

VOLUME 1

MAGNESIUM REPORT

# MAGNESIUM

THE MASTER MINERAL.

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# THE SPARK OF LIFE

## MAGNESIUM FOR A STRONG & HEALTHY NERVOUS SYSTEM

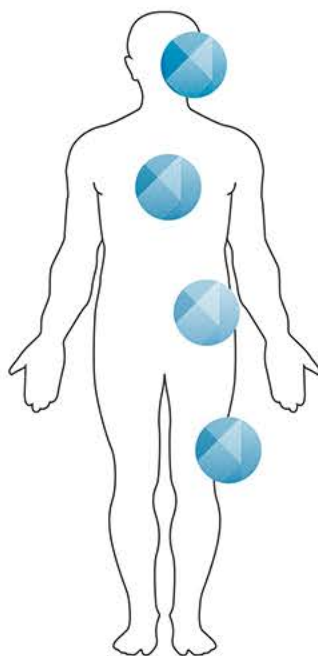
In all life forms, magnesium is required for cellular respiration to exist and thrive. This means that **Magnesium** is literally the **Spark of Life**.

It is so powerfully charged with energy, that elemental magnesium, once ignited, burns with an intensity of 3,100 degrees Celsius. That makes it almost impossible to stop magnesium from burning once it has started. Even submerging it underwater won't stop this supercharged mineral!

When your body has an abundance of bio-available magnesium at its disposal, all of life's functions are smoother.

Magnesium is a catalyst to allow your body to function optimally. Without magnesium, life gets hard... and eventually stops completely.

With the fast pace of modern living many people turn to stimulants to help them keep up. Eventually though, the stimulants stop working, their effect diminishes over time and energy levels crash... or worse.



SUPPORTS OPTIMAL  
HEART HEALTH

INCREASE CELLULAR  
ENERGY PRODUCTION

REGULATES BLOOD  
SUGAR & GLUCOSE LEVELS

CALM ANXIETY, RELAX  
MUSCLES & DEEPEN SLEEP  
PATTERNS

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# MAGNESIUM IS THE GREAT SUPPORTER OF HEALTHY BODY FUNCTIONS.

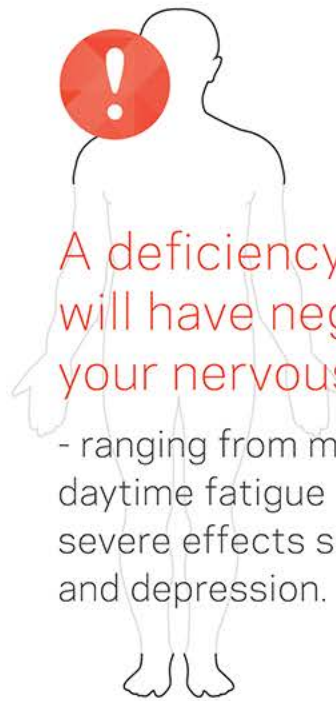
HEALTHY, BALANCED, 'REAL' ENERGY IS SUPPLIED BY MAGNESIUM.

With the right energy in the right place, it is possible that everyone can thrive and flourish in today's busy society. We don't have to feel overwhelmed and tired all the time.

Magnesium is what fuels your body's internal battery and without it your cells are drained and you along with them.

## WHEN YOUR BODY IS GIVEN ABUNDANT MAGNESIUM:

- ✓ Muscles are less likely to cramp
- ✓ Your heart beats perfectly
- ✓ Your body moves more smoothly
- ✓ Your mind is calm and collected
- ✓ Your cells produce more energy
- ✓ You become completely energized
- ✓ Your blood vessels become relaxed



A deficiency in Magnesium will have negative impacts on your nervous system

- ranging from mild effects such as daytime fatigue and poor sleep - to severe effects such as fibromyalgia and depression.

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# YOUR LIFE IS IN YOUR BLOOD

## MAGNESIUM FOR A CLEAN, SMOOTHLY RUNNING HEART & CIRCULATORY SYSTEM.

The entire circulatory system from your heart to the veins in your smallest toe, are completely dependent on Magnesium.

Magnesium maintains the constant and smooth movement of blood throughout your body. As magnesium drops, the flow of blood to your extremities also drops. Without enough magnesium, blood flow problems set in.

When proper levels of magnesium are obtained and maintained, the body can begin to self regulate and address the effects of low magnesium levels. As a result, within a relatively short period, many of the symptoms of lack of magnesium begin to ease and disappear.

### WHEN MAGNESIUM IS LOW YOU HAVE A HIGHER RISK OF:

- ✗ Irregular Heartbeat
- ✗ High blood pressure
- ✗ Poor circulation
- ✗ Clogged Arteries
- ✗ Muscle Spasms
- ✗ Cold Hands
- ✗ Muscle Damage
- ✗ Heart Attack

Numbness, tingling, hardening of joints and blood vessels and arthritis are a few of the symptoms associated with low magnesium levels in the body.

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Low Magnesium levels in the blood have also been shown to be directly related to other commonly experienced problems, such as:

- ✗ Panic Attacks
- ✗ Restless Leg Syndrome
- ✗ Varicose / Spider Veins
- ✗ High Blood Pressure, to name a few.

Low magnesium has been identified as one of the causes in each of these conditions.

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Your body's ability to quickly and smoothly move your blood directly affects your day-to-day life. Your blood delivers oxygen and essential nutrients to every cell, and then collects and removes toxins and waste. When this system slows down... so do you.

Fortunately, your heart is a tremendously strong muscle, which constantly uses magnesium to pump 5 - 6 litres (quarts) of blood, through miles of blood vessels every minute of every day for your entire life.



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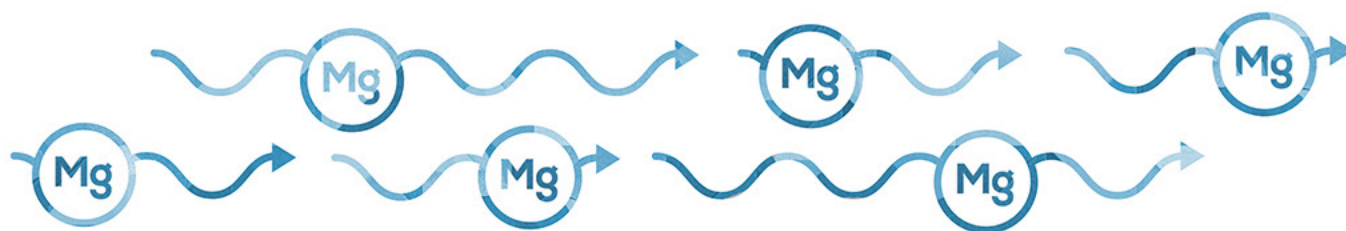


## YOUR HEART MUST MAINTAIN BLOOD FLOW, OR YOUR LIFE IS TERMINATED.

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The harder your heart has to work, the higher your blood pressure rises. Extended periods of high blood pressure can lead to a heart attack or even death.

When you become richly supplied with magnesium, every cell in your body works more smoothly, cleaner and more powerfully, muscle tension melts away, your restless heart relaxes and your whole body enjoys true peace.



**MAGNESIUM USES THE SUPER HIGHWAY OF YOUR BODY, THE CIRCULATORY SYSTEM AND YOUR BLOOD, TO BRING IT'S BENEFITS TO EVERY CELL AND FUNCTION ESSENTIAL FOR LIFE.**

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# BUILDING BLOCKS

## MAGNESIUM FOR BONE, MUSCLE AND TISSUE SUPPORT

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We have all been told how important Calcium is for our Health and Wellbeing, supporting strong bones and cartilage and joint health.

While this is absolutely true, many people do not realise that calcium CANNOT be absorbed and put to good use in your body, without magnesium.

Our body is very good at expending the available magnesium on a daily basis. This results in being unable to absorb the available calcium effectively. We then have the problem of unused calcium floating 'free form' in our system, eventually collecting in areas where it isn't needed and can't be used.

### Why is this a problem?

An accumulation of non-bioavailable calcium manifests in the form of aching joints, knee and hip problems, arthritis and the deterioration of cartilage. It can also clog the arteries and cause endless physical ailments until enough magnesium is available to bring the excess calcium into balance.



**OVERLOAD OF CALCIUM WHEN  
MAGNESIUM LEVELS ARE DEFICIENT  
CAN BE LETHAL!**

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## Renegade calcium even has a hand in interfering with your nervous system.

Just as calcium can clog and stiffen your arteries, it also acts in a similar negative way on nerves and blood vessels in your brain. Muscle cramps, spasm and other involuntary movements are directly related to low magnesium. They occur when excess calcium is trapped in your muscles cells. Magnesium can remove the excess calcium and relax a contracted cell. If the magnesium is not readily available, the long term damage done to the cell results in solidification and eventual cell death.

## Main Causes of Magnesium Deficiency

When you take a look at some of the most common, significant causes of magnesium deficiency and the diseases and ailments such a deficiency can cause, it becomes easier to understand why it has become such an issue.

- ✗ Almost all Prescription Drugs cause magnesium depletion
- ✗ Conventional food production systems for meat, dairy and eggs, mainly due to the increased use of growth hormones and grains in their diets.
- ✗ Soil depletion mainly due to the use of synthetic fertilizers, which increase acid build up in soils. The result is produce with lower magnesium than ever before.
- ✗ Pesticides, GMO's and other toxins
- ✗ Sugar and Alcohol
- ✗ Heavy Metals are a serious problem. Dental fillings, many fish we eat regularly and vaccinations are points of exposure to heavy metals.
- ✗ Magnesium is a key protection against these toxins but is depleted in their presence.
- ✗ High calcium levels
- ✗ Fluoridated Water binds magnesium, making it unavailable to our body for essential functions
- ✗ Acid Rain (see soil depletion above)
- ✗ Wheat and Grains once high in magnesium have been refined to the point where the magnesium is lost in the processing.

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# THIS IS REAL POWER

## MAGNESIUM FOR ENERGY (ATP) PRODUCTION

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Modern living requires LOTS of energy. Many people make the mistake of thinking that eating more food will give them the energy they need, however you can now see that many of the foods you turn to can actually deplete the amount of energy you have.

When eating more food fails to give you the energy you need, many people turn to other stimulants such as coffee, energy drinks, (which are laden with sugar), over the counter stimulant drugs and anything filled with sugar to give them the energy boost they are craving.

This is not a recipe for sustained healthy living and your body gets a quick and damaging burst of high energy followed by a crash, which often sends you looking for another quick fix.

This constant up and down will eventually burn out your adrenal glands - the more you force your adrenals to work in overdrive, the faster magnesium is depleted from your body. It's a vicious cycle.



**INADEQUATE MAGNESIUM IS  
ASSOCIATED WITH A NEED FOR  
INCREASED OXYGEN DURING EXERCISE.**

A 2002 STUDY FOUND THAT DURING MODERATE ACTIVITY, THOSE WITH LOW LEVELS IN THEIR MUSCLES ARE LIKELY TO USE MORE ENERGY - AND THEREFORE TO TIRE MORE QUICKLY - THAN THOSE WITH ADEQUATE LEVELS.

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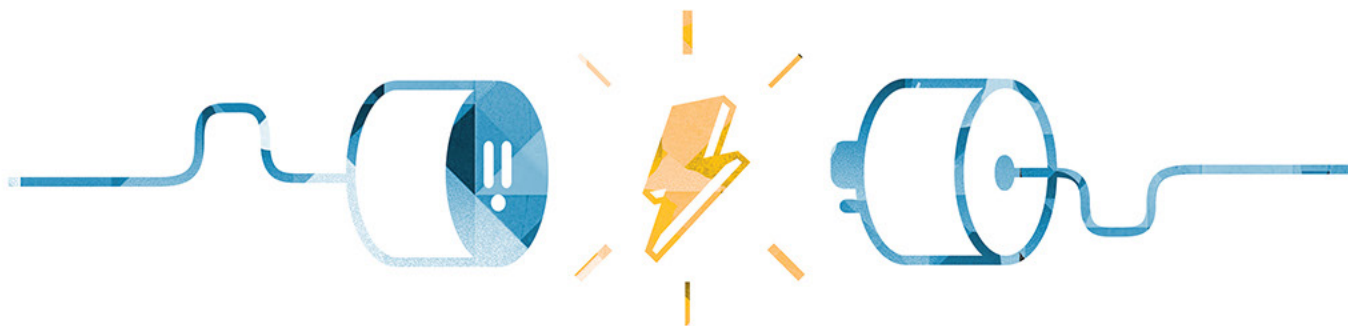
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## Magnesium is your body's TRUE energy source.

With increased magnesium levels, your body is better able to deal with the ups and downs of everyday life and give your adrenal glands the fuel they need to keep your body functioning smoothly.

## Magnesium is literally your body's Energy Currency and is one of the best examples of an energy nutrient.

It activates the enzymes that control digestion, absorption and the utilization of the food you eat. Magnesium is the key to unlocking hundreds of enzymatic reactions throughout your body.



MAGNESIUM IS CRITICAL IN THE CREATION OF ENERGY BY ACTIVATING ATP – THE FOUNDATIONAL ENERGY STORAGE MOLECULE OF THE BODY.

**MAGNESIUM REALLY IS YOUR ENERGY CURRENCY.**

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Each cell of the body produces its own energy. It is the total of all the energy produced by all our cells that add up to our total body energy.

Magnesium is VITAL for the maintenance of adequate energy levels in your body. It helps with the storage of energy that is used by your cells and without it you will just feel tired again. This is one of the primary reasons, many people experience that dramatic '2.30pm' drop in energy levels.

Skip the coffee and other stimulants; load up on magnesium and just watch your energy levels soar.



**MAGNESIUM ENHANCES YOUR BODY'S  
HEALING RATE BY DRAMATICALLY  
INCREASING YOUR ENERGY SUPPLY.**

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# ESSENTIAL, YET ELUSIVE

## THE SEARCH FOR THE BEST MAGNESIUM

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Magnesium was once abundantly available but this is no longer the case. Many minerals, once provided by the food we eat, are now steadily disappearing from our food supply due to modern farming techniques and large scale use of chemical fertilizers that rob the soil and the plants that grow in it, of essential nutrients.

Supplementation is the only way to ensure you receive that rich supply of magnesium that your body needs every day in order to function fully and fill you with the energy you need to live in our modern world.

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There are many varieties of magnesium supplementation available with varying degrees of quality and therapeutic benefit. Some of the most common are:

### Magnesium Pills and Powders

Common and well known but unfortunately not very effective. Magnesium in this form takes a long time to pass through the body and can often end up excreted as waste. Our Intestines have little tolerance for magnesium and past that point, can sometimes cause digestive and elimination upsets and added strain to your kidneys, as they have to filter the non-absorbed magnesium prior to elimination.

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## Magnesium Bath Flakes

Epsom Salt (magnesium sulphate) has long been used as a relaxing and rejuvenating substance in the bathtub. This form of magnesium is absorbed relatively easily into the body. However, it does not have the same long lasting effects as other forms of magnesium.

## Magnesium Injections

Usually used to save the life of a heart attack victim and always under strict medical supervision, pure magnesium is injected for the rapid relaxation of a muscle in spasm. Effective but intrusive and inconvenient.

## Magnesium Topical Sprays

There is only ONE form of Topical Magnesium referred to as iMCH that quickly enters the body through the skin and is fully bioavailable to replete magnesium levels geographically where it is applied.

ONE VERY IMPORTANT POINT TO  
REMEMBER ABOUT MAGNESIUM IS THAT  
**NOT ALL MAGNESIUM IS CREATED EQUAL.**



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A BIO-AVAILABLE, MOST ABSORBABLE FORM, REFERRED TO AS iMCH.

Learn more at: [www.AreYouDeficient.com](http://www.AreYouDeficient.com)

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