



# MAGNESIUM

## The Miracle Mineral

### **WHY MAGNESIUM?**

Because it activates more than 300 biochemical reactions, magnesium is by far the most vital mineral in your body. Since magnesium regulates calcium, potassium and sodium, it is more important than all three essential minerals. Ironically, many health professionals fail to recognize that a magnesium deficiency underlies a wide array of disorders.

What disorders? Would you believe Insomnia, Sleep-Disorders, Fatigue, Muscle Tension, Headaches, Heart-Disorders, Low Energy, Hypertension PMS, Backaches\* Constipation, Kidney Stones, Osteoporosis, Accelerated Aging, Depression, Irregular Heartbeat, Anxiety, Muscle Cramps or Spasms, Irritability, and more!

Some 90-95% of the population is magnesium deficient, including many who use magnesium supplements. Why? The average magnesium supplement is not readily absorbed. Then there are the following magnesium depleting culprits: diets high in calcium, carbohydrates and sodium - coffee, sugar, alcohol, cola sodas, tobacco - calcium supplements, diabetic and pain relieving drugs, diuretics. When the deficiency is serious enough to cause one or more of the aforementioned conditions, you may require an IV infusion - or - a liquid magnesium citrate which can resolve the problem in days, sometimes in less than 24 hours!

### **THE CALCIUM ENIGMA**

Chances are that neither you nor your doctor knows that calcium requires magnesium to assimilate and when too much calcium is consumed, magnesium is extracted from cells, creating a magnesium deficiency. Consider this: What country consumes the most calcium supplements and calcium rich foods? America! What country has the highest rate of osteoporosis (calcium loss & bone fragility)? America! Why? Excess calcium combined with low magnesium is truly a lethal combination. A calcium/magnesium imbalance can also result in gallstones, kidney stones, calcified joints and arteries. All these conditions and more can be relieved and often cured with water-soluble magnesium. Excess calcium can become a real problem, while excess magnesium, is of little concern. Unlike calcium, which accumulates and calcifies cells, magnesium does not build up in the body.

### **MAGNESIUM, YOUR BODY'S WORKHORSE**

Among the many life processes in which magnesium plays a vital role are digestion; energy production; muscle function; bone formation; new cell creation; vitamin B activation; muscle relaxation; heart, kidney, adrenal, brain, as well as nervous system function. A magnesium deficiency will contribute in varying degrees to the following conditions:

### **IRREGULAR HEART BEATS**

Did you know that without sufficient magnesium your heart will beat erratically, possibly leading to stroke and heart failure, or stop beating entirely? Arrhythmia and angina pain is often the early warning sign of an impending heart attack. The accompanying heart muscle spasm or cramp is often the result of insufficient magnesium to relax the heart muscle. Magnesium also serves to relax the arteries, thereby increasing blood flow to the heart.

### **FATIGUE & LOW ENERGY**

Magnesium regulates potassium levels, and is essential for proper adrenal gland function - both important for maintaining high energy levels.

### **NERVOUSNESS & INSOMNIA**

Without sufficient magnesium, nerve cells are unable to receive and send messages efficiently, resulting in excitability and nervousness. Normal noises may seem excessively loud; moderate lighting, excessively bright. Neurological malfunction is also suspected as playing a part in Parkinson's Disease and other related disorders.

## MUSCLE DISORDERS

Muscle spasms, cramps, twitches, tics and hiccups may all be attributed to magnesium deficiency. Magnesium in conjunction with calcium, control muscle action. Calcium tenses (tightens) muscles; magnesium relaxes muscles. With insufficient magnesium muscles stay tense, causing cramps.

## DIABETES

Insulin helps regulate glucose (sugar) metabolism. Magnesium has been found to improve Insulin's response to dietary sugar.

## PMS & OSTEOPOROSIS

PMS is primarily a magnesium deficiency. Too much calcium and insufficient magnesium causes PMS. A magnesium drink will relieve PMS. As for Osteoporosis, magnesium is crucial in regulating bone density. Calcium alone is useless and potentially harmful.

## FROM HEADACHES TO HOT FEET (and many more problems)

Almost ANY chronic condition can be traced to a long-standing, unidentified magnesium deficiency. Prepared fresh daily in a tasty hot drink, this unique, easy-to-take drink **MIRACULOUS MAGNESIUM™** has brought almost instant relief to individuals suffering from constipation, asthma, headaches, migraines, seizures, pregnancy related symptoms, depression, anxiety, fibromyalgia, hyperactivity, ADD, arthritis, neck pain, kidney stones, and hot tingling feet. Most such conditions will improve within three to ten days - some in less than 24 hours.

## THE SOLUTION to MULTIPLE LONG-STANDING HEALTH PROBLEMS IS .....

....the regular use of **MIRACULOUS MAGNESIUM™** which reduces excess calcium and dissolves calcium deposits. Magnesium can be taken without side effects and is best taken without calcium. After a magnesium deficiency is corrected, calcium and magnesium can be taken together, provided one stays alert for the need for extra magnesium.

**MIRACULOUS MAGNESIUM™** is superior to other forms of magnesium supplements because it is offered as a fast-acting, water-soluble powder that is easily absorbed even by those with seriously impaired digestion. In addition, it is ingested as the only form of magnesium - magnesium citrate - that is known to be immediately utilized by the body.

**Miraculous Magnesium™** comes in a powder and is prepared as an instant drink using hot water. Ingredients: Water Soluble Magnesium Citrate (205mg of elemental magnesium per teaspoon). Serving size is 1-3 teaspoons. Follow directions on how to monitor correct dosage.

Effectiveness: What makes **Miraculous Magnesium** so special over other forms of magnesium supplements is that it is water-soluble and assimilates instantly and thoroughly, and works even in cases of highly impaired digestion. Over 1,000 doctors and health clinics nationwide use **Miraculous Magnesium** with great success. There are many people out there who have had magnesium deficiency for the last 10-15 years. No one has been able to tell them what's wrong, let alone how to handle it. Since magnesium introduces balance into the body, we recommend **Miraculous Magnesium** for almost ANY condition as such balance is essential for any condition to get better. Get started on **Miraculous Magnesium** and you will notice the difference it makes. It sounds too good to be true, but now you know why, don't you? \$19.95 for an 8 ounce canister - delivered!

## Do you need Miraculous Magnesium?™

People with the following conditions were helped by **Miraculous Magnesium™**:

Trouble Sleeping	Migraine headaches	Nervousness	Muscle cramps
Restless sleep	Fatigue,	PMS	Seizures
Back pain	Joint pain	Osteoporosis	Hyperactivity
Neck pain	Diabetes	Irregular Heart Beats	Depression
Headaches	Asthma	Stroke risk	Arthritis.
High blood pressure	Kidney disorders	Muscle spasms	Burning feet

## PREPARATION & SUGGESTED USE

- Stir powder in 3- 4 ounces of hot water until dissolved.
- Add cold water to suit.
- Start with *i* teaspoon a day and increase to 3 teaspoons a day.
- If diarrhea occurs, decrease dosage.
- Solution can be taken once or throughout the day, with or without food. to a maximum of 3 teaspoons a day.

MIRACULOUS MAGNESIUM™  
The MIRACLE MINERAL

### **IRREGULAR HEARTBEATS**

It has helped me with my heart palpitations. I was taking other special nutritional systems designed for the heart and cardiovascular care (I looked and found they all had calcium but none had magnesium) so no wonder I developed palpitations. *N. S., Chiropractor*

### **HEART ATTACKS, ANGINA, ENERGY**

I have had 4 heart attacks, and also have been suffering weekly from angina attacks (chest pains). 6 months ago I started to take the magnesium citrate daily. Since, I haven't had any heart or angina attacks, and my irregular heartbeats have stopped entirely. My energy level is higher, and I sleep much better at night. *Debbie J. San Diego*

### **BACKACHES**

I have been using this remarkable magnesium product for about 10 years. When I started taking it, I was suffering from backaches and visited a chiropractor every week. I haven't had a backache in so long, I can't even remember when they stopped. *S.H. Burbank, CA*

### **PMS & MIGRAINES**

I have been suffering from chronic PMS migraines for years. This magnesium product has brought me great relief and helped with other PMS conditions as well. *Sara D. AZ*

### **PREGNANCY, MUSCLE CRAMPS**

"I had a very difficult pregnancy and the midwife had me take the magnesium product to stop the contractions. Well, with a mixture of the powder and rest, the baby not only made it to her due date, but was one week late! I am so grateful." *C.S.T.*

### **MUSCLE SPASMS**

For years my legs would twitch at night and on occasion cramp despite taking both calcium and magnesium for over 15 years. The twitching would be so violent that it would shake the bed and wake up my wife. On occasion I would be awakened and the muscle convulsions in my legs would be strong enough to shake my whole body. A friend told me about your magnesium product. After a week the muscle twitches and convulsions stopped. I slept a lot better and woke up refreshed, like I actually had a good night's sleep. I have also noticed my chiropractic adjustments holding well." *John Z. Sacramento*

### **ARTHRITIS, MUSCLE PAIN**

A few years ago, I was having severe joint and muscular aches and pains where I had limited mobility in shoulder and knee joints and had to hold onto something to hobble out of bed, limping. I told my nutritionist the symptoms and he told me that female bodies required more magnesium. I tried your magnesium citrate and in 24 hours I had great relief. Within 48 hours the symptoms completely disappeared. I took the daily dosage until the deficiency was handled and now I only take about a teaspoon a day and have not had recurring symptoms.

*Anne Fewell, CA*

### **SLEEP, KIDS, RELAXATION**

Your Magnesium Miracle product is the best thing our family had done for peace of mind and sanity at night. We have two young children and it really works well with them. Gives them a good night's sleep and they just feel better. They like it so much that they ask for it with their vitamins at night. Thank you telling us about it. *Kathehne C. Diamond Bar, CA*

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# Miracle Magnesium Testimonials

## **CHIROPRACTIC CLINIC - Muscle Spasms, Better Sleep, Higher Energy**

We are very excited about the wonderful results our patients are obtaining with the Miracle Magnesium supplement. Chronic muscle spasms are resolving, muscle twitches subside quickly, and corrections last longer. Many patients have reported having improved bowel elimination, more restful sleep and increased energy during the day. *Dr. Halverstadt CA*

## **NATURAL HEALING CENTER- Depression, Back problems, Sleep disorders**

So many people have benefited from this magnesium supplement. Everybody has just wonderful results from it Situation after situation where back problems go away and sleep problems are handled and depression clears away. I haven't found anything like it! I'm very happy with it and so are all these other people. One guy who was in pain and on drugs for fibromyalgia is off drugs now. *Susan K. Natural Healing Center, MA*

## **SLEEP**

"I tried your magnesium product for the first time the other day before going to bed. Honest to God, I slept 11 hours through! Wow! I hadn't been able to do that for 11-12 years. In short, I found this product actually worked like nothing I've tried before. Thanks."

*Tom. G. OR*

## **HIGH BLOOD PRESSURE**

Your Magnesium supplement has lowered my blood pressure from high 165/110 to Normal range (130/85) in 4 weeks after nobody else including doctors, specialists, and health professionals could help. *J.B. California*

## **STRESS, RELAXATION**

I just purchased this product today. I was attracted to the magnesium product because of the various symptoms it sought to help. About 5 hours ago I took 1 teaspoon of it and had an incredibly good reaction. I felt so relaxed yet amazingly alert and clearheaded. I had been suffering from pretty tough stress at work, had the beginnings of elevated blood pressure, frequent headaches and was starting to get depressed. Just a short while after taking the product I felt so soothe and relieved that I had to write you and tell you. I have tried several different natural products for stress and depression including St. John's Wort, Kava, and the amino acid GABA as well as numerous formulas that I picked up in health food stores but I never had such a strong positive reaction from one product. This stuff is great! *Joe L New York City*

## **HEADACHES**

I get chronic headaches. The only thing that would relieve them was taking huge amounts of liquid minerals. I was told that I was taking too much calcium without enough magnesium. This supplement handled the headaches right away. They stopped completely after starting my first dosage. *Rick. H. Boulder, CO*

## **ENERGY, FIBROMYALGIA**

I've noticed an amazing difference. I have Fibromyalgia, and after starting to use the magnesium I noticed an immediate change in energy. I'm ironing clothes and I haven't ironed in ages! *M. T, WA*

## **KIDNEY DISORDERS, BLOOD PRESSURE, Low Energy**

My husband suffers from kidney failure. 4 weeks ago I started giving him the Miracle Magnesium and he has had many improvements. His blood pressure dropped from 165/110 to 140/80; he was taken off four of his medications; he has much more energy; his kidneys are working much better now. My doctor was amazed and when I told him about the Magnesium product, he said, "Magnesium is good for the kidneys, but don't tell anyone I told you that." *Wilma Thompson, Hawaii*