

START YOUR DAY THE RIGHT WAY!

Mineral Replenishment Elixir© - replacement of minerals to cells in the body

- 1 ¼-3/4 inch rose quartz stone (heart chakra)
- 1 ¼-3/4 inch amethyst stone (heart chakra)
- 1 ¼-3/4 inch bloodstone (circulatory system)
- 1 ¼-3/4 inch sodalite stone (emotions – solar plexus)
- 1 ¼-3/4 inch clear quartz crystal (all minerals known to man)
- 1 gallon bottled water from store (any variety)

Open the bottled water, insert all five stones in the gallon container and allow them to fall to the bottom of the jug. Replace the lid, place the container on the counter and allow it to sit for 24 hours. (This allows the minerals to release into the water.) After 24 hours, begin drinking this water. At the end of the day, refill the jug from the tap and allow it to sit overnight. The leftover remainder of water and the stones will clear the tap water overnight. Repeat every day.

The stones will continue to release and the water will continue to clear. You will notice that the water will have a sweeter taste.

Use this for the rest of your life to replenish minerals you have washed out over your lifetime. The water can be any shelf variety to begin with (i.e., Crystal Springs, Zephyr Hills, Distilled, etc.) You only have to buy the first jug. The rest may be drawn from the tap in the evening.

This may also be used for pets. Provide their water in a glass crock or bowl. Do not use metal or plastic containers to provide their water to them.

Disclaimer. Do not swallow the stones. The stones are to be used **only** in the bottom of the jug for releasing minerals into the water. The only stones to be used in this Mineral Elixir are the ones in the above list. No others are to be added. This Elixir is not to be used as a replacement for any other supplement prescribed or otherwise.

CHECK NUMEROLOGY-IT FIGURES!®