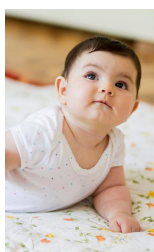


Ways to Use REDOX GEL

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



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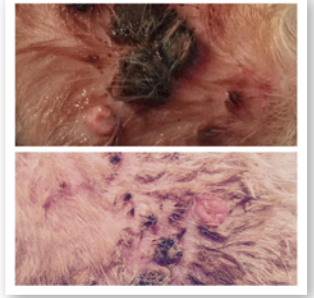
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ANIMALS

- › 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.

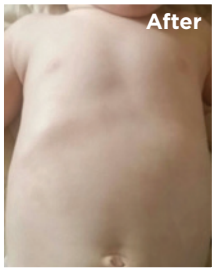
TIP You can shave the affected area and apply the gel directly. Apply regularly for suspicious bumps and sores.

"One week of redox gel and you can see what a huge impact it has had for Ralphie. He is not in pain he is not tender. I can massage the gel in and he doesn't flinch. He hears me shake the tube before applying and rolls over onto his back for a tummy tickle!!! Amazing! Jane.



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.

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.



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



"Every six months we have to have blood tests to make sure nothing is going too wrong with my daughter who has a digestive autoimmune issue. Six months ago she was still very sick on the verge of insulin resistance and was either too low or way too high in everything on blood test. Her body was completely out of whack.

*This week my child got a near perfect blood test. Everything has levelled out - adrenals are now functioning fine, calcium, iron, thyroid markers - everything is within normal range. We started the redox gel only 2 months before blood test. We walked out of that doctor's office with nothing to do but continue to get better and better. For those asking, we were rubbing the gel on tummy, face and neck twice a day. **Tammy, Brisbane***

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.

TIP

3 TIMES IN 5 MINUTES

If you have any soreness or discomfort in your body rate it out of 10. Then apply a raspberry size of redox gel 3 times in 5 minutes.

Wait 10 minutes and then see how your discomfort is out of 10.

"All through my life I've had debilitating pain from accidents and I've had fatigue for many years. I've tried so many different things and they worked for a little while, but I always ended up back to square one.

I didn't think it was going to do anything, after all it's 'just a gel'. I started on my face and hands, which were really sore with inflamed joints. After about five minutes around 75% of my discomfort was gone. The next morning I looked at my face and I could even see some changes overnight.

I started to use the gel everywhere and began using it on my armpits. Toxins started to move out and my energy and stamina improved. My husband noticed the difference and I was even able to go out and help with the cattle mustering." - Sylvia



EYESIGHT

Many have experienced improved eyesight through using the redox gel.



Apply to area around the eyes 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 eyes.

"Eyesight improvements through using redox products, after years and years of experiencing a decline. Incredible!" **Cherie, Brisbane**

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



"I always forget to put redox gel cuts. Last night I cut myself in the kitchen and it looked the same after 24 hours. No healing. I put redox gel on and 2 hours later it looks closed and is not healing. The first picture is after 24 hours. Still an open wound. Then 2 hours later finally closing." **Debbie**



"Second degree burns from a pot of boiling water. Went to emergency room and received morphine and was bandaged for 4 days.

Applied gel around bandages, then directly to the area when bandages came off 3-4 times a day. Amazing result." **Jeanette, Brisbane**



Apply 3 times in first 5 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.

HORMONAL WELLBEING

- › Rub over the thyroid at least twice daily
- › Rub over the hormonal areas (ovaries or testes) twice daily
- › Rub over areas of abdomen 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.

*"I am 90% pain free in 2 days.... I am applying the redox gel 4 times a day. I feel tingly - like my body is communicating to itself really well....The pelvic pain I have had on and off for 20 years has drastically lowered." - **Tori***

*"My dad has been using the gel on his feet, throat and face for 8 weeks now. He has just been to the doctors to get his blood test results and his blood sugar levels and cholesterol have gone down considerably. My father's sugar levels have never been so low." - **Caroline***



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



*I have a lady that deals with high blood pressure. She has been using the redox gel for the last month and has noticed increase in energy, better sleep and skin improvement!" - **Jenn, Brisbane***

*"We introduced the redox gel to clients in August last year after road testing it for 2 months and loved the results of many health benefits we felt especially the boost of energy. This little tube of gel continually amazes us with the stories our clients share" **Iva & Neil***

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.

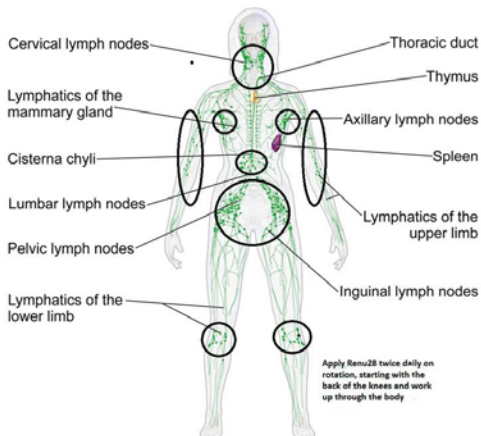


People often report after 2-3 months of regular use of the gel over the throat and neck area, they have more stamina and endurance.

JETLAG AND 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

*"I used to find flying really difficult. I now use the gel liberally on my face and legs throughout flight and even flying long distance (Australia to USA) is much more manageable and without the side effects I used to suffer." - **Cheryle***

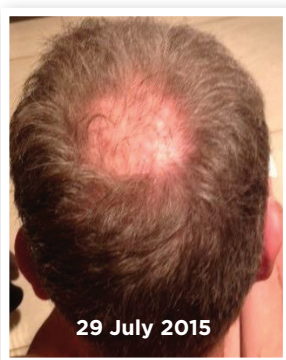


LYMPHATIC AND DETOX SUPPORT

- › Rub redox gel over the thyroid, under jaw line, back of neck, in armpits, inside of elbows, wrists, just under where the ribs meet, 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 and wellbeing.

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



“For 50 years I suffered the pain and embarrassment of haemorrhoids, I tried everything the doctor and pharmacy recommended, including two surgeries and all the creams. Later in life I realised the power of natural medicine and clean living - my health greatly improved but even after trying all the natural approaches no improvement down below. Two months of using the redox gel, twice a day and the challenge was gone.”
- Anonymous (for obvious reasons)

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



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

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

"9 months pregnant and not a single stretch mark! I have used a LOT during pregnancy and it's been really helpful. Now using it on a teething baby to relieve discomfort and to soothe a red bottom". Nicole

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.



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.

"I must say my life is forever changed since starting using the redox gel. I used the gel on my stomach where I had extreme irritation/redness and it would weep over a 25-30 year period. It was uncomfortable and at times painful, I only used the gel morning and night! As you can see by the photos on how it has improved, and made such change for me, I no longer have to put dressings on every day to keep the area dry!" Gail

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

Auto-immune and inflammatory skin conditions

Many people suffer with inflammatory skin conditions or auto-immune conditions that show up as red, sore, angry and irritated skin. 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.



Rub redox gel on 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

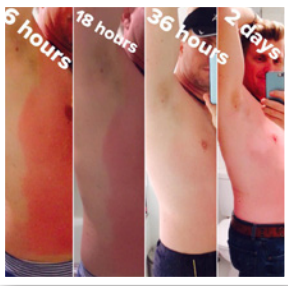
- › Pre-workout apply to large muscle groups
- › Immediately post-exercise rub redox gel liberally into the muscles; can apply 2-3 times within an hour
- › For a boost in performance apply redox gel liberally before training/ workout/ competition
- › Reduce heat and pain in sore muscles due to over exertion,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



TEETH

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



"Teeth were loose and fractured after a scooter accident. Use of redox meant no swelling or bruising and Hayden was even able to eat dinner a couple of hours after the injury!" - Sally

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

USAGE GUIDE

Before you start

- › Take a before photo of any skin issues. (loose skin, scars, wrinkles, sun damage, blemishes, stretch marks etc)
- › Pictures say a thousand words, a before and after photo is a powerful way to see changes.
- › To be objective, give a rating out of 10 of any aches or discomfort you want to see a benefit in. Track your changes weekly.

Using the Redox Gel

1. Always shake the tube before every use.
2. Apply on clean, dry skin at least twice a day. You can apply more often for increased benefits. You cannot use too much!
3. Apply enough gel that it takes 30-60 seconds to rub in and absorb. You can still apply your moisturiser or makeup after the gel absorbs and dries.
4. Use consistently for at least three months for best results.
5. Drink extra water to cleanse the body.

What to expect

Temporary dryness: some people notice a temporary dryness that can last a few weeks as the cellular water rebalances.

Detoxification: Some people may experience a detox through the skin as toxins and waste are flushed out of the cells. With the skin being the body's largest organ, it can detoxify the effects of environmental pollution, poor diets, and other skin care products.

If you experience any rash, irritation, pimples or flaking skin:

- › Drink plenty of water to flush toxins
- › Try using exfoliant or clay mask once or twice weekly if you are experiencing rapid renewal of skin cells.

Some people see and feel results quickly; for others it can take several months. Give it a good trial, 3-4 months. It has proven truly extraordinary for many, many people.

WHERE TO USE REDOX GEL

You can use on any problem area on the body.

Use it on sore muscles, aches, discomfort & more...see what happens for yourself. Or, try it on muscles immediately after exercise – you may experience faster recovery and less muscle soreness.

To improve the absorption of the molecules into the body you can apply to the neck, inside wrists, back of knees, groin, armpits and soles of feet.

3 times in 5 minutes

If you have any soreness or discomfort in your body rate it out of 10. Then apply a raspberry size of redox gel 3 times in 5 minutes. Wait 10 minutes and then see how your discomfort is out of 10.

What are redox molecules?

Redox signaling molecules are messenger molecules produced by the mitochondria in cells. They enable our cells talk to each other and read our DNA. They are functioning inside your body right now, detecting cell damage, weaknesses or dysfunction and working on correcting them.

In proper balance, these molecules protect and rejuvenate our cells, keeping us in good health. As we age and our bodies face stress from lifestyle and environmental factors, the levels of redox signaling 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, opening the way for illness and disease.

Redox signaling molecule balance is critical. Balancing the body's redox signaling molecules will restore cellular communication to optimal levels and improve your overall cellular health. Redox Signaling Molecule balance has been shown to:

- **Support the entire body** - Redox signaling molecules travel to all parts of the body, even crossing the blood brain barrier.
- **Optimize Energy Levels** - Redox signaling molecules provide the biochemical materials and balance for our cells to be able to convert food to cellular energy.
- **Promote Healthy Immune Response** - Redox Signaling molecules regulate the body's immune system, responding to external threats while preventing uncontrolled autoimmune attacks.

To learn more about the science of redox visit www.theredoxdoc.com

FOR MORE INFORMATION CONTACT:



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