



# SKIN MINERAL SOAK PROTOCOL



**BY RICARDO & WRINKLEBUDDY**



# **The Magnificent 8**

**Skin Mineral Soak Protocol**

**Free Starter Guide**

By Ricardo & Wrinklebuddy



## The Magnificent 8: Skin Mineral Soak Protocol

*A free starter guide from Wrinklebusters*

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### ***What If the Real Reason You Feel Tired, Weak, Inflamed, or Stiff... Is Because You're Missing the 8 Most Electrically-Potent Minerals on Earth?***

This isn't a juice cleanse or a diet gimmick. It's a **mission**: to rebuild the body from the inside out using what nature originally intended — **negatively-charged minerals** that clean, detoxify, and rebuild damaged tissue.

These 8 elemental allies don't just support health...  
They **transform** it.

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## Why Negative-Charged Minerals Matter

Most people are swimming in **positive-charged waste** — heavy metals, calcium carbonate, stagnant lymph, parasites, acidic waste, and the gunk clogging their tissues.

What's missing?

The **negatively charged reinforcements** — minerals that magnetically attract and pull out the trash, while also rebuilding structure and restoring function.

When you increase these 8, you don't just cleanse...  
You **restructure your tissues** at the deepest levels.

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### *Understanding the Body as an Electrical Organism*

Your body is not just chemistry — it's **electric**. Every thought, movement, and healing signal relies on a flow of energy. But that energy gets blocked by gunk: calcification, toxins, parasites, and hardened tissues. The Magnificent 8 are negatively-charged elements that *break through the blockages* and recharge your system at the ionic level. Each one plays a unique role in restoring electrical flow — and life.

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## 1. Magnesium

Magnesium is the body's electrical conductor. It powers over 300 biochemical reactions, calms nerves, relaxes muscles, and restores cellular voltage. As a negatively charged ion, it binds to inflammatory waste and helps *unclog the system*. Most modern bodies are dangerously deficient, especially in the skin and nervous system. Without magnesium, the circuit breaks.

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## 2. Sulfur

Sulfur acts like a cellular plumber — breaking down hardened proteins, sticky toxins, and parasitic nests. It enhances detoxification and boosts the elasticity of fascia and skin. As a negatively-charged mineral, it teams up with magnesium to cleanse at a deep tissue level. Sulfur is the mineral of flexibility, resilience, and youth.

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## 3. Boron

Boron is the stealth element — little known but essential. It supports calcium management, hormone balance, and brain health. Its negative charge helps escort out heavy metals and unwanted calcium deposits. Boron sharpens electrical communication between brain and body, helping restore your natural blueprint.

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## 4. Silica

Silica is the structural genius — rebuilding collagen, bone, joints, and skin from the ground up. Its negative charge helps bind with metals and pollutants, sweeping them away while strengthening the body's scaffolding. Silica is the mineral of beauty, bounce, and signal clarity.

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## 5. Bicarbonate

This is the pH guardian — the body's acid/alkaline buffer. Bicarbonate's strong negative charge neutralizes excess acidity, making conditions hostile to parasites and inflammation. It restores electric balance in tissues and keeps the body's chemistry from tipping into chaos.

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## 6. Phosphorus

Phosphorus is electricity in motion — essential for ATP (cellular energy), bone repair, and nervous system signaling. As a negatively-charged force, it gives power to movement, brain function, and healing momentum. Without it, the lights dim.

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## 7. Iodine

Iodine is the deep cleanser — cutting through fungal colonies, gunk buildup, and hormone disruption. Its electronegative properties help restore order to glands, especially the thyroid and reproductive systems. Iodine is essential for real detox and deep tissue renewal.

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## 8. Hydrogen Peroxide (Oxygen Delivery)

Hydrogen peroxide provides oxygen, the final piece in the electrical circuit. Though technically a compound, it delivers negatively charged oxygen that oxidizes parasites and awakens sluggish tissue. When used topically in controlled ways, it becomes a battery charger for your body.

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These 8 aren't just minerals — they are the *missing electrical allies* that your body has been craving. Once you begin restoring them — especially through the skin — you begin restoring the **natural current of life**. The soak is not a beauty treatment. It's a reboot.

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# The Magnificent 8 Skin Mineral Soak

## A Daily 5–10 Minute Remineralizing Ritual

This is the fast-track to getting these minerals into your system **through the skin**, bypassing digestive interference.

### Ingredients (Add to hot water bucket or tub):

1 tbsp **Magnesium chloride** (or flakes)

1 tbsp **MSM powder**

½ tbsp **Boron** (borax or boron supplement powder)

10 drops **Lugol's Iodine** (or alternative iodine source)

1 tbsp **Baking Soda**

1–2 tbsp **Food grade Hydrogen Peroxide (3%)**

Optional: Silica drops or tea (applied afterward)

Optional: Spritz with phosphorus-rich herbal mist or oil (after soak)

### How To Use:

After your normal shower or bath, pour the mixture over your body using a wash basin or cup.

Let it sit on your skin for **5–10 minutes** before rinsing or toweling off.

Do this once per day — or up to **3x/day** in shorter 5-minute bursts for faster results.

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## What to Expect

Noticeable energy increase

Reduction in inflammation and water retention

Skin smoothing and brightening

Improved bowel movements

Lightness in limbs and joints

Brain clarity and deeper sleep

This is not just detox.

This is **electrical nutrition** — the lost half of real healing.

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## Want the Full Protocol?

This is just one piece.

The full *Magnificent 8* book teaches you:

- ✓ How to eat and drink the 8 minerals for deeper absorption
- ✓ What to combine for **synergy** and faster results
- ✓ How to **rebuild tissues**, not just remove gunk
- ✓ How to make this **sustainable and easy**

# Q&A Section: Learn the Why, How, and What of the Protocol

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## 1. What exactly is the Magnificent 8?

The Magnificent 8 are eight negatively charged minerals that help rebuild tissues, dissolve gunk, neutralize parasites, and recharge the electrical system of your body.

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## 2. What are the 8 minerals?

Boron, Magnesium, Sulfur, Bicarbonate, Phosphorus, Iodine, Silica, and Hydrogen Peroxide (as a delivery agent for oxygen).

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## 3. Why are these minerals negatively charged important?

Negatively charged ions bind to positively charged trash — like heavy metals, parasites, and hardened calcium — and help escort them out of your system.

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## 4. Why not just take supplements by mouth?

Many minerals don't absorb well through digestion — and oral supplementation can throw off balance. The skin is a powerful delivery route that bypasses the gut.

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## 5. What makes this soak different from Epsom salt baths?

Epsom salts = just magnesium sulfate. This soak = a full-spectrum *remineralizing system* designed to cleanse, nourish, and rebuild.

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## 6. Can this soak help my skin too?

Yes. Many report smoother skin, improved tone, and better hydration — but the real benefit is what happens underneath: deep tissue mineral renewal.

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## 7. How often should I do it?

Start with 3x a week and build up to daily if desired. Even 10 minutes after a hot shower can make a big difference.

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**8. Do I need to rinse it off?**

No. Let it dry on your skin for maximum absorption. It may leave a trace of mineral residue — this is normal.

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**9. Is it safe for sensitive skin?**

Yes — start with small amounts. If irritation occurs, dilute further and avoid shaving or exfoliating right before.

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**10. Why is this free? What's the catch?**

There's no catch. Wrinklebusters wants you to *experience real results first*. The full book gives the deeper science and usage patterns — but this is enough to begin your mission.

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**11. What results can I expect?**

Early benefits may include better sleep, softer skin, clearer thinking, better bowel movements, and reduction in aches or stiffness.

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**12. Is this just for the skin or my whole body?**

It's a full-system reset. Your skin absorbs the minerals and delivers them to tissues, glands, joints, and the nervous system.

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**13. Can I use this on my face?**

Yes — diluted. Many users dab around the forehead, jaw, and cheekbones to target facial wrinkles and tension.

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**14. Can I combine this with other Wrinklebusters protocols?**

Yes. It was designed to *amplify* facial exercises, the Brain Wash Detox, and the Unblock Your Junk program.

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**15. Is this okay for older people?**

It's ideal. As we age, mineral reserves drop, and positive-charge waste builds up. The soak helps reverse that.

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**16. Why are these minerals missing in modern people?**

Depleted soil, processed food, chemical fertilizers, and urban lifestyles have stripped us of real mineral contact.

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**17. What role does hydrogen peroxide play?**

It provides oxygen — the ultimate parasite and toxin killer — and helps the body ignite repair and circulation.

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**18. Can this help with joint or muscle pain?**

Yes. Mineralized tissues are less inflamed and more flexible. Sulfur and magnesium especially aid recovery.

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**19. What's the science behind skin absorption?**

The skin is semi-permeable and richly vascularized — especially when warm and clean. Minerals in ionic form pass through with ease.

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**20. Is this a gimmick?**

No. It's a return to *elemental healing*. What's revolutionary isn't the ingredients — it's the *delivery method and synergy*.

# Strategic Deployment — How to Get the Magnificent 8 Into You

## The Mission:

Now that you understand what the Magnificent 8 do, your mission is to get them *into your body* — fast, effectively, and consistently. There are two main routes: **externally via the skin**, and **internally via digestion**. Each has advantages. The smartest path? Use both.

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## The Two Routes of Mineral Entry

Mineral	External (Skin Soak)	Internal (Food, Drink, Supplement)
<b>Magnesium</b>	Epsom salt / magnesium chloride flakes	Magnesium glycinate, malate, citrate; soaked pumpkin seeds
<b>Sulfur</b>	MSM in soak / sulfur-rich clay	MSM powder, raw garlic, onions, eggs, cruciferous veggies
<b>Boron</b>	Borax (pinch in soak water)	Boron supplement, prunes, raisins, dates
<b>Silica</b>	Diatomaceous earth in soak; silica-rich clays	Horsetail tea, cucumbers, bell peppers, mineral water
<b>Bicarbonate</b>	Baking soda in soak	Pinch in water, lemon+bicarb drink, certain mineral waters
<b>Phosphorus</b>	Mineral blend in soak (phosphate powder optional)	Sunflower seeds, lentils, organic meats, phosphoric acid
<b>Iodine</b>	Lugol's iodine drop in soak	Lugol's or nascent iodine drops (oral), seaweed, kelp
<b>Hydrogen Peroxide</b>	Food-grade diluted into soak (3–6 drops per bath)	Trace amounts orally only if safe; otherwise topical only

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## External Route: Why Skin is Underrated

Your skin is not just a barrier — it's an intelligent filter. When you soak in a warm mineral solution, your skin *selectively absorbs* what your body is lacking. This is faster and more direct than digestion, especially when your gut is compromised. Skin soaks allow for targeted delivery and full-body saturation — especially when done after a shower, when your pores are open.

**The protocol:** Use the **Magnificent 8 Skin Mineral Soak** 3–5 times per week. You only need 15–20 minutes. Focus on consistency.

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## Internal Route: Why Strategic Ingestion Matters

Ingesting minerals through food and drink strengthens your body from the inside out. But the key is **bioavailability** — not just what you take, but what you *absorb*. Many commercial supplements are poorly absorbed. That's why we favor **ionic or food-based sources**, and beverages that combine minerals with acidic agents (like lemon or vinegar) for better uptake.

**The tactic:** Use a **daily mineral drink** — for example, lemon water + pinch of borax + baking soda + iodine + magnesium. Rotate your ingredients to avoid excess.

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## Synergy is Everything

The Magnificent 8 don't work in isolation — they support and unlock each other. For example:

Magnesium enhances absorption of boron and sulfur.

Sulfur helps mobilize toxins so iodine can clear them.

Bicarbonate helps make room for silica and phosphorus to rebuild structure.

**Your goal isn't just more minerals. It's mineral synergy.**

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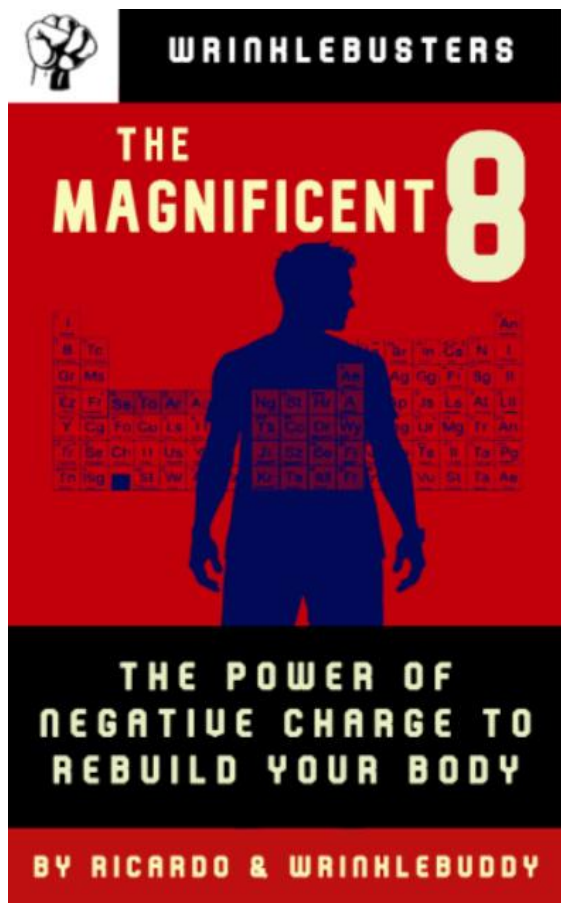
## Takeaway Strategy

**Start simple:** One skin soak, one internal mineral drink daily.

**Stay consistent:** 30 days minimum to feel a structural shift.

**Adjust intelligently:** Track your energy, mood, sleep, and cravings — these are feedback systems.

**Go all-in:** Once you feel the shift, increase dosage or frequency for faster rejuvenation.



## Download the Full Book:

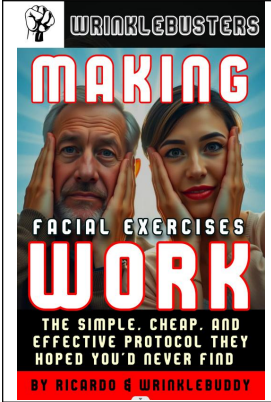

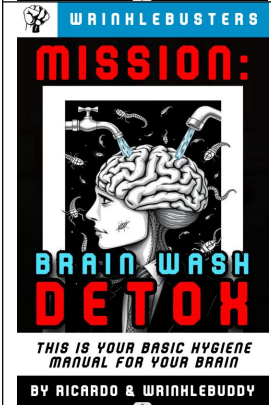
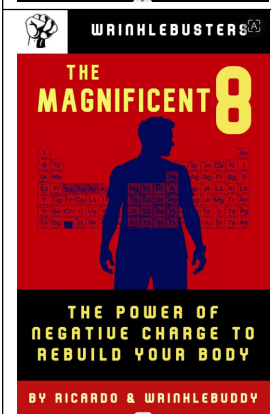
### **The Magnificent 8**

*8 Negatively-Charged Elements That Rebuild the Human Body*

Now just \$10 — Always. No excuses.

[<https://wrinklebusters.store>]

## Books by Wrinklebusters

	<p><b>Book 1: Wrinklebusters: Making Facial Exercises Work -</b> The essential Wrinklebusters guide to unlocking real results from facial exercise. Learn the missing links that make face workouts actually <i>work</i> — from fascia to detox to calcium release.</p>
	<p><b>Book 2: Unblock Your Junk -</b> A shock-to-the-system introduction to men's vitality. This groundbreaking guide targets the gunk clogging your reproductive power using fascia massage, lymph activation, and testicle-liberating protocols.</p>
	<p><b>Book 3: Mission: Brain Wash Detox -</b> This is your complete, step-by-step battle plan — packed with advanced protocols, deeper cleansing techniques, and insider secrets you won't find elsewhere. If you're serious about blasting through stubborn buildup, unlocking unstoppable mental clarity, and permanently upgrading your brain's performance, don't settle for quick fixes — commit to the full mission and transform your mind for good.</p>
	<p><b>Book 4: The Magnificent 8: The Power of Negative Charge to Rebuild Your Body -</b> This is your mission: to strategically reintroduce the 6 most powerful negatively charged elements — <b>Sulfur (MSM), Boron, Silica, Iodine, Oxygen, and Phosphorus</b>, and two allies <b>Magnesium and Baking Soda</b> — into your body with precision and synergy. These aren't optional trace minerals — they're the frontline defense against gunk, stagnation, and premature breakdown.</p>

Wrinklebusters isn't just a brand. It is a quiet revolution. Free starter guides. \$10 downloads. Always. No Excuses. <https://Wrinklebusters.store>



## Disclaimer

This book is for informational and entertainment purposes only. Making Facial Exercises Work is a self-experimentation protocol and **not** a substitute for professional medical advice, diagnosis, or treatment. We're not doctors, and we're not pretending to be. Always consult with a qualified healthcare provider before beginning any new health regimen — especially one involving detox, essential oils, fasting, or inversion movements.

By reading this book and trying any of the techniques inside, **you accept full responsibility for your own health and choices.** You're in charge. Not us. That said... welcome to the revolution. We believe in your body's intelligence and your right to explore its potential. Just be smart, be safe — and pay attention to your body.