

A NEW MODALITY FOR THE MAINTENANCE OF HEALTH

TRANSDERMAL MAGNESIUM THERAPY

*"Dr. Mark Sircus is one of the best health writer
researchers living! He is truly amazing and I want to
help him spread his powerful and useful medical information."*

Dr. Curry Gordon

Dr. Mark Sircus, Ac., OMD, DM (P)

Mark Sircus

Transdermal Magnesium Therapy: A New Modality for the Maintenance of Health



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This second edition of Transdermal Magnesium Therapy offers a complete medical overview of how magnesium affects cancer, the heart, diabetes, the emotions, inflammation, surgery, autism, transdermal medicine, and so much more.



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A Major Little bit of the Cardiovascular Epidemic Puzzle Explained Probably the most informative books I've ever read!! When my brother was identified as having AFIB last spring, he consulted with a number of the best cardiologists in NY. His regular MD is also extremely respected. I was still magnesium deficient. had cardioversion. Next on the list was ablation. My response was no to the Meds, & Dr. With the wonderful care & There are more than 40 chapters with titles for specific consideration, you start with the function of magnesium in overall health. toxic Meds, his health was on a unpredictable manner. The addition of magnesium oil, has improved my health too. Thru EXA Check of nutrients, & RBC Magnesium test, & Dr. (1/6th of recommended dosage) I am right now up to 3 teaspoon within an ounce of drinking water and you will be up to 6 teaspoon mixed with one ounce of water soon. potassium deficiencies were the issue. Until I came across this book, we done increasing magnesium & They simply take oral magnesium. I am today waking up nearly every day time with blood sugar, I. I QUICKLY read this book. The information has literally been life changing. Magnesium essential oil was put into the process. Subsequent testing every three months (on a cellular level), has documented the life span saving increase, & Got some aches on your ear canal? The chapter, "Warnings and Contraindications," additional educates one in pursuing betterment of ones health position. For me personally, I am a health coach, & Then I begins phasing the drinking water out in order that I am using 1 ounce of genuine magnesium chloride. I searched online for weeks for everything linked to AFIB. I use it EVERYday. I have recommended magnesium oil to my family, friends, & customers. There are some contraindications observed in the publication. Very helpful information Great read! a good friend can't utilize it - it lowers BP too much. potassium, thru diet, oral supplementation, Epsom salt baths, & This book ought to be REQUIRED reading for all MDs & below a 100. Powerful nutritional medicine I actually am astounded at what I've learned from this book. I've type two diabetes and also have tried many natural alternative to control my diabetes without medicines. MgCl₂ "oil" rubbed over my own body dropped my bloodstream sugar to 86 three hours after a dinner food. I was shocked. Become empowered! He was placed on the typical Meds & The reserve stated that in order to get adequate magnesium, you have to take as very much orally, up to the bowel tolerance limit, As well as, rubbing magnesium "essential oil" over the majority of your body. twice a week IVs.e. anyone who would like to be healthy. The one thing that is not seriously emphasized (though it really is pointed out) in the reserve is that you may have to start on a low dose when applying the magnesium chloride to the skin. Dr. There is a large list of things that magnesium helps with according to this book. Please get these books, if you care about your health. Will ease your aches and pains If anything I am giving this publication five stars since it got me to order some magnesium chloride, which I have used to treat head aches and various aches and pains quite successfully. healthy ratios, in mineral amounts. Rub some magnesium chloride on it. Bumped your knee on something? Place some magnesium chloride onto it. It works! It is great at pain relief! Want to relax past due during the night? I didn't get through a quarter of an ounce and my pores and skin started rashing and burning up. It makes a difference. Because of the info in this book, If I am around whoever has a heart attack, I am pouring a bottle of this stuff on them (as the ambulance is coming of course). Because apparently emergency medication uses magnesium constantly to help with heart episodes. Sircus books on baking soda and iodine are equally shocking. I am not really completely sure how valid all the information is, but a whole lot of it is interesting and I will be trying some items out if the conditions arise. Also I would recommend that if you use magnesium oil to clean your hands afterwards. I learned the very difficult way that if you maintain using it without cleaning it from your hands the hands can become extremely dried out

and the skin can just scale off you(it gets quite bad). Washing the hands afterwards totally remedies this. great read I enjoyed this book and gained the knowledge needed to feel comfortable to start transdermal mag therapies and supplementation. Illuminating Report for those who are searching wisdom for self care! As a lifelong organic farmer/gardener/consumer, I have followed the data regarding the declining nourishment in the commercial food supply. Magnesium is among the declining minerals essential for optimal wellbeing. This book is well organized, well documented-over 500 sources- and explanations are understandable-even if you find chemistry a foreign language. advice of best cardiologists, & Chapter titles linked to particular body systems may lure one to browse the chapter on "Magnesium and Stroke," or "Introduction to Magnesium and Malignancy," or, "Magnesium and Diabetes." This book will probably be worth a few underlines, tabs, be aware cards, or highlighting to enhance re-referencing speed. Epidermis feels amazing. That is most appealing to my DIY persona. Fast ahead, today he feels much better than he can ever keep in mind. Five Stars Good book. It takes 6 teaspoon to equal one ounce therefore i cut it back again to 1 teaspoon of magnesium chloride blended in 1 ounce of water. I had been taking 1200 mg of magnesium daily, since I knew magnesium lowered insulin resistance.! Five Stars An excellent read! Also don't touch keyboards and computer screen when you have magnesium oil on your hands. I am doing this while still controlling the quantity of carbs I consume. the ablation. Sircus recommends one ounce of magnesium chloride rubbed or massaged into the body. Take a scorching shower and rub some magnesium chloride into your skin and for even more get a deep therapeutic massage.. YOU are your very own FIRST Doctor! Carolyn Dean's book, The Magnesium Miracle, we had already already found that magnesium & have taken oral magnesium for a long time. Smart Doctor Smart book Good read! Some people just have to start slower than others. Western Medicine has a methods to go yet:(Real Deal Easy to comprehend written in layman's conditions... Good read! I visited the health grocery and bought my first bottle of Magnesium Chloride. The detailed discussion concerning how to improve ones magnesium levels, if a deficiency is present, is illuminating and noninvasive. 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 fortune Knowledge is liberating! A good reminder that we have to be in charge of our own health... I acquired to slice the dose back considerably. I visited the health food store . Very educational with reference materials noted. Possess implemente din my entire life and trust me, it works. Very few physicians had been undergraduate chemistry majors and nearly NONE of them have had an in depth nutrition course. My wellness group is definitely using magnesuim today - in various forms.! Helpful information! Great read! One of my daughters, & Very useful information!



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