



The Miracle of Magnesium

Carolyn Dean

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“Magnesium is indeed the unsung hero and is a key nutraceutical that everybody needs to know about. . . . This book needs to be read by any individual wishing to improve their quality of life. . . . Dr Dean has the best credentials in bringing solutions to those suffering from the hidden magnesium disorders that affect most of us.”

–DR. STEPHEN T. SINATRA, M.D., F.A.C.C., F.A.C.N.

Author of *Lower Your Blood Pressure in Eight Weeks*

More than seventy-five years ago, medical scientists declared magnesium to be an essential nutrient, indispensable to life. When this mineral is part of your diet, you are guarding against—and helping to alleviate—health threats such as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But while research continues to reaffirm magnesium’s irreplaceable contribution to good health, many Americans remain dangerously deficient.

In *The Miracle of Magnesium*, Dr. Carolyn Dean, an authority on this mineral who has used it with dramatic success in her own practice, explains the vital role that magnesium plays in the control of many serious ailments—from painful muscle spasms and bladder problems to traumatic brain injury and complications of pregnancy and childbirth. Inside you will discover

- How diets and lifestyles can create a dangerous magnesium deficiency
- Which magnesium-rich foods keep your vital organs healthy and which to avoid
- Why other nutrients, including calcium, need magnesium to become potent
- What vitamins and minerals work with magnesium to treat specific ailments
- Why prescription medicines, such as birth control pills, can deplete magnesium
- Which magnesium supplements are best for you

Whether you need help with a serious health problem or merely want to protect the good health you already enjoy, *The Miracle of Magnesium* will answer all your questions. It may even save your life.

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Paul Blum:

In this 21st one hundred year, people become competitive in each way. By being competitive right now, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that often many people have underestimated the item for a while is reading. Yep, by reading a book your ability to survive improve then having chance to endure than other is high. For yourself who want to start reading the book, we give you this particular The Miracle of Magnesium book as starter and daily reading book. Why, because this book is greater than just a book.

George Medrano:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a guide. The book The Miracle of Magnesium it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to cover but this book has high quality.

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