

# Ways to Use REDOX GEL

Look inside for a breakthrough in skin rejuvenation, health & wellbeing



## ANIMALS

- Redox gel can be used in exactly the same way on animals as humans
- If dealing with an animal with thick fur you can apply the gel to the tummy area where there is less fur.

### TIP

*You can shave the affected area and apply the gel directly. Apply regularly for suspicious bumps and sores.*



## BABIES

- Nappy rash
- Teething discomfort (on outside of the face)
- Tummy discomfort & wind – rub on the torso
- Skin rashes & irritations
- Ear discomfort (apply over and all around the ear)
- Cradle Cap
- Burns
- On dry lips and noses
- Massage gel around the nose for sniffles
- Surgery recovery
- Scratches on face and body for newborns
- Bumps and bruises



*"We tried lots of other creams with her but I gave up because nothing worked. We even tried the doctors "strongest" creams that they warned us were so strong that it could only be used for a couple of days and then would need a break. These results in the photos were from using the redox gel for just one week!" Dana, Gold Coast*

## BEAUTY AND ANTI-AGEING

- Reduce pore size
- Wrinkles and other visible signs of ageing.
- Reduce pigmentation
- For pigmentation or areas of concern (eg. crows feet, lip lines) you can also add intensive redox serum
- Reduce appearance of freckles
- Redness & irritation
- Breakouts and skin damage
- Reduce scarring

### TIP

*Use a blueberry size on the face, neck and décolletage twice daily and lightly massage until absorbed.*

*You can use between cleansing and moisturising in your regular skin care routine.*



**28 days**

## CHILDREN

- Growing pains
- Upset tummy
- Sunburn
- Bites, stings, bumps, lumps, bruises, scrapes, burns
- Ear discomfort (applied behind and around the ear)
- Use as a hand sanitiser when out and about
- Use on tummy to assist with sleep
- Tired, aching muscles from being active



## FIRST AID

- Sprains & strains – apply liberally 3 times in 10 minutes, then every hour while awake for first 24 hours. Apply regularly to support the body to return to balance
- Apply to any injury. Repeat application 3 - 4 times in 10 minutes
- Burns
- Grazes
- Abrasion
- Sore head, discomfort in the head - apply on face and neck
- Wound care (apply around bandage if the area is covered).
- In nose when you have a cold or allergies
- Rub in and around the ears for earache
- Nose bleeds
- Insect bites
- Ant, Bee & wasp stings
- Cuts, scrapes
- Bumps and bruises



**TIP** Apply 3 times in first five minutes for acute issues.

*Then you can continue regular application every 15-30-60 minutes as required while the situation is still acute, then several times a day until the situation returns to normal.*

## DISCOMFORT

- Sore head – rub on forehead, temples, front and back of neck. Keep reapplying regularly if the discomfort is severe. (Up to 6 times in 30 mins).
- Sore throat – rub on neck and throat area. Keep reapplying regularly if the discomfort is severe (every 30-60mins). Keep applying regularly until sore throat completely gone.
- Aching joints - apply to area minimum twice daily and pre and post activity which cause aching joints
- Sore, tired feet? Apply a generous amount of the redox gel and feel your discomfort fade away



## EYESIGHT

- Many have experienced improved eyesight through using the redox gel.

**TIP**

*Apply to area around the eye and on eyelids twice daily.*

*You can apply a thicker layer on the eyelids just before sleep at night, close your eyes and the molecules will absorb through the skin.*

*The gel is not designed to put in the eye.*

## HORMONAL WELLBEING

- Rub over the thyroid at least twice daily
- Rub over the hormonal areas (ovaries or testes) twice daily
- Rub over areas of discomfort to help with women's monthly period discomfort. If necessary repeat application 3 - 4 times in 10 minutes
- For Blood sugar regulation issues rub the gel over pancreas

### TIP

*Also see lymphatic and detox support, it's a good idea to apply to the key lymph system areas daily*

## INCREASE ENERGY & ENDURANCE

- Rub a raspberry size over the face and neck for a quick uplift in energy, many people use this instead of a coffee. It's very refreshing and naturally re-energising
- Alternative for ladies wearing make-up: rub a raspberry size on the inner arms from elbows & wrists and back of neck.

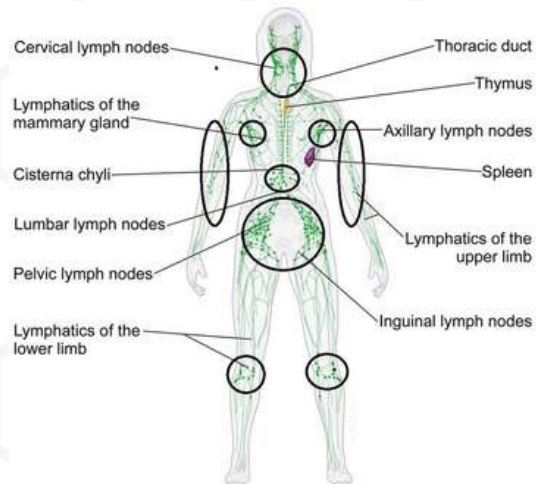
### TIP

*People often report after 2-3 months of regular use over the throat and neck area, they have more stamina and endurance*



## LYMPHATIC AND DETOX SUPPORT

- Rub redox gel over the thyroid, under jaw line, back of neck, in armpits, inside of elbows, wrists, bottom of the ribs, lower abdomen inside of hip bones, inside upper leg groin region, behind knees and ankles.
- Doing this daily is also great to support overall health, detoxification and wellbeing.



## JETLAG & FLYING

- Use during the flight on face, neck and arms to reduce dry skin
- Rub on ankles and calves before, during and after flight to promote increased circulation.
- Use large amounts over throat and neck and all lymphatic areas to help improve jetlag recovery



## MATURE AGE

- Watery eyes
- Strengthen thin and damaged skin
- Age spots & pigmentation – apply regularly to the affected area
- Deal with the dreaded “bat wings or tuckshop arms” by tightening loose skin
- Any discomfort areas
- Skin tears
- Aching joints and muscles
- Haemorrhoids
- Massage into feet and nail bed to prevent brittle nails

## PERSONAL CARE

- Rub on nails and cuticles to improve nail strength
- Dry, cracked heels are a thing of the past with regular use of redox gel
- Balding and hair loss; promotes thickening of the hair
- Use under arms as deodorant
- Hand sanitiser, carry in your bag and use instead of chemical-laden soaps or conventional hand sanitiser.
- Soothe dry or itchy scalp
- Soothe skin after shaving and waxing

## SCARS

- Apply liberally several times a day
- Soften and reduce the appearance of scar tissue. The gel can also work on scar tissue inside the body, as in the case of internal injury or surgery

## POST SURGERY

- Apply at least 4 times daily for the first week (even if area is bandaged apply as close as possible to area).
- Continue to apply several times daily and apply more often if there is any discomfort, redness, inflammation
- Can also use prior to surgery to boost redox in the area!

### TIP

*Redox gel increases skin blood flow so will accelerate the body's ability to repair and recover. Applying hourly in the first days/week following surgery is a great idea!*



“ I may have got validation you were looking for from surgeon this morning. He said healing looks more like six months rather than six weeks. He expected healing to have just started but it's almost fully healed.

- Chris, Perth

### TIP

*Reducing scars is not just about our visual appearance.*

*In Chinese Medicine it is believed scar tissue can interfere with the flow of chi (life energy) in the body. By reducing scars that you can see (and those inside the body that you can't see) people have reported other benefits for their health and wellbeing, such as improved digestive function, increased joint mobility etc.*

## PREGNANCY & BREASTFEEDING

- Rub all over belly, breast, hips and buttocks at least twice a day to prevent stretch marks
- Use for the treatment and prevention of haemorrhoids
- 'Cankles' - rub on feet and legs daily to help increase blood flow (and reduce fluid retention and swelling)
- Massage into the perineum in the weeks leading up to birth to improve skin elasticity and reduce the risk of tearing
- Haemorrhoids
- Rub on before and after breastfeeding to prevent cracked nipples and sore breasts
- Improve post-birth skin elasticity



## SKIN CONDITIONS

- Moles, warts, lesions
- Skin tags
- Rough skin and calluses
- Acne
- Rashes, bumps, bruises
- Skin conditions of all kinds
- Pigmentation – improves and evens out skin tone
- Soothe chafing, blisters



28 days

## Auto-immune and inflammatory skin issues

Many people suffer with inflammatory skin conditions or auto-immune conditions that show up as red, sore, angry and irritated skin conditions. The redox gel can be used on the area, plus it's also a good idea to rub it on the tummy and follow the suggestions under "Lymph System and Detox Support" in this booklet.

### TIPS

*Rub redox gel liberally at least twice a day on the affected area, also rub over the tummy (digestive system twice a day). If you have a skin condition where you have used steroid creams your skin issue may get worse before it gets better as the body detoxifies from these creams.*

*For some people the condition may appear to get worse for several days or weeks as the body clears itself of toxins and inflammation. This is a detoxification process not a reaction and will go away as the body begins to heal and repair itself. Make sure to drink plenty of water to support the body's healing process. Seek help from people experienced in the use of redox if concerned.*

*If the detox is too uncomfortable, use the redox on other areas, e.g. lymphatic areas and/or reduce use to once a day or once every 2 days and slowly build up as the body is cleared of more toxins.*

## SPORTS PERFORMANCE AND RECOVERY

- Pre-workout apply to large muscle groups
- Immediately post-exercise rub redox gel liberally into the muscles; can apply 2-3 times within an hour
- For a boost in performance apply redox gel liberally before training/ workout/ competition
- Reduce heat and pain in sore muscles due to over exertion, apply regularly over the following days to increase recovery.

“ I tried every kind of therapy to get rid of major discomfort from a gym injury. I couldn't brush my hair or raise my arms above my shoulders. After using the gel for 6 weeks twice a day I didn't have that issue any longer.

*Then I saw the athletic advantage. If I had this back when I was competing in the 80s and early 90s I wouldn't have cried myself to sleep so many times at night because I was in so much agony. I was training every day and I was sore every day.*

***This is a game changer for athletes.***

- Julie McDonald OAM  
Olympic & Commonwealth Medalist

## SUN CARE & OUTDOOR LIVING

- Chapped lips
- Windburn
- Insect bites
- Take it camping or weekends away and use on any problem!
- Too much sun? Apply redox gel liberally every 30 minutes to affected areas, then keep applying 2-3 times a day.
- Apply before going out in the sun. You can also reapply during the day. You can then apply sunscreen when the gel is dry. Redox gel is NOT a sunscreen, so still use sun protection!



## WEIGHT LOSS

- Tighten loose skin during and after weight loss
- Support the body to release stored toxins and fat cells
- Reduce cellulite & size of fat lobules



28 days

## TEETH

- use on cheeks to alleviate toothache
- can use post dental surgery to reduce swelling, inflammation and discomfort.

“ When patients have surgery where I would expect swelling and inflammation, 100% of patients using the redox gel report reduction of the swelling faster than without redox gel. The redox diminishes a lot the discomfort, which makes the patient happy.

- Dr L. K. Holistic Dentist -

# WHAT ARE REDOX SIGNALLING MOLECULES?

Redox signalling molecules are messenger molecules produced by the mitochondria in cells and are how our cells talk to each other and how our cells read our DNA.

They are working within your body right now, detecting cell damage, weaknesses or dysfunction. In proper balance, these molecules detect cellular problems and work to correct them, protecting and rejuvenating our cells.

## Redox Signalling Molecule Balance is Critical

As we age and our bodies face stress from lifestyle and environmental factors, the levels of redox signalling molecules produced by the body declines or becomes unbalanced.

As fewer cellular messages are sent, the body's natural ability to detect and repair problems declines as well.

Improve **YOUR CELLULAR HEALTH** by balancing the body's redox signalling molecules and restoring cellular communication to optimal levels. Redox Signalling Molecule balance supports:

- Cellular detoxification
- Cellular repair
- Body weight maintenance
- Cell growth regulation
- Vital life energy
- Fewer aches and pains
- Youthful metabolism
- Restorative sleep
- Healthy hormone levels.

## MAXIMISE YOUR REDOX BALANCE POTENTIAL

- Sleep 7 to 8 hours each night
- Eat a diet rich in fruits and vegetables
- Make exercise a part of your daily life
- Top up the body's supply by adding balanced redox products to your daily regime
- Drink 2-3 litres of water daily (64-96oz)

## Redox Signalling Molecule Balance has been shown to:

### Improve cellular health

Health problems are related to unhealthy cells, and cell health depends on proper redox signalling molecule balance.

### Support the entire body

Redox signalling molecules travel to all parts of the body, even crossing the blood-brain barrier.

### Optimise Energy Levels

Redox signalling molecules provide the biochemical materials and balance for our cells to be able to convert food to cellular energy.

### Promote Healthy Immune Response

Redox Signalling molecules regulate the body's immune system, responding to external threats while preventing uncontrolled auto-immune attacks.

**All health problems can be linked to damaged cells. Topping up the body's supply of redox signalling molecules empowers the body to heal itself by increasing cellular efficiency, cellular communication and cellular function.**