

Magnesium: Mg The Unsung Hero.

Magnesium is a natural muscle relaxant & is a major mineral/conductor needed in our body.

“Stress”, Sugar, more than 3 Coffees a day, Alcohol etc & excessive sweating deplete magnesium in our body. Note Saccharin. Aspartame. Sucralose are not good sugar alternatives and are in Diet Coke, Coke Zero, etc. Most Diet or “lite” products. So find a natural sweetener or sugar alternative if need be.

The fastest way to raise magnesium levels is “transdermal” Magnesium Oil which is 60% magnesium chloride with demineralised water or a cream made by Elektra Magnesium. www.elektralife.com

Tablets or Powder is not very effective & you would be lucky if you can get 20% in this form due to reasons like your diet & internal environment so it works out more expensive & not very effective.

Mg Oil is much cheaper than Elektra Magnesium Cream though may not feel as nice on the skin as the cream. Many common health ailments come from a lack of magnesium. Note a rash or cut will sting if magnesium oil or cream is put on it so use on body parts free from rash or cuts.

You can buy the cream on-line or the Oil in a health food shop & you will feel the difference in a number of ways. You rub it on your sore body parts/muscles & you will feel the difference though you don't need to only put it on sore areas. I rub it on my legs & back over kidney area for a large coverage to absorb the mineral.

Getting your magnesium “transdermal” through your skin you won't get too much, it still works if you have an acid PH animal protein diet & you won't get gastric form it as you don't ingest it.

Mg. magnesium role & list of ailments associated with Mg.

Ref: Dr Igor Tabrizian's book: ISBN 0-9756920-1-1

Contributors to the symptoms;
Magnesium's ionic role & modulating Calcium.
Antioxidant & Sleep enhancer.
Magnesium & Energy cycles.
Magnesium & Muscles.
Magnesium & Depression.
Magnesium & Neuromuscular excitability.
Cardiac effects of low Mg.
Mg, digestion & blood sugar.
Sources of Mg.
Absorption of Mg.
Antagonism of Mg.
Loss of Mg.
Mg & Bone density

Mg & Calcium deposition
Mg & immunity.

Low brain Magnesium gives unrefreshed sleep, easy fatigue, poor concentration & daytime sleepiness.

Neurological effects of low Mg.

Insomnia.
Agitation.
Anxiety.
Irritability.
Restlessness.
Panic Attacks.
Vertigo.
Lightheadedness.
Poor balance.
Tinnitus.
Muscle Twitching.
Epilepsy/Convulsions.

Cardiac effects of low Mg.

Chest pain.
Fluid retention.
Fatigue on exertion.
Episodes of breathlessness.
Episodes of irregular heart rate (atrial fibrillation or ventricular tachy)
Episodes of fast heart rate.

Mg & Calcium deposition.

An underrated role of Mg is to prevent inappropriate deposition of calcium in tissue.

Calcium deposition sites.

Kidneys.
Bile.
Tendon insertions & ligaments.
Blood vessels (eg coronary arteries)
Pineal gland.
Salivary glands.
Pancreas.
Cochlea Semicircular canals.

Mg & Immunity.

Antibody synthesis.
Melatonin production.
DNA auditor.
DHEA production.

Also excess Copper & or Aluminium blocks most minerals.

More info required buy the book or visit <http://elektralife.com.au/>.