STRESS: Magnesium is a crucial factor in the natural self-cleansing and detoxification responses of the body and it certainly helps people sleep better than any pharmaceutical. Nothing will de-stress one's cells faster than raising one's cellular magnesium levels. - Dr. Mark Allan Sircus, Ac., OMD, DM

ANTI-AGING: In addition to its anti-microbial and immune-stimulating properties, magnesium chloride has other important functions in keeping us young and healthy. Magnesium is the mineral of rejuvenation and prevents the calcification of our organs and tissues that is characteristic of the old-age related degeneration of our body. As we age and most pronounced in old men and post-menopausal women, we become more and more inflexible. The arteries harden to cause arteriosclerosis, the skeletal system calcifies to cause rigidity with fusion of the spine and joints, kidneys and other organs and glands increasingly calcify and harden with stone formation, calcification in the eyes causes cataracts and even the skin hardens, becoming tough and wrinkled. In this way calcium is in the same league as oxygen and free radicals, while magnesium works together with hydrogen and the antioxidants to keep our body structure soft.

DEPRESSION: Virtually all significantly depressed patients are deficient in magnesium. The neurological and metabolic consequences of magnesium deficiency are widespread. Magnesium is a major regulator of all membrane potentials, as well as neuronal and muscular tone. Thus, magnesium deficiency prevents normal nerve cell stability. - Dr. Norman Shealy

ADD & ADHD: tests in Poland have confirmed profound decrease in symptoms after 6 months of using 200 mg magnesium therapy. - Starobrat-Hermelin 1997 (www.mgwater.com). These doctors confirmed that almost all ADD and ADHD children are seriously magnesium deficient, and with oral supplementation of magnesium for six months, the symptoms were significantly reduced. These doctors used oral supplementation, and we now know that transdermal supplementation is far more effective and faster. Our customers have found that Miracle Mist is very helpful for ADD and ADHD children.

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DIABETES: magnesium deficiency is an independent predictor of diabetes and that diabetics need more as well as lose more magnesium than most people. Magnesium is necessary forthe production, function and transport of insulin. Diabetic neuropathy and other complications of diabetes are made worse as a result of magnesium deficiency. -Dr. Carolyn Dean A large clinical study of over 2,000 people found that getting more magnesium in the diet may help protect against developing type 2 diabetes. Some studies suggest that using magnesium may help blood sugar control and insulin sensitivity in people with diabetes or prediabetes.

INFECTION: after magnesium chloride intake the same number of white blood cells destroyed up to three times more microbes than beforehand. - Prof. Pierre Delbet MD

CANCER: Prof. Delbet also found a very good preventative effect on cancer and cured precancerous conditions such as leukoplasia, hyperkeratosis and chronic mastitis. Epidemiological studies confirmed that regions with magnesium-rich soil had less cancer than those with low magnesium levels.

DIPHTHERIA: Dr. A. Neveu, cured several diphtheria patients with magnesium chloride within two days. He also published 15 cases of poliomyelitis that were cured within days if treatment was started immediately or within months if paralysis had already progressed.

ASTHMA: several studies show that magnesium chloride is effective with asthma, bronchitis, pneumonia and emphysema; pharyngitis, tonsillitis, hoarseness, common cold, influenza, whooping cough, measles, rubella, mumps, scarlet fever; poisoning, gastro-enteritis, boils, abscesses, whitlow, infected wounds and osteomyelitis. - Dr. A. Neveu & Dr Vergini

HEALTHY TEETH and BONES: In regard to the strength of bones and teeth think of calcium as chalk and of magnesium as superglue. The magnesium binds and transforms calcium into strong bones and teeth. It is magnesium and not calcium that helps form hard tooth enamel that is resistant to decay. In a New Zealand study it was found that cavity resistant teeth had on average twice the amount of magnesium as cavity prone teeth.

OSTEOPOROSIS: Medical authorities claim that the widespread incidence of osteoporosis and tooth decay in western countries can be prevented with a high calcium intake. However, published evidence reveals that the opposite is true. Asian and African populations with a very low intake of about 300 mg of calcium daily have very little osteoporosis. Bantu women with an intake of 200 to 300 mg of calcium daily have the lowest incidence of osteoporosis in the world. In western countries with a high intake of dairy products the average calcium intake is about 1000 mg. The higher the calcium intake, especially in the form of cows' milk products (except butter) the higher the incidence of osteoporosis. - Dr. Nan Kathryn Fuchs

HEAVY METALS: magnesium protects cells from aluminium, mercury, lead, cadmium, beryllium and nickel, which explains why re-mineralization is so essential for heavy metal detoxification and chelation as well as radiation protection. Magnesium is essential for the survival of our cells but takes on further importance now where our bodies are being bombarded on a daily basis with heavy metals and radiation. - Dr. Leslie Fisher

RADIATION EXPOSURE: deficiencies in basic minerals like magnesium can make all the difference between health and disease, between being able to withstand chemical, heavy metal and radiation exposure. Magnesium expert Dr. Sherry Rogers has indicated that there is as much as a 500-fold difference in the ability of individuals to detoxify the same chemicals and much of that will be true for radiation as well. A key marker of this difference is each individual's magnesium level. Deficiencies in magnesium will wreak havoc with our body's ability to detoxify and chelate heavy radioactive particles and explains much of the difference between one person withstanding radiation exposures and another person falling to radiation sickness.

CIRCULATION: angina, arteriosclerosis/atherosclerosis, diabetes, hypertension, high cholesterol, heart infarcts, strokes, tachycardia (fast pulse), thrombosis.

PREMENSTRUAL SYNDROME (PMS):scientific studies suggest that magnesium can relieve symptoms associated with PMS, particularly bloating, insomnia, leg swelling, weight gain, and breast tenderness.

RESTLESS LEGS SYNDROME: a clinical study including 10 patients found that magnesium improved insomnia related to restless legs syndrome (a disorder characterized by uncomfortable sensations in the legs, which are worse during periods of inactivity or rest or while sitting or lying down).

DIGESTIVE SYSTEM: colic, constipation, chronic diarrhoea, malabsorption, pancreatitis (inflammation of the pancreas).
MUSCLES: backache, convulsions, cramps, increased excitability/jumpiness, numbness, nystagmus (rapid eye movements), spasms, tense/tight muscles, tingling, tremors.
NERVOUS SYSTEM: apathy, confusion, depression, disorientation, epilepsy, hallucinations, irritability, mental illness, multiple sclerosis, nervousness, neuritis paranoia, Parkinson's disease, poor memory, senility.

SEXUAL POTENCY: " . . . In Taoist health & longevity systems, there has always been a strong link between sexual potency, immune response, cerebral function, and longevity. Magnesium is the central and most basic nutrient mineral responsible for all of these issues and factors. There should be no doubt in anyone's mind that we will live much healthier, happier and longer lives if we make sure we top off our body's capacity to absorb magnesium. Not only do our cells need to be brimming with magnesium we need to absorb a sufficient amount each and every day. A magnesium saturated body will be more potent, will sport a tough immune system that will fight much more easily against infections and influenza. And this says nothing about our sharpness of mind gained and the extra energy levels possible because of ATP reactions set on afterburners." - Dr. Mark Sircus

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INFLAMMATION: Doctors who specialize in rheumatoid arthritis, multiple sclerosis, lupus and other autoimmune disorders are very familiar with what happens when the body goes to war with itself. These diseases demonstrate a direct inflammatory attack against healthy cells in such places as the joints, nerves and connective tissue. Inflammation is the activation of the immune system in response to infection, irritation, or injury. Characterized by an influx of white blood cells, redness, heat, swelling, pain, and dysfunction of the organs involved, inflammation has different names when it appears in different parts of the body. Most allergy and asthma sufferers are familiar with rhinitis (inflammation of the nose), sinusitis (inflammation of the sinuses), and asthma (inflammation of the airways), but inflammation is also behind arthritis (inflammation of the joints), dermatitis (inflammation of the skin), and so on. The primary objective of acute inflammation is to localize and eradicate the irritant and repair the surrounding tissue but this completely changes in chronic low-grade inflammatory states. Chronic low-grade inflammation is one of the characteristics of the metabolic syndrome and interferes with insulin physiology. Ignorance has prevailed over the interrelationship between muscular lipid accumulation, chronic inflammation and insulin resistance because the central mediating factor is magnesium. It is magnesium that modulates cellular events involved in inflammation. Inflammation and systemic stress are central attributes of many pathological conditions. In magnesium we have found a potent medicinal that is effective across a wide range of pathologies. Pharmaceutical companies need look no further then the sea shore, which contains millions of tons of magnesium chloride the perfect anti-inflammatory agent. Magnesium is at the heart of the inflammatory process, it is the prime first cause when it is not present in sufficient quantities. Increases in extracellular magnesium concentration cause a decrease in the inflammatory response while reduction in the extracellular magnesium results in inflammation.