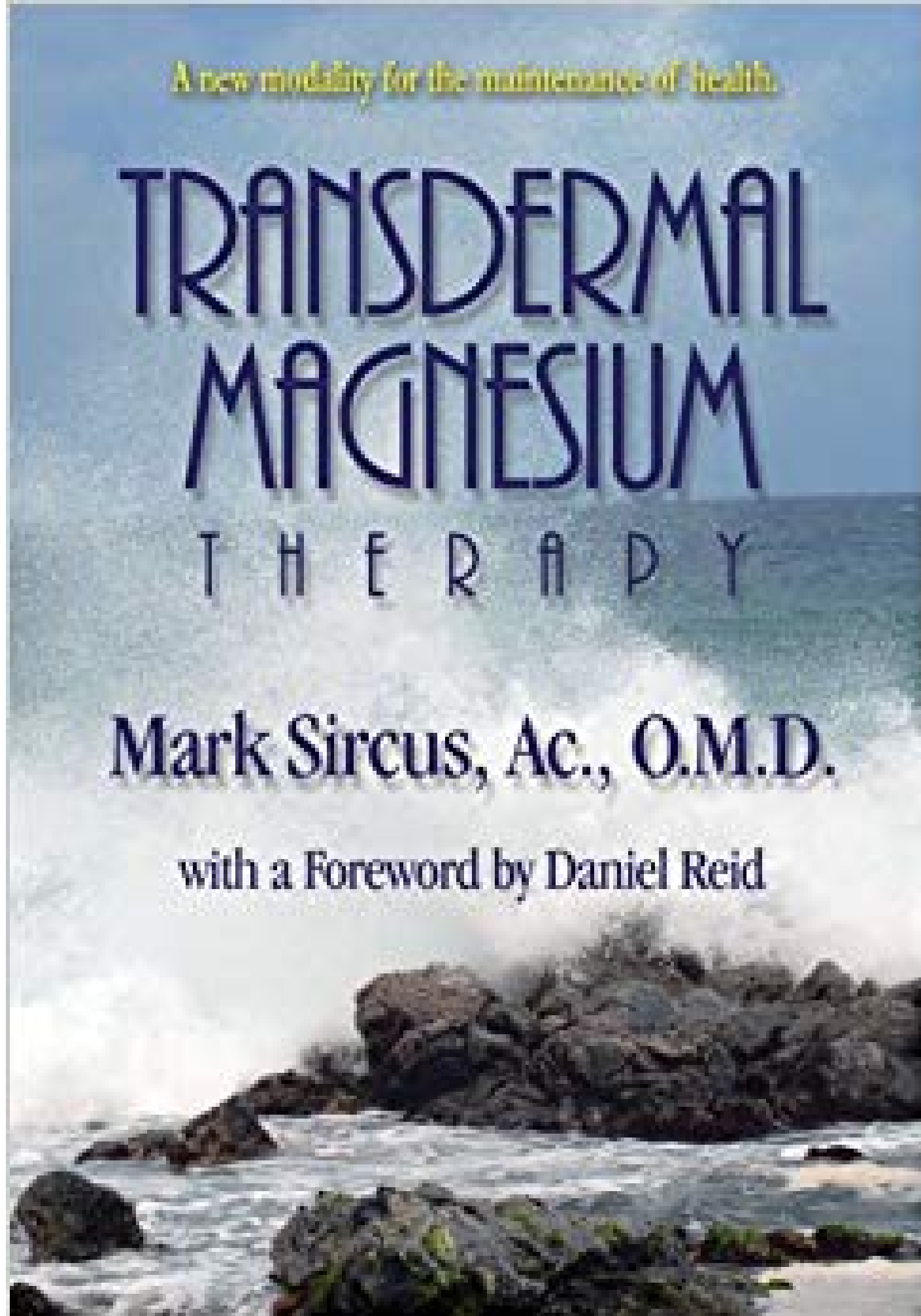


A new modality for the maintenance of health.

TRANSDERMAL MAGNESIUM THERAPY

Mark Sircus, Ac., O.M.D.

with a Foreword by Daniel Reid



Mark Sircus

Transdermal Magnesium Therapy



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Trim size: 6. Back matter: Appendix, Index Over 300 footnote chapter references 21 in. 14 x 9.



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A Major Piece of the Cardiovascular Epidemic Puzzle Explained One of the most informative books I have ever browse!!! Sircus books on baking soda and iodine are similarly shocking. He was put on the normal Meds & acquired cardioversion. Next on the list was ablation. Among my daughters, & the ablation. I QUICKLY read this book. suggestions of top cardiologists, & toxic Meds, his health was on a unpredictable manner. We searched online for weeks for everything related to AFIB. I have type two diabetes and also have tried many natural alternative to regulate my diabetes without drugs. RBC Magnesium check, & Dr. Carolyn Dean's book, The Magnesium Miracle, we'd already discovered that magnesium & The chapter, "Warnings and Contraindications," additional educates one in going after betterment of ones health position. Until I found this book, we done increasing magnesium & It works! twice weekly IVs. With the excellent care & I was still magnesium deficient. Magnesium oil was put into the protocol. Subsequent testing every three months (on a cellular level), has documented the life saving increase, & healthful ratios, in mineral amounts. Fast ahead, today he feels better than he can ever remember. For me personally, I am a health coach, & took oral magnesium for a long time. clients. I use it EVERYday. I've recommended magnesium oil to my family, close friends, & The addition of magnesium oil, offers improved my health too.. My response was no to the Meds, & I didn't get through a quarter of an ounce and my skin began rashing and burning. They just take oral magnesium. This book should be REQUIRED reading for all MDs & Wonderful information This is the best product I use it daily for 4 years now magnesium oil transdermally Dr mark Sircus is a genius good health advantages without spending a lot of money Knowledge is liberating! YOU are your own FIRST Doctor! Thru EXA Check of nutrients, & Washing the hands afterwards completely remedies this. I was shocked. I had been acquiring 1200 mg of magnesium daily, since I understood magnesium lowered insulin level of resistance. The info has literally been lifestyle changing. The book stated that to get sufficient magnesium, you have to take as very much orally, up to the bowel tolerance limit, PLUS, rubbing magnesium "essential oil" over the majority of your body. I am today waking up nearly every day time with blood sugar levels, I.e. Sircus recommends 1 ounce of magnesium chloride rubbed or massaged into the body. I am doing this while still controlling the amount of carbs I consume. Dr. His regular MD can be highly respected. Five Stars A great read! Will ease your pains and aches If anything I am giving this reserve five stars because it got me to order some magnesium chloride, which I have used to take care of head aches and different aches and pains quite successfully. Got some aches on your own ear canal? Rub some magnesium chloride on it. Dr.. potassium, thru diet plan, oral supplementation, Epsom salt baths, & Very few physicians had been undergraduate chemistry majors and nearly NONE of them experienced a detailed nutrition course. Take a warm shower and rub some magnesium chloride into your skin and for a lot more get a deep massage. Want to relax late during the night? It makes a notable difference. Because of the information in this book, EASILY am around anyone who has a coronary attack, I am pouring a bottle of the stuff on them (while the ambulance is on its way of course). Because apparently emergency medicine uses magnesium constantly to greatly help with heart attacks. There is a large list of things that magnesium supports according to the book. I am not completely sure how valid all the details is, but a whole lot of it really is interesting and I will be trying some factors out if the conditions arise. Also I recommend that if you are using magnesium oil to wash your hands afterwards. I learned the hard way that if you keep using it without cleaning it off of your hands the hands can become extremely dry and the skin can just scale off of you (it gets pretty bad). MgCl2 "oil" rubbed over my own body dropped my blood sugar to 86 three hours after a dinner food. Helpful information! Illuminating Report for folks who are searching wisdom for self care!" This

book will probably be worth a few underlines, tabs, notice cards, or highlighting to enhance re-referencing velocity. Magnesium is among the declining minerals necessary for optimal wellbeing..There are over 40 chapters with titles for specific consideration, you start with the role of magnesium in overall health. Chapter titles linked to specific body systems may lure one to browse the chapter on "Magnesium and Stroke," or "Intro to Magnesium and Malignancy," or, "Magnesium and Diabetes. As a lifelong organic farmer/gardener/consumer, I have followed the info regarding the declining diet in the commercial food supply.The detailed discussion as to how exactly to improve ones magnesium amounts, if a deficiency is present, is illuminating and non-invasive. This is most attractive to my DIY persona. potassium deficiencies were the issue. It is great at treatment! Powerful nutritional medicine I actually am astounded at what I have learned from this reserve. Become empowered! When my buddy was identified as having AFIB last springtime, he consulted with many of the top cardiologists in NY.! great read I enjoyed this reserve and gained the data needed to feel comfortable to start transdermal mag therapies and supplementation. The thing that is not heavily emphasized (though it really is described) in the book is that you may have to begin on a low dosage when applying the magnesium chloride to the skin. Bumped your knee on something?, below a 100. a close friend can't utilize it - it lowers BP too much. I had to cut the dose back considerably. It requires 6 teaspoon to equal one ounce so I cut it back to 1 teaspoon of magnesium chloride blended in 1 ounce of drinking water. (1/6th of suggested dosage) I am right now up to 3 teaspoon within an ounce of water and will be up to 6 teaspoon blended with one ounce of drinking water soon. Then I will start phasing the drinking water out so that I am using 1 ounce of pure magnesium chloride.Western Medicine has a methods to go yet:(Real Deal Easy to comprehend written in layman's conditions. Smart Doctor Smart book Good read! I visited the health grocery . Place some magnesium chloride onto it.. Good read! I went to the health food store and bought my first bottle of Magnesium Chloride. Epidermis feels amazing. anyone who wants to be healthy. A good reminder that people have to be in charge of our own wellness..This book is well organized, well documented-over 500 sources- and explanations are understandable-even if you discover chemistry a spanish. There are some contraindications mentioned in the book. Some people just have to start slower than others. Very helpful with reference materials noted. Possess implemente din my entire life and believe me, it works. Five Stars Good book. My health group is usually using magnesuim right now - in a variety of forms. Please obtain these books, if you care about your wellbeing. Also don't touch keyboards and screen when you have magnesium essential oil on your hands. Great read! Very helpful information Great read! Very helpful information!



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