstein liquid magnesium): Every **8 sprays = 100mg of elemental Mg**. If using the dolomite and Zechstein ‘liquid magnesium’ together, our suggestion is to make up the difference between the minimum bioavailable amount (in our case, 250 mg of bioavailable Mg per 1 teaspoon of dolomite), boosting it to 500-600mg total. So, **20-28 sprays daily** (250-350mg) is an appropriate amount. Missing a day won’t affect you negatively, but you should build up the amounts in your tissues (this could take a few weeks) before backing off.

Note: Remember, when calculating your daily intake of magnesium, calculate your total magnesium load by including [dietary intake](#), vitamins and other supplementation. Then augment this amount with **QUINTA-ZENTIAL®** (transdermal magnesium) to reach your goal. The FDA’s [DV for magnesium](#) (31+ years) is 320mg for women), 420mg for men. Many factors must be considered to calculate Mg levels on an individual basis, but Dr. Midred Seelig () suggests:

[<http://www.mgwater.com/human.shtml>](http://www.mgwater.com/human.shtml)

**“After study of factors that increase requirements, and consideration of the safety of orally administered Mg to those without significant impairment of renal clearance . . . translating this to total daily Mg intakes, 450-700 mg might be desirable for a 70 kg man, and as much as 600-1000 mg/day for a 100 kg man — whether much of his weight is fat or muscle. Young women maintain equilibrium on lower mg/kg/day Mg-intakes.” 1**

It is hard to take too much magnesium. Palliative oral doses of magnesium (meant to balance chronic magnesium deficiency) are devoid of any toxicity since their purpose is to ameliorate insufficient magnesium intakes. Their indications rest on well-founded epidemiological trials (Durlach et al., 1992a). However, issues can arise from those suffering kidney failure ([renal failure](#)), and higher levels of magnesium may impair the action of some allopathic drugs. 2

We advise that pregnant women, and others who wish to increase Mg intake through transdermal supplementation, consult with their health care provider.

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1. Magnesium Requirements in Human Nutrition (figures): [<http://www.mgwater.com/human.shtml>](http://www.mgwater.com/human.shtml)

2. The contraindications are obvious (Durlach, 1988). Two are exceptional: myasthenia and hypermagnesemic periodic paralysis. There is only one frequent contraindication: overt renal insufficiency (creatinine clearance < 15 ml/mn). Urinary infection with elevated urinary phosphates is a transient contraindication, with the risk of the precipitation of ammonium-magnesium phosphates. Urinary residues must be cleared prior to any magnesium therapy (Durlach, 1988). Magnesium may impair the properties of several drugs: for example 4-quinolones, tetracyclines, several aminoglycosides and vancomycin. The use of these antibiotics constitutes another transient contraindication (Durlach, 1988; Günther, 1991). Finally, within the limits of our present knowledge, solid tumors in a state of development may also be considered as a contraindication of magnesium therapy since magnesium may stimulate their growth (Durlach, 1988; Durlach et al., 1990). However, palliative control of poorly tolerated magnesium deficiency is permissible if it coincides with an effective cytostatic treatment - such as Cisplatin - which prevents the risk of inducing magnesium excess in the sites where magnesium excess is noxious (Durlach, 1988; Durlach et al., 1990). [<http://www.mgwater.com/dur25.shtml>](http://www.mgwater.com/dur25.shtml)

## NOTES ON TRANSDERMAL MAGNESIUM SUPPLEMENTATION

Toxic symptoms from increased magnesium intake are not common because the body eliminates excess amounts unless there are serious problems with kidney function. Magnesium excess sometimes occurs when magnesium is supplemented as a medication (intravenously) because adding magnesium in very large doses in isolation from other nutrients can cause harmful effects on the body. In reality, problems with magnesium supplementation usually occur when the magnesium in the IV is given too rapidly or in too high of a dose, or both.

The balance of calcium to magnesium should be kept in the range of 1:1 to 2:1. If you take more magnesium than calcium, then you are going to upset your calcium balance. However, this is not an issue for people whose dairy intake is high. In western societies, where dairy products are consumed in large amounts, and most of our vegetables are not grown in magnesium-rich soil, most people are getting too much calcium and not enough magnesium.

The ratio of minerals and vitamins to each other is important. Scientists from the University of Helsinki said, “The present average sodium intakes, approximately 3000-4500 mg/day in various industrialized populations, are very high, that is, 2-3-fold in comparison with the current Dietary Reference Intake (DRI) of 1500 mg. The sodium intakes markedly exceed even the level of 2500 mg, which has been recently given as the maximum level of daily intake that is likely to pose no risk of adverse effects on blood pressure or otherwise.

By contrast, the present average potassium, calcium, and magnesium intakes are remarkably lower than the recommended intake levels (DRI). In the U.S., for example, the average intake of these mineral nutrients is only 35-50 percent of the recommended intakes. There is convincing evidence indicating that this imbalance — the high intake of sodium on one hand and the low intakes of potassium, calcium, and magnesium on the other hand — produce and maintain elevated blood pressure in a big portion of the population. Decreased intakes of sodium alone and increased intakes of potassium, calcium, and magnesium each alone decrease elevated blood pressure.

A combination of factors — decreases of sodium and increases of potassium, calcium, and magnesium intakes that are characteristic of the so-called Dietary Approaches to Stop Hypertension ([DASH](#)) diets — have an excellent blood-pressure-lowering effect.”

In isolation and in too high a quantity anything can become a problem. There is a balance needed between minerals, trace elements, and large amounts of magnesium used to treat disorders.

This is why we recommend using both our dolomite and liquid magnesium products as a balanced regimen. Remember that this dolomitic limestone is merely the mineralized version of Cyanobacteria (aka blue-green algae), and [Spirulina](#) is in the same genus. [Spirulina](#), which is high in chlorophyll, is probably the most potent food on planet earth and provides a complete subset of all the minerals and trace elements as well as amino acids and fatty acids we need to sustain life. Since anything that has chlorophyll has magnesium — since magnesium is the center of the chlorophyll molecule — this is another way to increase magnesium intake.

Some people (especially children) might feel a burning or stinging sensation from liquid magnesium when it is applied to certain areas of the body. If this happens wash it off, either try it on a different area of the body, simply dilute the magnesium oil 50/50 with distilled or mineral water. Most people find that, as the body acclimates to the magnesium, the full concentration can eventually be applied. A rule of thumb about dosage: It is always a good idea to start with low dose and work up gradually to higher doses. Whenever any kind of uncomfortable reaction occurs, this is a sign to lower the dosage or concentration.

Any issues with itching are usually due to more unhealthy skin in the area affected. Diluting 50% with water can end this, but using this chloride over time will usually negate any such effects. With up to 98% absorption rates (applied to healthy skin), transdermal magnesium chloride application can target individual areas of need (lymphatic, heart, joints, muscles, etc) and does not compete for uptake with other metals (phosphorus, potassium, iron, etc.). For more info on transdermal magnesium see: <http://www.mgwater.com>

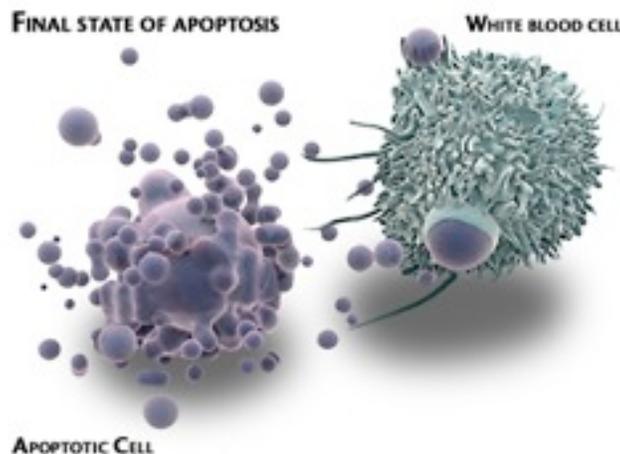
## WHY OPCs (GRAPE SEED EXTRACT)?

Why do we include Grape Seed extract (OPCs) in the **REBIS REBIMEN**? The fact that alchemists across the planet knew of the existence and health benefits of OPCs (incredible antioxidants proven to assist the body's immune system in fighting viral infections and in the apoptotic destruction of cancer cells), is yet another of the remarkable re-discoveries of the science of antiquity which we've made thanks to many years of focused esoteric investigations. Red Grape clusters and peaches turn up in many alchemical drawings and myths of the ancients, because they were the natural sources for these valued supplements. Even Glauber made his famous "Golden Carbunckle" (said to have healing properties almost equal to the Philosopher's Stone) from grape stems, through a Spagyric, calcined preparation. Not only did it make them incredibly healthy, it made them look younger!

"It is interesting to note that it was these OPCs (which rejuvenate the body's collagen, i.e. making regular users of OPCs actually LOOK younger) which accounts for the old stories of alchemists appearing to age incredibly slowly, and not their alchemical elixirs!" — *Dorian Taddei*

OPCs (*oligomeric proanthocyanidins*) can be found in red grapes from the seeds/skins of *Vitis vinifera* L (a variety of red wine grapes), (French) *Maritime pine* bark (found around the world in temperate zones), and in peach seeds (*Prunus persica*, originally from China). For a good overview of the many health benefits OPCs impart to the human body. Visit <[http://www.opcguide.com/OPC\\_Benefits.htm](http://www.opcguide.com/OPC_Benefits.htm)>.

As impressive as the anti-oxidant, collagen replacement and radical reduction in the levels of bad cholesterol properties of OPCs are, recently independent clinical studies have demonstrated specific pathways by which OPCs help the body to destroy cancer cells. OPCs play a critical role in the process of controlled cell death in cancer cells, known as apoptosis. The body uses OPCs in the controlled destruction of cancer cells, making *oligomeric proanthocyanidins* one of the single most important supplements for increased health and longevity of the human body.



## M~VORTEXER (HOMEOPATHIC) TECHNOLOGY

The M~VORTEXER® is a magnetite homeopathy devices designed to increase the potency of four elixirs (in water), and work by altering water to better receive the "signal" (vibrational signature of the OMMPS di-atoms) in an aqueous solution. Although magnetite 'supercharging' of mineral waters has been used for some years now by individuals experimenting with alchemy, it is only in the 'supercharging' of elixirs with high quinta essentia (aka OMMPA) content, that this technology REALLY shines!

What is the M~VORTEXER®? The M~VORTEXER® is a device that conditions pure water allowing it to accept and retain the 'signal' of OMMPA di-atoms. Although we might be tempted to call this a homeopathic device, homeopathy is simply a modern offshoot of alchemical knowledge dating to antiquity. Essentially ramping up the

potency of the elixir, the charger requires a few days to reach its peak efficiency, and then maintains the vibrational signal of any elixir placed into it. The elixir is simply added to equal parts (pure) water, providing the critical medium for the 'projection' and 'multiplication' of its vibrational energy.

From an article on the NaturalNews.com website we find the following [comments](#) concerning Nobel Prize-winner virologist Luc Montagnier (the discoverer of the AIDS Virus), and his take on water's ability to retain and multiply complex molecular vibrational signals.



'Supercharging' effect(s) of Magnetite, explained

“... Montagnier(s) ... experimental research ... confirms one of the controversial features of homeopathic medicine that uses doses of substances that undergo sequential dilution with vigorous shaking in-between each dilution. Although it is common for modern-day scientists to assume that none of the original molecules remain in solution, Montagnier's research (and other of many of his colleagues) has verified that electromagnetic signals of the original medicine remains in the water and has dramatic biological effects.”

If you wish to extend the life of your own alchemical elixirs, or those purchased through our company, consider either buying one of these devices, or making your own. Our 13 lb bags of super-clean, premier OR/WA coastal magnetite, costs \$7.00/lb.

Why 13 pounds? 13 pounds is what you'll need to make ONE device capable of 'supercharging' a single 16 oz contained of elixir/H<sub>2</sub>O mixture.

Charging an elixir + water mixture (in a 1:1 ratio) for 3-days, takes it from its original potency, to 150% of its original strength. How does this work?

The theory is that the vibratory signal of the quinta essentia di-atoms is passed into pure water, so that water carries the same signal as the elixir itself. It is based in the harmonic nature of water, and its ability to store vibrational patterns as a super-conductor. 'Vortexing' modifies water to induce a more homeopathically-tuned state. Leaving the elixir in this charged state retains this increased potency until the bottle is empty.

(For more information on M~Vortexing technology, please contact a representative at Spagyric Arts, LLC. Our land line is: 503.366.8009.) USPS shipping of bulk magnetite (within the USA) can be fairly inexpensive using "flat rate" packaging.

## SUMMING UP

Thank you for your purchase, and we hope this information help to understand and use our products. The re-discovery of the regimen of the ancient alchemists is truly a blessing. We hope you enjoy the same level of benefits other users of these simple and natural products do.

Keep an eye on our two websites ([www.SpagyricArts.com](http://www.SpagyricArts.com) and [www.Tetraskete.com](http://www.Tetraskete.com)) for coming changes. There will be a entirely new set of discoveries listed soon, and our fall Tetraskete seminar and workshop programs schedule will be listed!

If you'd like information please feel free to call our store at 503.397.3164, or come on by. For current store hours please shoot a request to us at <[info@Tetraskete.com](mailto:info@Tetraskete.com)>

Welcome to the oldest medicine on earth, and to our little family of modern alchemists. Best wishes for increased longevity and vitality, from your friends at,

Spagyric Arts, LLC



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MODERN ALCHEMICAL SOLUTIONS. . . FROM ANCIENT SOURCES

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**KEEP ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

