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Magnesium Overview

It is estimated that up to 80% of the population may be magnesium deficient and it is now known that oral supplementation is ineffective due to digestive problems that make it difficult to assimilate into the body. Our magnesium chloride products are absorbed through the skin (transdermal) and bypass the digestive system going straight to the cellular level where magnesium is needed most.

When magnesium chloride is applied directly to the skin it provides an almost immediate effect on chronic and acute pain.

“Magnesium is nothing short of a miracle mineral in its healing effect on a wide range of diseases as well as in its ability to rejuvenate the aging body. We know that it is essential for many enzyme reactions, especially in regard to cellular energy production, for the health of the brain and nervous system and also for healthy teeth and bones. However, it may come as a surprise that in the form of magnesium chloride it is also an impressive infection fighter.” - Walter Last

WHY ARE WE SO MAGNESIUM DEFICIENT?

Dr. Mark Allan Sircus, Ac., OMD, DM (P) Director International Medical Veritas Association **1.** Substantial reduction of magnesium in our diet through food processing, poor farming methods, and the loss of magnesium from our soils. For example, the average carrot today contains only 25% of the magnesium it contained 50 years ago! **2.** Increased magnesium losses due to the acid-producing diet and lifestyle of most Americans. Sugar, alcohol, allergic reactions, caffeine, cola drinks, processed foods, stress, and white flour all have an acidic effect on the body. Magnesium is a buffering mineral used to neutralize that acid. The more acid you produce, the more magnesium is lost. **3.** Our reduced ability to absorb magnesium due to toxicity and damaged gut tissue. The addition of toxic fluoride to the drinking water has increased fluoride in our environment. Even organically grown plants accumulate fluoride when irrigated with fluoridated water. Magnesium and fluoride interact in the intestines, decreasing magnesium absorption. Damaged gut tissue also reduces magnesium absorption, and most Americans have damaged guts, partly the result of taking prescription antibiotics, which change the balance of gut flora.

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GENERAL: alcoholism, arthritis, body odours, broken bones, calcification in any organ, cancer, Chronic Fatigue Syndrome, diabetes, eclampsia, headaches, infections and inflammations, liver cirrhosis, lupus erythematosus, migraines, old age, prostate problems, rickets, rigidity - mental and physical, skin wrinkled and tough, stiffness, stone-formation in gall bladder or kidneys, thyroid overactive. Magnesium deficiency is a pressing national health problem. According to the USDA, 80% of Americans are magnesium deficient, and magnesium deficiency is a major contributor to our epidemic of chronic and degenerative disease, including arrhythmia, chronic fatigue, depression, fibromyalgia, heart disease, arthritis and osteoporosis. Magnesium is an essential component of more than 300 enzymes. These enzymes are responsible for critical metabolic functions such as conversion of carbohydrates, proteins and fats to energy; dilating blood vessels; muscle contraction and relaxation; protein formation; and removal of toxins from the body. Magnesium maintains the electrical potential across nerve and muscle cell membranes and is essential for normal heartbeat and nerve transmission. In the absence of magnesium, free radical damage is accentuated. When magnesium is lacking, critical jobs can’t get done, and we suffer lower energy, endurance, stamina, and vitality, resulting in a host of diseases.