

2014 REVISED AND UPDATED EDITION

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THE MAGNESIUM MIRACLE

*Originally published as *The Miracle of Magnesium**

Discover the missing link to total health

- Lower the risk of heart disease
 - Prevent stroke and obesity
 - Treat diabetes
- Improve mood and memory

Carolyn Dean, M.D., N.D.

Carolyn Dean

The Magnesium Miracle (Revised and Updated Edition)



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REVISED AND UPDATED 2014 EDITION Carolyn DeMarco, M. By adding this mineral to your daily diet, you are guarding against— Carolyn Dean gets the greatest credentials for bringing answers to those experiencing the concealed magnesium disorders that affect many of us. Throughout this volume and with utmost clarity, Carolyn Dean presents invaluable suggestions— vitamins and minerals that work with magnesium to treat specific ailments •s numerous benefits, many Americans stay dangerously deficient.s Health Advisor Inside you will discover • recently available magnesium supplements that the body absorbs more efficiently • a magnesium-rich diet program as delicious as it is healthful •Paul Pitchford, author of Healing with Entire Foods: Asian Traditions and Modern Nourishment how calcium can increase the risk of center disease— The substantial evidence is here in this important reserve on magnesium. But despite magnesium' recent breakthroughs in magnesium' why paleo, raw food, and green juice diet plans can lead to magnesium deficiency •s medical and general public perception Praise for The Magnesium Miracle The Magnesium Miracle, now more than ever, is the greatest direct to a mineral that is really miraculous.Stephen T.Dr.and assisting to alleviate— This book needs to be read by anyone wishing to improve their standard of living."— " Sinatra, M.D., writer of The Sinatra Alternative: Metabolic Cardiology "—, author of Putting It All Together: THE BRAND NEW Orthomolecular Nourishment " a comprehensive and well-referenced instruction to the myriad benefits of magnesium."— Magnesium is an essential nutrient, essential to your health and well-becoming.D." Updated and revised throughout with the latest analysis, featuring an all-new Intro, this amazing guide explains the essential role that magnesium takes on within your body and life. "such threats as cardiovascular disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma.based on the most recent magnesium research. Virtually every American can benefit., writer of Take Charge of THE BODY: Women'Obviously written and filled with information .and how magnesium may lower it • .Doctors and therapists have got paid scant attention to this very important component, which is also involved in maintaining our good wellness. information on the link between magnesium and obesity • I am very happy to have been taking magnesium for so many years."—Abram Hoffer, M.D. .



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High blood circulation pressure? Depressed? Constipated? This publication is for you! My husband and I are inside our early 50's and generally in good health and fitness and neither folks are on any medications. We have a few vitamins and supplements daily but hardly ever gave much thought to adding mineral supplements. Easy to read when you are in chronic discomfort. It was the shocker medical diagnosis that woke us up. His doctor wished to monitor it for a short while since he has no other risk factors before going on medication but submitted that he will eventually need to be on meds for this. We bought a home BP monitor to track it daily. Oxide isn't. Great delivery!! I am not really discrediting doctors, I think extremely highly of them and also have a lot of respect for their knowledge, but NO-ONE mentioned to us to try magnesium before suggesting going on meds. My husband began having significant leg cramps after exercising and articles in a Runner's journal suggested Magnesium for muscle mass cramps. Besides, sodium puffs my eyes, so I suppose vanity place me on a low-sodium diet plan too - ha! The low salt diet plan was horrible initially, I will admit, but after a few of weeks and tinkering with spices and vinegars, we are actually used to the flavor of foods without added salt and it is really great, so stick with it!. Changed and Improved our health and wellness In my opinion Dr. About 2 a few months after going low salt and viewing some reducing of his BP figures but nonetheless not great, my search for natural methods to lower blood pressure brought me to this book. Great delivery! This publication will tell you those are better absorbed and those aren't - for instance, Mag. And I discovered that some of our behaviors were flushing out the nutrients - like consuming tea and coffee - and my husband being a type-A character, hyper and stressed - managed to get worse. And there seriously isn't enough magnesium inside our foods any more and that insufficiency was causing so lots of the symptoms we were experiencing. And the difficult thing is that these symptoms can sneak up gradually so one doesn't even realize there exists a problem. Highly Recommended.. We also started exercising more and he lost 20 lbs. you may you need to be magnesium deficient.. Therefore now that we learned through this reserve how diuretics can make factors worse, we are limiting our hibiscus tea for whenever we feel we have overloaded on salt when eating dinner out. I am not an expert, just giving our experiences, but she actually is! Since reading this book we both are now taking 400mg of magnesium a time and the adjustments in just a week or two have already been incredible. For the first time in probably a decade we are both sleeping through the night like babies...almost every night... Great product! Good Read Good Read Magnesium Miracle Extremely interesting and I'm glad I purchased it Great info! And on a positive be aware for me personally, I no longer have a problem with constipation. Taking even more magnesium offers helped me with lots of stuff. Extremely education and easy to understand. He continues to exercise, has cut way back on sugar, and mainly is keeping the excess 20 lbs off. If you want the reality, dont ask Drs. Unbelievable for him. Great items y Great Book here! So I found a natural diuretic in hibiscus (Jamaican) tea and it can work well to flush out the water. But what I discovered from this publication is that diuretics could cause dehydration. I've attempted a whole lot of different products - searching for and finally found the solution with this. And we both were consuming hibiscus tea (which is so delicious by the way) daily.. Either they don't really know about natural treatments or liability risk encourages them to create a script. It really is like turning back the clock 20 years. THEREFORE I pushed him to begin taking the supplement each day. Although my BP can be regular/low, I did it so I can eat the same as he will. But we will be sticking with the magnesium products. He no more consistently snores, because of the weight reduction I suspect. Or maybe it doesn't work for everyone therefore they recommend it to no one. Do you have research. You need to manage your own wellness. If you've gotten this considerably in your research to end up being reading these reviews, you are on the right course! (I use magnesium gel, tablets, and

Organic Calm for a total around 700 mg each day.* * * * *Mar 2017 - Update: We remain taking our 400 mg of magnesium a day time. I hate reading but this reserve was hard to place down. (But I go through that the blood check isn't that accurate and one could still be deficient even if the levels present normal.) And I wanted to revise that my husband's blood pressure is consistently NORMAL. They are way down. Maybe the fix is simply too simple. Both of us are sleeping much better than we possess for years because of that and the magnesium. Today we are both therefore much ore calm and relaxed. Dean s most significant hits Book. They by no means go over what your body is missing. I'm on the up because of educating myself through this book and various other mineral types. That only is worth it for me. :) We are no more experiencing any muscle tissue twitches or mysterious aches and my hubby consistently says how great he feels. It really is truly amazing. He's a lot more mellow and in a position to enjoy life, no more bug-eyed and on the advantage all the time. Read about those are best absorbed. Magnesium Chloride can be well absorbed. Here I thought we had been eating quite healthy, but I found out that that isn't plenty of. After reading the side effects of BP medication, we knew we wanted to avoid that if possible. These are just SOME of the issues I've experienced resolved with Magnesium. My husband's blood pressure is now normal and no longer must take Rx medicines for high blood pressure. But most of all, read this book. and it's an easy fix. From the 160's/high 90's to the 120's/low 80's and 70's and actually yesterday he had a lesser number in the 60's. However, we have been having unusual symptoms lately, muscles twitches, muscle mass soreness for no apparent reason, irritability/edginess, insomnia, heart flutters, and my hubby was recently dx with high blood pressure, although we believe he has in fact had it for several years. Makes feeling and broken down for us to read. Mad but amazed about illnesses. If you read the book, you find out about what is really hurting you (not enough magnesium and other minerals and vitamins). I'm mad because I have been lied to by 60 Drs. at VA facilities and active duty. But the nightly magnesium dose has cured that.. No, pain = issue. I've started taking magnesium then additional items for this reason book. Three weeks on ReMag and feeling better than I ever thought I'd. Cures for almost everything because our good sources do not include what they utilized to 30 years back. Read this before you do, because Dr. Everything. Auto immune issues. I can eat chocolate again (which is quite constipating) with out a problem. I love this book. But the most exciting for all of us offers been his blood circulation pressure numbers. We both recently had our bloodstream function done and got magnesium levels tested merely to make sure we weren't over doing it and it showed our mag levels were perfectly normal. Magnesium IS a miracle If you don't supplement with Magnesium, you absolutely should. From fruits to meats. Dean knows of what she speaks. And have a B6 when you consider your mag or an excellent natural-sourced raw B-Complex. Understand this reserve!) -- Cystitis (gone completely), Restless Leg (gone totally), light sleeper (now rest deeply every evening), hair thinning (now as heavy as when I was in my 20's), migraines (went from frequent to uncommon), memory and concentration (much improved) and the list goes on. I lost nothing, of course, except just a little water weight. Just turned the clock back again about 20 years in three weeks. I am anyone who has experienced poor health all their lives and probably seen at least 50 different doctors over a period of 30 years. I love to cook and regarded it a challenge to make good meals without salt. My hubby is like a fresh man. I did not know anything about Magnesium so based on reviewers comments, I browse the Magnesium Miracle and may not put the reserve down. Once I began taking the required dosages of Magnesium, and increased the daily drinking water consumption, the IBS, abdomen cramps, migraines, insomnia and constipation finished. That also supports absorption. I wished I possibly could rate the publication ten superstars for what it do to improve our health and wellness and wellbeing. Highy Recommended Life changing information. Many have bought it at my

recommendation. So pleased I came across this. It defines fibromyalgia and tells you how to get gone it. They only focus on side effects and relieving or switch off pain signals. You should, too..better mood, more energy, no cravings no joint pain! You might think it's just regular aging or your personality, but if you're edgy, grouchy, sad for no reason, depressed, quick to flare up with anger, exhausted but can't sleep, struggling to enjoy everything you used to love. Screw you big pharma and all of your pills - they contact medicine - more like keep you sick so you keep having to go directly to the Dr for more. This may thicken the blood and can actually trigger high BP and also constipation and flushes out the nutrients, making magnesium levels actually lower. Dean is usually a saint for composing this book. Thank You! Dr. Dean's treatment of so many problems Dr. I have celiac disease and constipation includes the territory. She's you tube y all over the place and she makes great line of products to help you get well. Good but expensive line of products.I have to mention that our symptoms were actually obtaining a little worse right before we started on Magnesium because We had browse that the BP meds were types of diuretics. Everyone Should Read This I've recommended this book to many people. Very interesting.. It has taken the edge off, and the twitches and soreness is dramatically less. Great Great Kidney stone sufferers have to read this I suffer from reoccurring kidney stones and this book is very informative on how maganiesum works to greatly help with the problem. Before my hubby always said he by no means dreamed and we discovered that is clearly a symptom of mag insufficiency. Great factual information backed up by research! What an attention opener it had been.and dreaming crazy dreams! We immediately cut salt way down inside our diets. Great product!



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