

SECOND EDITION

"Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it."

—CHRISTIANE NORTHUP, M.D.

The Magnesium Miracle

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•
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CAROLYN DEAN, M.D., N.D.

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The Magnesium Miracle (Second Edition)



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Now updated with thirty percent new material, the only comprehensive instruction to one of the very most essential but often-overlooked nutrients, magnesium—which guards against and really helps to alleviate heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. Magnesium can be an essential nutrient, indispensable to your health and well-being. By adding this mineral to your daily diet, you are guarding against—and helping to alleviate— a magnesium-rich eating plan as delicious since it is healthy • This book must be examine by anyone desperate to improve their quality of life. Her work is a gift to humanity. Updated and revised throughout with the latest research, this phenomenal guide explains the vital role that magnesium takes on within your body and lifestyle. Inside you will discover • details on the hyperlink between magnesium and obesity • improved methods for raising magnesium intake and absorption price •based on the most recent magnesium study.—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. brand-new findings about the essential function of magnesium in lowering cholesterol vitamins and minerals that use magnesium to treat specific ailments • why paleo, raw meals, and green juice diet plans can result in magnesium insufficiency The Magnesium Miracle, now more than ever, is the ultimate information to a mineral that is truly miraculous. Praise for The Magnesium Miracle“Dr. Carolyn Dean has been light-years before her time with regards to the key mineral magnesium and its many lifesaving uses.s several benefits, many Americans stay dangerously deficient. Throughout this volume and with utmost clarity, Dr.”and how magnesium may lower it •Dr.“D. I highly recommend it., author of The Sinatra Option: Metabolic Cardiology how calcium can increase the risk of heart disease— Virtually every American can benefit. Sinatra, M.—Paul Pitchford, writer of Healing with Entire Foods “Christiane Northrup, M. Carolyn Dean has the greatest credentials for bringing answers to those suffering from the hidden magnesium disorders that influence many of us. But despite magnesium””—Stephen T.”D. Carolyn Dean presents invaluable recommendations—



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A MUST READ BOOK Great book, educational. Magnesium is indeed IMPORTANT and the majority of people are deficient and so are unaware of the insufficiency as doctors simply prescribe more medicines without knowing or caring that a lot of drugs deplete magnesium, causing complex issues that doctors treat with extra drugs. In case you have ANY health difficulties at all, especially chronic things, magnesium deficiency is a likely aspect of whatever the picture is. My shoulders were consistently getting increasingly more limited in motion and at 63 I was worried about how bad they were likely to be as time went on. *** Thank you, Dr. About fifteen years ago I had a frozen shoulder in my right shoulder and five years ago another frozen shoulder in my own left shoulder. Since I've learned the benefits of acquiring extra magnesium my shoulders are receiving better. FROZEN SHOULDER This is not at all a waste of money for me personally. The freedom of movement, I feel in my own arms and shoulders, is definitely a miracle for me personally. I tried just about everything- years with MD's getting worse and worse and worse, a complete ND program for a 12 months that I think might have produced me worse not only is it VERY expensive and not included in insurance. Carolyn Dean's information makes sense to me because easily understand "frozen shoulder" correctly, it really is calcification in the shoulder joint. It is my understanding the extra magnesium I'm taking is certainly wearing down the calcium deposits in my shoulder joint. I'm not a doctor and may not understand scientifically, but I could tell you since I started acquiring "magnesium glycinate" six weeks ago my hands and shoulders are so far better, and if they didn't get any better I would be happy with the healing that has taken place. Because of this, I supply the book 3 superstars. I rest better. Dean has determined really important information and product line to reset your mineral levels. I have already been interested in diet for a long time and take other health supplements but usually felt there was something still lacking. That missing hyperlink for me was the excess magnesium because I have taken calcium magnesium products for a long time. I use to take a 2:1 calcium magnesium and started a 1:1 calcium magnesium. Happy to state i am doing terrific and the even more I pay attention to her radio show and read her websites, the more I enjoy her function and contribution to healthcare in general and my ability to care for my system and know very well what is going on within it in new and empowering ways. I am so thankful I came across this information. Carolyn Dean for all you research and time. While there are several types of Magnesium, the author pushes her item every chance she gets & Dean's book can be an invaluable resource. She's clear and concise. She's credible, grounded and people are having fabulous results on her program. When you have determined that chemical meds aren't the answer for you- her Re-set program may be the Godsend for you personally that it has been for me and the few people (up to now) in my life who've been up for using the intervention on themselves. She references highly credible multiple clinical tests that you can read yourself to back up her statements. My bowels move frequently. I purchased the liquid magnesium and the liquid nutrients Dr. Obtain your magnesium and you'll feel better too. 100% absorbable Magnesium replenishment is just a little known, critical aspect to heal many chronic health problems, for real. This reserve answered Most of my queries concerning prescribed medications and the damaging unwanted effects due to them. Best, most readily useful info I have found in 4 years of researching and trying stuff with getting my entire life back at risk. Carolyn Dean sells because I am aware her concern about absorption and purity. Not just another doc with a product company. All the analysis is completed for you personally. Magnesium is employed in 800 enzyme processes and the detox system, simply for starters. Dr. they endure). Easily had started with Carolyn's book and system, I believe i possibly could have passed all that stuff by and gone straight to getting, staying and being very well. Although it was jammed filled with info,

it didn't have very much at about magnesium chloride, which I was most thinking about learning about. So, so so worth it to hear her message! My center palpitations and muscles cramps have halted. (I read a bunch of them., I worked with a wonderful LAC and herbalist who held me alive, mind rewiring with Annie Hopper (which helped but was not the complete picture) etc. Help to make no mistake magnesium is the miracle you've been looking forward to. This publication and my applying it to my recovery from MCS disease could possess saved me 4 really horrible years of debilitating disease and my entire pension savings spent on expensive products and protocols that hardly ever really delivered the balance that my program is needs to achieve after not even one month following her process. Many people are different, and, 80-% folks are magnesium deficient. I promise you, she is worth listening to. Dr. I'm looking towards other benefits. Informative BUT Bias We really wanted to like this book. She actually encourages people to think for themselves and focus on their own bodies in a full reversal of authoritarianism in medication that's generally practiced.*** Magnesium miracle Dr. in a very repetitive way. Taking the excess magnesium is the ONLY change I have made. The publication leans greatly towards the authors product making the book seem bias to the additional Magnesium products out there.



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