

Skin Target Schedule – How To Interpret

OVERVIEW OF THE SKIN TARGET SCHEDULE DOCUMENT:

1. The Skin Target Schedule outlines:

- a. The days to apply the **Scar Detoxification** products,
- b. Areas of the body that are targeted for applications (where to apply). The area is also referred to as the "skin target site."
- c. The order in which to apply and
- d. Organizes all other special instructions.

2. The Schedule consists of:

- a. Four tables on page one and five tables each additional page of the Skin Target Schedule.
- b. Each table represents two days of mineral packing instructions.
- c. At the bottom of the Schedule are abbreviations important to understand hand-written information on the Schedule.
- d. However, due to limited space on the AM & PM row, **additional information about the areas to pack will be provided at your consultation with Dr. Smith**, which is scheduled after you have time to review all of the documents that comprise the Scar Detoxification Program.

3. Scar Detoxification Documents:

- a. The Scar Detox Program documents are listed at the bottom of the "**Scar Detoxification Supply List**" and **those that apply to you specifically** are indicated by a check in the box to the left of the document title.

SKIN TARGET SITES

Your specific Skin Target Sites where Mineral Mud will be applied are indicated on the following documents:

1. **Scar/Trauma Chart** - As part of your Initial Assessment, you were asked to complete this chart to indicate scars from injuries or surgery, tattoos, and vaccination puncture sites that are specific to you. You will find these sites listed on the Skin Target Schedule in a specific Day Order for mineral mud packing. A copy of this chart will be provided in the event you did not keep a copy of this when completing your Initial Assessment questionnaires and forms.
2. **Common Toxic Focal Sites** – This document outlines where to apply mineral mud on the Day the following target sites appear on the Skin Target Schedule. :

- a. **Vaccination Puncture Sites & Downloads** – Left and Right ARM and Left and Right Buttock. Their downloads are bracketed and highlighted showing the entire left and right arm to the fingers and A+B bracketed areas represent the Buttock downloads to the toes. Note: The Vaccination Detoxification Procedures outlines how wide of an area to pack for download areas, such as
 - i. How wide on the arm, which part of the upper and low arm, and to which fingers.
 - ii. How wide on the buttock, which part of thigh (front/back), knees (front/back) and which toes to pack.
- b. **Head** – Forehead (F), Left Side of Head (L-Head), Back of Head (B-Head) and Right Side of Head – R-Head).
- c. **GV-20** – You will notice that a free-hand drawing has been added that represents GV-20 (the 2-inch diameter of the top or crown of the head) so you will have a visual aid of where to pack when there is a check mark in the GV-20 Column.
- d. **Detox Organs** –
 - i. Liver,
 - ii. Left and Right Kidneys (L-Kidney/R-Kidney),
 - iii. Large Intestines. – If only one section of the Large Intestines is to be packed, the abbreviation is LgInt. However, generally, the entire Large Intestines is packed on three separate Days and divided into three parts:
 - 1. Ascending Colon (A-Colon),
 - 2. Transverse Colon (T-Colon) and
 - 3. Descending Colon (D-Colon).
 - iv. When Detox Organs appear on the Skin Target Schedule, you will also notice that either the CO or COI column is checked, which indicates that after mineral packing these areas in the AM and PM, you will apply the Castor Oil (CO) or Castor Oil Immune (COI) packs in the evening after soaking your feet for 10 minutes using the Medi-Body Bath.

Important Note: If in the process of mineral packing you notice other scars or tattoos that you inadvertently omitted on the Scar/Trauma Chart, contact Dr. Smith immediately for instructions on when and how to pack the newly discovered scar/tattoo.

COLUMNS and ROWS ON SCHEDULE DEFINED:

1. **Time:** **AM** represents any time between rising and 12 noon. **PM** represents any time between 12 noon and 5 p.m. Allowing at least 2 hours between applications and before using the Medi-Body Bath for a foot bath at or after 7 p.m.

- a. **Row 1 – AM & PM**

- i. All mineral packs are applied once in the AM and once in the PM, according to the instructions in the "**Medi-Body Pack • Bath •-Soak Instructions**" document, except for the
- ii. Vaccination Puncture Sites and their downloads, which are packed twice in the AM and twice in the PM, according to the instructions in the "**Vaccination Detoxification Procedures**" document.

- b. **Row 2 – Repack Date** – When all instructions are followed precisely, there will be no need to repack any area of the body indicated on the Skin Target Schedule. However, in the event you inadvertently omit or change any instructions and must repack to assure successful scar dissolution and its particles and debris detoxified, the date of repacking is to be written on **Row 2** under **Day/Date** column.

2. Day / Date:

- a. **Row 1** - The days for applications are designated as Day 1, 2, and so on. After the word, "Date," write in space provided the actual date that represents Day 1, 2 and so on. **It is extremely important to apply to areas in the Day order presented. For example, you would not mineral pack Day 3 before Day 1 and Day 2, nor Day 2 before Day 1.**

- b. **Row 2** – Under the Day/Date column on Row 2 Dr. Smith has written in the space provided the specific area(s) of the body where the mineral packs will be applied.

3. **Fluid** – The herbal liquid (or fluid) that is to be mixed with the **Medi-Body Pack** powder to make the mineral mud to be applied to the specific areas of your body is listed on the **AM & PM Row** under the **Fluid Column**. Due to limited space Fluids are abbreviated and their abbreviations are defined below. The Fluids that apply to you and the quantity (number of bottles for each fluid) are also listed on the **Scar Detoxification Supply List (Refer to A – F)**. **Because some areas to be packed require different Fluids, it is important to observe when the Fluid changes from Day to Day so you are using the right fluid for your mineral mud.**

- a. **Detox** represents **Fluid A) Detox-ND (formerly called HM Detox)**
- b. **GT** represents **Fluid B) Green Tea-ND**
- c. **Neuro** represents **Fluid C) Neuro-ND (formerly called DHLA-ND)**

- d. **CoQ** represents **Fluid D) CoQ-Quinol**
 - e. **Imm** represents **Fluid E) Immuno-ND (formerly called Immunocidin)**
 - f. **The above represent the most frequently required fluids. In the event, you require a fluid not listed in A-E, it will be written in on the space to the right of Fluid F.**
4. **VAC** – When a check appears in the **VAC Column** on the **AM & PM Row**, this indicates that the areas to be packed are Vaccination Puncture Sites, and their downloads, and you will then follow the instructions in the document titled, **“Vaccination Detoxification Procedures”**.
- a. Note: The Vaccination Puncture Sites are the **left (L) and right (R) ARM (deltoid muscle) and left (L) and right (R) BUTTOCK**. The areas of the body that represent the Arm and Buttock “downloads” are defined in the “Vaccination Detoxification Procedures.”
 - b. The document titled **“Common Toxic Focal Sites”** have been bracketed and highlighted to indicate all areas of the body that are to be packed for each of these four Vaccination Puncture Sites & Downloads.
5. **GV-20** – when this column is checked, then you will mineral pack the crown (top) of the head at the same time you mineral pack the skin target site written on the AM & PM row under the Day/Date Column, i.e., scar, tattoo, vaccination puncture site or detox organ. Find the center point at the top of the head and pack in a two-inch diameter on and around the center point. You will press the mineral mud into the skin at the top of the head five times, as well as the skin target area before washing off the mineral mud from the crown of the head and the skin target area.
6. **CO and COI Columns** – **CO** represents Castor Oil Pack; **COI** represents Castor Oil Immune Pack. When a check mark appears in one of these columns, you will follow the instructions on the document titled, **“Castor Oil (CO) and Castor Oil Immune (COI) Pack Procedures.”**
7. **Zig Zag Horizontal Line** – You are to begin with Day 1 and work all the way through all of the Days indicated on the Skin Target Schedule to the last day. However, when you notice a Zig Zag Horizontal Line appearing between two Days on the same page or in the right margin of the last Day on a specific page, this means that you may take a break.
- a. For example: If a Zig Zag line appears between Day 4 and Day 5, then after completing all instructions for mineral packing Day 1 to Day 4, you may take a break before starting Day 5. When Day 5 is begun, you must continue packing for all days from Day 5 until the next Zig Zag Horizontal Line appears before taking another break.
 - b. Breaks are indicated on the Skin Target Schedule, not for the purpose of using them, but just in case you have some upcoming event already scheduled or if an event must be scheduled that will occur after starting your

mineral packing, which in either case, would make it difficult to pack on that/those days. **Therefore, it is very important to review your personal calendar for any of these events so you can be sure that you will have completed all days of mineral packing up to where a Zig Zag Horizontal line appears, before that date in your personal calendar arrives.**

c. **Breaks should be no more than 1-3 days** because you want to keep the detoxification momentum going. Also, some people have many areas (scars, tattoos, etc.) to detoxify and when you add the vaccination puncture sites, GV-20 and detox organs, the Scar Detoxification Program may take almost a month or longer to complete. So the fewer breaks the faster you will also complete this program.

d. **Should any unexpected event cause you to take a break in a series of Days before a Zig Zag appears, you will have to begin that series again.** For example, if you had started Day 5 and the next Zig Zag appeared on Day 10, yet you had to take a break on Day 7, you would have to go back to Day 5 and work through Day 10 after having taking that break before proceeding to Day 11. **In this event, be sure to indicate on the "Repack Date" row under the Day/Date Column the dates when repacking was done.**

i. **It is very important to avoid unscheduled breaks as repacking may cause you to run out of products before completing the Skin Detoxification Program.** However, again, if this is unavoidable, please review your supplies and contact us immediately to order more as it may take 2-5 days to receive additional supplies.

e. **Note:** Most Skin Target Schedules consist of more than one page.

i. Therefore, when you have completed all mineral packs for the days on page 1, then the next day to pack will appear at the top left corner in the first table on the next page. If there no Zig Zag appears in the right margin for the last day on the previous page, then mineral packing must continue from the last day on the previous page to the next day on the next page. However, if a Zig Zag appears after the last day listed on a particular page, a break could be taken if needed before starting the next page.

ii. **For example:** Page 1 represents Day 1 to Day 8. Page 2 represents Day 9 to Day 18. Therefore, if a Zig Zag line appears in the margin of page 1 after Day 8, a break may be taken if needed before beginning Day 9 on page 2. However, if no Zig Zag line appears in the margin after Day 8, then the next day you will be packing is Day 9 on page 2.

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