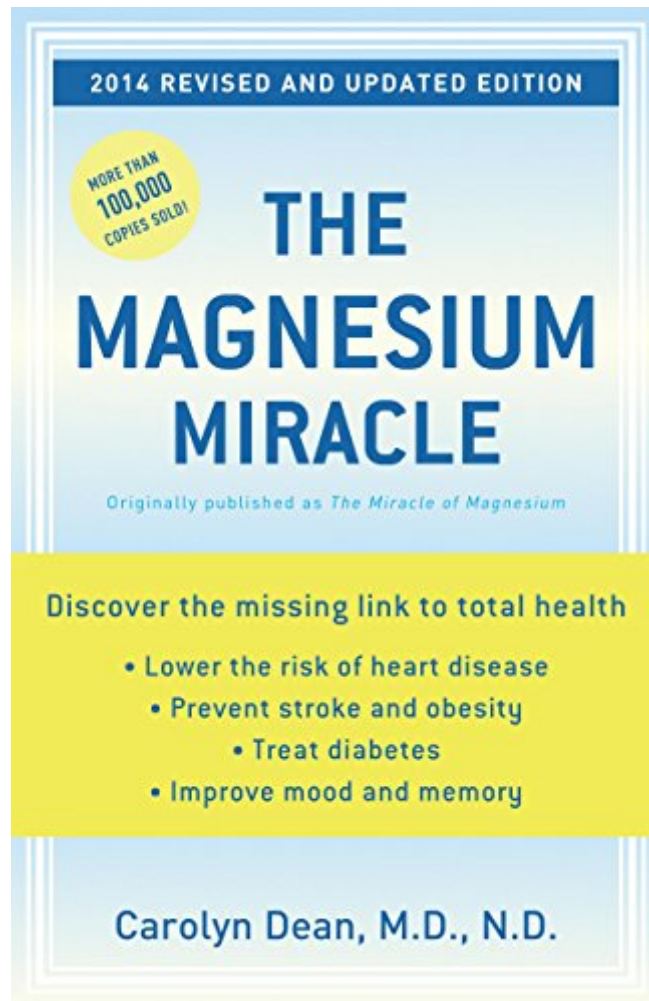


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# The Magnesium Miracle (Revised And Updated)



## Synopsis

REVISED AND UPDATED 2014 EDITION — Magnesium is an essential nutrient, indispensable to your health and well-being. By adding this mineral to your diet, you are guarding against—and helping to alleviate—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But despite magnesium's numerous benefits, many Americans remain dangerously deficient. Updated and revised throughout with the latest research, featuring an all-new Introduction, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover — — newly available magnesium supplements that the body absorbs more efficiently — — how calcium can increase the risk of heart disease—and how magnesium can lower it — — a magnesium-rich eating plan as delicious as it is healthy — — information on the link between magnesium and obesity — — vitamins and minerals that work with magnesium to treat specific ailments — — why paleo, raw food, and green juice diets can lead to magnesium deficiency — — recent breakthroughs in magnesium's medical and public perception — The Magnesium Miracle, now more than ever, is the ultimate guide to a mineral that is truly miraculous. Praise for The Magnesium Miracle — — Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life. — — Stephen T. Sinatra, M.D., author of The Sinatra Solution: Metabolic Cardiology — — Clearly written and packed with information . . . a comprehensive and well-referenced guide to the myriad benefits of magnesium. — — Carolyn DeMarco, M.D., author of Take Charge of Your Body: Women's Health Advisor — — Throughout this volume and with utmost clarity, Carolyn Dean presents invaluable recommendations—based on the latest magnesium research. Virtually every American can benefit. — — Paul Pitchford, author of Healing with Whole Foods: Asian Traditions and Modern Nutrition — — Physicians and therapists have paid scant attention to this very important element, which is also involved in maintaining our good health. The massive evidence is here in this important book on magnesium. I am pleased to have been taking magnesium for so many years. — — Abram Hoffer, M.D., author of Putting It All Together: The New Orthomolecular Nutrition

From the Trade Paperback edition.

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## Customer Reviews

I knew magnesium was important from other books I had read, and other classes I had taken, but I didn't realize how many things reduce the amount in the body such as, exercise, sweating, stress, prescription drugs, fluoride, and calcium supplementation. Magnesium is necessary to properly metabolize calcium, and it keeps calcium in solution in the body, so it prevents calcifications, which are quite common. Magnesium is therapeutic in treating the following:

1. Anxiety and panic attacks - because it helps keep adrenal stress hormones under control
2. Asthma - both histamine production and bronchial spasms increase with magnesium deficiency
3. Blood clots - magnesium prevents blood clots and thins blood without side effects.
4. Bowel disease - magnesium deficiency is one of the main causes of constipation.
5. Cystitis - bladder spasms are worsened by a magnesium deficiency.
6. Depression - serotonin (mood elevator) is dependent on magnesium for its production and function.
7. Heavy metals - magnesium is essential for the removal of heavy metals such as aluminum and lead.
8. Diabetes - magnesium facilitates the production of insulin and the transfer of glucose into the cells.
9. Fatigue - magnesium deficiency affects hundreds of enzymes, and fatigue is one of the first signs of a magnesium deficiency.
10. Heart disease - The heart requires magnesium as does all muscles.
11. Hypertension, hypoglycemia, insomnia, kidney disease, migraines, nerve problems, PMS, osteoporosis, Raynaud's syndrome, and tooth decay are all aggravated, and sometimes caused by a magnesium deficiency.

Calcium causes muscles to contract, while magnesium gives them the ability to relax.

After reading this book, along with also having first-hand knowledge about the importance of magnesium, which indeed is a "miracle," I cannot understand why more information is not coming forward on this most important nutrient, the missing link in regaining your health. Back last winter, my wife became concerned when I had difficulty getting out of a chair, was having horrible hip pain and back pain. She researched, then started growing concerned that maybe I was showing early signs of Parkinson's. Needless to say, the research turned up several important things, but most importantly, magnesium deficiency seemed to be a number one factor causing many illnesses. Around this time frame, we found out about magnesium w/SRT (magnesium malate; malic acid), and it literally changed our lives overnight. That magnesium w/SRT is the one that was definitely a magnesium miracle for us. Then, around this same point in time, just about the same time we found magnesium w/SRT, we also found out about Dr. Carolyn Dean's book, and this has been such a blessing. You can tell others how it changed you overnight, but if you're deficient, it really will, and most people are deficient in magnesium. This book is so well written, so comprehensive in revealing the importance of the benefits of magnesium and just what a magnesium deficiency causes. This book is not only written for health-care professionals, but it's also for laypeople such as my wife and I. This book is for everyone. It's for people with depression, chest pain, migraines, muscle spasms, nerve problems, asthma, leg cramps, fatigue, hypertension, insomnia, and the list goes on and on. For the first time in over 20 years, my wife is free of back pain and horrible muscle spasms in her back.

This little book is very dense with important information and I cannot begin to even tell you what a life-changing experience it has been for me. If you are seriously looking to feel better and improve your health overall, this book will help you do just that. One interesting point I would like to make here is that whatever your ailment may be, it probably is due to a magnesium deficiency. You are probably wondering how I can make this statement, however, it is a true fact that magnesium deficiency causes many different symptoms and even diseases, depending on the individual. Even though some people share similar symptoms, some may be extreme depending on how magnesium deficient they are due to daily nutrition. Others may have more subtle symptoms if they are getting a little more magnesium in their diet, this also includes our children, their health, and the current epidemic of obesity, autism and ADHD in our society. However, the simple fact of the matter, and the main point of this book is that there is an epidemic in our society because of magnesium deficiency. Which has been made worse since the "Got Milk?" was licensed to the National Milk Processor

Board (MilkPEP) in 1995. Other agencies following the push including to this day the NIOH (National Institutes of Health) and other government agencies who stream into the mainstream society that we don't get enough calcium in our diets when the fact is we get more than we need. Which is why people are so sick. In the 1950's the soil used in farming had already begun to be depleted of this mineral, it has only gotten worse since then. Farmers do not add this mineral to the soil and food grown in the soil do not contain this mineral and if they do it is in minuscule properties.

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