

Prices Effective February 15, 2012

Order Total **Shipping**
 Up to 20.00 \$ 8.00
 20.00 - 50.00 \$12.00
OVER \$50.00 FREE SHIPPING!

Name _____ CC# _____ Exp _____
 Phone _____ Email _____
 Bill To _____ Ship To (if different) _____
 City St Zip _____ City St Zip _____

	ITEM	ITEM #	PRICE	QTY	TOTAL
Packs	VALUE PACKS				
	MAGNESIUM STARTER PACK SAVE \$25.00	72001	111.27		
	SENSITIVE SKIN PACK SAVE \$13.00 **NEW**	62001	53.60		
	MAGNESIUM PRILL PACK SAVE \$25.00	92001	228.98		
	ULTIMATE BATH PACK SAVE \$25.00	82001	154.58		
Magnesium Oil	MAGNESIUM OIL				
	2 Ounces	22002	6.93		
	4 Ounces Flip top cap ~ (Sprayer Sold Separately)	22004	8.25		
	4 Ounces Dropper Tip cap	22003	8.25		
	12 Ounces Flip top cap ~ (Sprayer Sold Separately)	22012	13.09		
	16 Ounces Flip top cap ~ (Sprayer Sold Separately)	22016	17.38		
	64 Ounces ~ (1 ounce Pump Dispenser Sold Separately)	22064	47.00		
	1 Gallon ~ (1 ounce Pump Dispenser Sold Separately)	22128	78.00		
Mag Oil w/ ALOE	MAGNESIUM OIL with ALOE VERA**NEW**				
	4 Ounces Flip top cap ~ (Sprayer Sold Separately)	21004	8.75		
	12 Ounces Flip top cap ~ (Sprayer Sold Separately)	21012	13.75		
Magnesium Gel	MAGNESIUM GEL with Seaweed Extract				
	2 Ounces	07002	7.48		
	4 Ounces Flip top cap	07004	10.45		
	12 Ounces Flip top cap	07012	17.27		
	64 Ounces ~ (1 ounce Pump Dispenser Sold Separately)	07064	48.80		
	1 Gallon ~ (1 ounce Pump Dispenser Sold Separately)	07128	79.00		
Mag Gel w/ ALOE	MAGNESIUM GEL with ALOE VERA**NEW**				
	4 Ounces Flip top cap	11004	10.95		
	12 Ounces Flip top cap	11012	17.75		
Miscellaneous Items	MISCELLANEOUS ITEMS				
	Sprayer for 4 oz Magnesium OIL ONLY	13004	3.10		
	Sprayer for 12 oz Magnesium OIL ONLY	13012	3.10		
	Sprayer for 16 oz Magnesium OIL ONLY	13016	3.10		
	Empty 4 oz Bottle + Sprayer for OIL ONLY	51904	4.50		
	Empty 4 oz Bottle + Flip Top for OIL or GEL	50604	4.50		
	Empty 12 oz Bottle + Sprayer for OIL ONLY	51912	5.00		
	Empty 12 oz Bottle + Flip Top for OIL or GEL	50612	5.00		
	Empty 16 oz Bottle + Sprayer for OIL ONLY	51916	5.00		
	Empty 16 oz Bottle + Flip Top	50616	5.00		
	Fabric to make one Laundry Pouch	13025	3.00		
	3" x 4" Organza Satchel	13013	2.30		
	4" x 6" Flat Bottom Organza Satchel	13015	3.00		
	1 oz Pump Dispenser for the 64 ounce Jug	13064	6.50		
	1 oz Pump Dispenser for the 1 Gallon Jug	13010	6.50		

	ITEM	ITEM #	PRICE	QTY	TOTAL
Magnesium Bath Crystals	MAGNESIUM BATH CRYSTALS				
	75 grams Trial Size 1 bath	19075	5.06		
	3/4 Pounds Up to 8 baths	19341	13.20		
	1.75 Pounds Up to 14 baths	19795	23.10		
	5.5 Pounds Up to 50 baths	19005	55.00		
	14 Pounds Up to 127 baths	19014	134.20		
	35 Pounds Up to 318 baths	19035	275.00		
Magnesium Prills	MAGNESIUM PRILLS ~ Create Structured (Thin) Water A ONE TIME BUY!				
	Drinking Water Prills ~ 90 gm	23090	29.50		
	Laundry Pouch ~ 1 Pound	23126	55.00		
	Bath Ball ~ 2 Pounds	23002	90.00		
	Toilet Tank Ball ~ 1.5 Pounds**NEW**	23681	72.00		
	1 Pound Jar	23001	50.00		
	50 Pound Container	23050	660.00		
Mag Snow	MAGNESIUM SNOW - A detoxifying astringent ~ Facials, Teeth, and Baths				
	10 grams **NEW SIZE**	71010	7.15		
	75 grams	71075	20.90		
Laminar Mica	FINE GROUND LAMINAR MICA - Use in Makeup and in Baths!				
	100 grams	51100	15.00		
	LAMINAR MICA CRYSTALS - High Vibration Natural Mineral				
	50 grams **NEW SIZE**	31050	7.15		
	1.75 Pounds	31795	22.00		
	4 Pounds	31004	35.75		
	30 Pounds	31030	192.50		
NEW	VIRALIB® ~ Herpes Virus, Shingles, Infections, Blood Pressure and More				
	4 Ounces with Glass Eye Dropper	69004	42.00		
Potassium Iodide	POTASSIUM IODIDE USP ~ A MUST FOR EVERY FIRST AID KIT				
	26 Grams 200 5 ml servings	18026	30.00		
	100 Grams 770 5 ml servings	18100	98.00		
Rocky Mountain Hemp	ROCKY MOUNTAIN GRAIN HEMP PRODUCTS				
	Hemp Hearts Case of 9 One Pound tubs	26901	153.00		
	Hemp Hearts One Pound	26454	18.00		
	Square Meal Bars 10 bar variety	16014	75.00		
	Single Bar - choose from: Almond, Blueberry, Cashew, Coconut, Cranberry, Macadamia, Papaya, Pecan, Pineapple, Strawberry	Specify Flavor	7.50		
	DR CHRISTOPHER'S HERBAL PRODUCTS				
	Alcohol Extracts & Oils, Bulk, Capsules, Glycerine Ext, Kid-E-Line, Ointments, Specialty, Syrups				

****NEW** Sensitive Skin Pack**

We are very excited to continue to provide products to suit our customers. New this year is our Magnesium Oil and Gel with ALOE VERA! The marvelous benefits of Magnesium are now enhanced with the cell restoring, healing properties of Aloe Vera. We know you will love these products!

Each Sensitive Skin Pack contains

- 1 Drinking Prill - create your own thin water to better hydrate in and around cells!
- 1 Magnesium Oil with Aloe Vera 4 oz
- 1 Four ounce Magnesium OIL Sprayer
- 1 Magnesium Gel with Aloe Vera 4 oz
- 1 Magnesium Snow 10 gram
- 1 Laminar Mica Crystal 50 gram

Magnesium Starter Pack

Each Magnesium Starter Pack contains

- 1 Gallon Magnesium Oil
- 1 Pump dispenser - each "pump" dispenses 1 ounce of Magnesium Oil
- 1 Empty 12 ounce bottle with a sprayer
- 1 Twelve ounce bottle of Magnesium Gel
- 1 Drinking Prill Satchel to treat 1 gallon of water for years and years

Laminar Mica Crystals

Mica comes from a flat thin sheet (laminar) stone found in the Rocky Mountains. The structure of this unique product has the capacity to collect and transmit vibration frequencies from the ambient free energies of the universe, which are required for healing the human body. This means everyone can experience good universal energies whenever they want! When Mica comes in contact with the human body or is in bowls around your home, the natural energy pulses from Mica Crystals flood the area and benefit everyone.

While this may seem a little "out there" for some, think about what you already know about food and fabrics. Food in its raw state is naturally high vibration - cooked, processed, dead food is low vibration. The same applies to fabric. Cotton, silk, and wool are all natural fabrics and high vibration. Synthetic and man made fabrics are low vibration and when worn, these dull the senses. As with all things in nature, high vibration items are good for us (and animals) - Mica is naturally a high vibration mineral!!

Users are known to experience increased energy levels, less pain, and better moods! Add a pinch of Laminar Mica inside your shoes for a daily boost! Static electricity dulls the senses, causes insomnia, impairs thought processes and more! Daily walk barefoot in the grass (or sand or dirt) to discharge built up static electricity and become truly grounded to Mother Earth! Many people say that Mica Crystals have the power to significantly reverse the aging process, restore function to many parts of the body, and reduce arthritic pain.

Fine Ground Mica Crystals

This is used in popular natural mineral makeup products and you can now add that healthy, glistening glow to your skin at home for a fraction of the cost. Energize your bath by adding one teaspoon to your bath water.

Ultimate Bath Pack

If you enjoy a bath, you will LOVE the Ultimate Bath!

Each Ultimate Bath Pack contains

- 1 Magnesium Prill Bath Ball - Use this to turn your bath water into "thin" water, which increases Magnesium absorption! This lasts for years and years!
- 2 Magnesium Bath Crystals 1.75# each - use 2-3 scoops
- 1 Magnesium Snow 75 grams - this is a great detoxifier and astringent!
- 1 Fine Ground Mica 100 grams - add Universal Energies to your bath!
- 1 Magnesium Gel 2 ounce with Seaweed Extract - the perfect finish to the Ultimate Bath experience!!

Health and Wisdom Inc.

Magnesium Prill Pack ~ A ONE time buy

All our Magnesium Prills are Kiln dried for increased hardness and they last for years and years!

Each Magnesium Prill Pack contains

- 1 Drinking Water Prill Satchel 90 grams - have an endless supply of Prill water
- 1 Ready-to-use One Pound Laundry Pouch - treat your laundry water making it thinner to better permeate the fibers of the fabric to remove dirt more easily! As an added benefit - most customers use only about 10% of their detergent!
- 1 Two Pound Bath Ball - use this to make your bathing experience better by having "thin" water in every bath!! For an even greater treat, check out the **Ultimate Bath Pack!**
- 1 Toilet Tank Ball - place this in your toilet TANK to dissolve hard water deposits in the bowl and help keep it clean!
- 1 Two Ounce Magnesium Gel with Seaweed Extract

Magnesium Prills ~ A one time buy!

Kiln-Dried for Increased Hardness ~ Provides Structured water for years!

Ordinary tap water contains less than 10% of properly structured hexagonal water that can be used for hydrating cells. Magnesium Prills change ordinary water into "thin" water (hexagonal), which assimilates into the body cells.

Magnesium Prill Water will enhance your nutrient absorption and toxin elimination thus improving your health.

Magnesium Prills change the molecular structure of water so it is thinner which allows greater penetration in and around the cells of the body. Prill water has an alkalizing potential to the body. Health And Wisdom's Magnesium Prills are kiln dried and will last for years and years!

Use Magnesium Prills for drinking water, cooking, plants, washing vegetables, as a moisturizing spray, therapeutic bathing, laundry, and removing hard water deposits in toilet bowls! Any time you use water, make it Health and Wisdom's Magnesium Prill Water!

Magnesium Snow

Magnesium Snow is a wonderful product with a variety of uses! Magnesium Snow is a natural mineral that possesses mild astringent, detoxifying properties. When used as a face mask, Magnesium Snow may produce a more youthful, healthy complexion as it helps to smooth and soften (normal and dry) skin. Magnesium Snow may be used on any area of concern. For a mild cleanse, make a paste with Prill water and Magnesium Snow - apply to the face (or area of concern) and allow to dry. Rinse with warm water. For a deep, intense cleanse make a paste with Magnesium Snow and diluted or full strength Magnesium Oil. Apply and let sit for 5-15 minutes. Rinse with cool water. Do not start with full strength Magnesium Oil!

Make a paste with Magnesium Oil, 3% Hydrogen Peroxide, and Magnesium Snow to whiten teeth and improve tooth and gum health. For tighter gums, add Magnesium Snow and Magnesium Oil to your oral hygiene routine!

Add Magnesium Snow to your bath water to get the benefit of smooth, soft skin for your whole body. One large jar provides enough Magnesium Snow for 25+ baths and many, many facials!

Are you set for any possible radiation exposure emergency?

Do you have Potassium Iodide, USP (KI) in your First Aid Kit?

Health And Wisdom's Potassium Iodide (KI) Crystals are a GREAT alternative to the hard to get and expensive KI pills! Each 26 gram jar contains enough KI for 200 ADULT DOSES of protection!

When a radiation or nuclear disaster occurs, local public health or emergency management officials will tell the public if Potassium Iodide or other protective actions are needed. Using Health And Wisdom's Potassium Iodide Crystals, when properly mixed, will give a more accurate dose than pills or concentrated liquids because there is more solution overall to be measured out per dose. Each dose lasts for 24 hours and should be taken as long as the emergency exists.