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Even the healthiest among us, those who exercise regularly, those who have balanced diets, and those who live a lifestyle free from excesses, call fall ill at a moment’s notice. There are no exceptions.

When this happens, it’s off to the clinic or hospital where we get diagnosed and then prescribed medicine, most of which aren't guaranteed to solve our health problems to begin with.

No big deal you say? Think again. You could be a victim of misdiagnosis.

The truth is that in many cases, the cause of these illnesses is the lack of a mineral called magnesium. However, the doctors think something else is wrong with you and prescribe medicine that you might not need at all.

Why is this important mineral so easy to overlook, especially during clinical blood serum testing? That’s because despite its importance, our bodies are designed to retain very little magnesium. Magnesium actually just makes up around one percent of our blood.

Today, an estimated 80 million Americans suffer from the deficiency of this mineral. What makes it sadder is that magnesium deficiency is actually easily preventable.

What makes magnesium so important to the body? Let’s begin with learning about this all-powerful – yet invisible– mineral.

By the end of this report, you'll know all about magnesium, and how important it is to the body. However, if you’d like to jump ahead and find out how you can cure all these symptoms naturally AND restore your body back to optimum health, click here to check out this FREE presentation.
In a nutshell, magnesium is important because it regulates and maintains the following: enzyme activity, energy production, DNA synthesis, and mineral balance.

Let’s take a closer look at each function.

• **Regulating enzyme activity.** At any given time, our bodies perform functions that require extreme heat or acidity, like the breaking down of sugars in our digestive system. Extreme heat or acidity is particularly bad for some of our tissues and organs, this is why our bodies have enzymes; they make these processes safe.

  These enzymes don’t work alone, they need what we call enzyme co-factors. These co-factors tell them when to start or to stop functioning. Magnesium is one of the most common co-factors in the body. It’s needed in over 300 enzyme reactions, many of them occurring at the same time.

• **Regulating energy production.** All that energy we spend doing things has to come from a source and that source is the molecule called adenosine triphosphate, or ATP. ATP is the fundamental unit of energy used in the cells in our body. Magnesium helps ATP process nutrients absorbed into usable units of energy.

• **Regulate DNA synthesis.** In our bodies, different types of cells turnover at different rates. The average age of a cell is estimated at seven years, but the speed at which a cell ages depends on our DNA.

  If DNA synthesis is unstable, our cells can age much more quickly, and this can be bad for the body. Sufficient amounts of magnesium in our body can help slow down and stabilize DNA synthesis.

• **Mineral balance.** When it comes to having minerals in our bodies, there must be a balance. If there’s an imbalance inside or outside particular cells, your body may not function as it should. This balance is so significant that it even has a term: homeostasis.

  Minerals move in and out of our cell membranes freely, so maintaining a balance can become a problem. This is why our cells come equipped with special “pumps” that maintain mineral balance.

  One of these pumps embedded in the cell membrane is called the sodium-potassium pump. This pump is activated by magnesium.
CHAPTER 2
DO YOU HAVE MAGNESIUM DEFICIENCY?
If you do or experience most of the things listed below, chances are you are suffering from a lack of magnesium.

1. Regularly drink carbonated beverages.

Carbonated drinks are so common nowadays, there’s almost no way to avoid them. They are always on display in convenience stores, or come readily served with those fast food combo meals you order. They are even served in fancy restaurants.

It’s estimated that the average consumption of carbonated beverages today is more than ten times what it was in 1940.

Why are carbonated drinks bad for magnesium? Many dark-colored sodas have phosphates. These substances actually bind with magnesium inside the digestive tract, rendering them unavailable to the rest of the body. Eventually these are flushed out of your body along with the other contents of your digestive tract.

Having a carbonated drink once in a while isn’t so bad, as long as you don’t do it every day.

2. Regularly eat pastries, cakes, desserts, candies or other sweet foods.

Sugar has magnesium so it’s good for you, right? Actually, it’s pure sugarcane that has the magnesium you need. However, that sugar used in processed baked products or sweets is refined sugar. The process of turning sugarcane into refined sugar actually removes the magnesium content of the finished product, rendering it totally free of this mineral.

When refined sugar enters your body, it also causes magnesium to be excreted through the kidneys, and the kidneys play a large part in regulating your magnesium content.

Refined sugar also harms your body in another way: all foods require vitamins and minerals to be consumed in order to facilitate digestion. Some foods bring in their own vitamins and minerals to replace what has been lost, but refined sugar doesn’t bring anything useful to the body, while also consuming vitamins and minerals for the digestion process.
3. Regularly experience a lot of stress or recently underwent a major medical procedure.

When you undergo stress, your body releases the hormones cortisol and adrenaline. There is no doubt that these hormones are good to have during emergency situations, however prolonged presence of cortisol and adrenaline in your body will have adverse effects on the magnesium inside your body, making your body use up more magnesium than usually needed.

It doesn’t have to be physical stress, as emotional stress will also raise cortisol and adrenaline levels. Low magnesium levels can also cause stress, so it actually becomes a vicious cycle somewhere down the line.

As for surgery, anesthesia applied to prevent pain in certain areas of the body can also result in the kidneys excreting magnesium and this results in reduced levels.

4. Regularly drink coffee, tea, or other caffeinated drinks.

You only get to hear good things about caffeine, thanks to advertising. However, too much of it can also be a bad thing.

Like refined sugar, caffeine hits you in the kidneys, causing them to relax and excrete magnesium, among other minerals, regardless of whether your body needs it at the moment or not.

There is no doubt many people rely on caffeine to get them through the morning, if not the entire day, but again moderation is key.

5. Regularly take a diuretic, heart medication, asthma medication, birth control pills or estrogen replacement therapy.

Just like anesthesia, the effects of otherwise useful drugs have can reduce magnesium levels in the body through excretion by the kidneys.

Just to name a few, antibiotics like Garamycin, tobramycin, carbenicillin, ticarcillin, amphotericin B and antibiotics of the tetracycline class lower magnesium.

Corticosteroids such as hydrocortisone, diuretics such as Edecrin, Lasix, mannitol, and thiazides, asthma medications such as epinephrine, isoproterenol and aminophylline, and anti-psychotic and anti-psychotic drugs Pimozide, Mellaril and Stelazine also have the same effects.
6. Drink more than seven alcoholic beverages per week.

Alcohol messes with your magnesium levels in two ways:

- Just like diuretics, alcohol causes your kidneys to increase magnesium excretion.
- Alcohol also interferes with the functions of your digestive system, as well as makes you deficient in Vitamin D, both of which can also contribute to low magnesium levels.

We can’t stress enough that moderation is the key. Having alcohol every now and then isn’t bad.

7. Take calcium supplements without magnesium, or calcium supplements with magnesium in less than a 1:1 ratio.

Studies have proven that calcium supplementation can reduce magnesium absorption and retention when magnesium intake is low. However, while calcium supplementation can negatively impact magnesium levels, magnesium supplementation actually improves the body’s use of calcium.

You may be immediately tempted to take calcium to magnesium medications in a 2:1 ratio, but actually the ideal ratio depends on the individual and his or her condition and risk factors.

Right now, researchers think a 1:1 calcium to magnesium ratio is actually sufficient for improved bone support and reduced risk of disease. This after they found evidence there is actual risk of arterial calcification when low magnesium stores are coupled with high calcium intake.

Calcium and magnesium have actions that oppose one another, yet they function well together. This will be discussed further below.

8. Regularly experience anxiety, times of hyperactivity, difficulty sleeping, or difficulty staying asleep.

These symptoms can also be signs of depression; studies have found a connection between low magnesium levels and personality changes, and sometimes even depression. However, it should also be mentioned that depression can occur even if the person has adequate magnesium levels.
9. Regularly experience painful muscle spasms, muscle cramping, fibromyalgia, facial tics, eye twitches, or involuntary eye movements.

These symptoms may be neurological signs of magnesium deficiency. Adequate magnesium is required for the nervous system to work properly. These are also associated with electrolyte imbalances that affect the nervous system.

We have already mentioned calcium and magnesium actually work well together, here’s why. Magnesium is required for our muscles to be able to relax, and without it, they would be in a constant state of contraction. Calcium, on the other hand, signals muscles to contract. If both are in balance, muscles should not experience irregular twitches or movements.

Involuntary muscle movements may indicate either calcium or magnesium deficiency, or both. In fact, magnesium deficiency may actually appear as calcium deficiency in testing, this is why it’s important to recommendation magnesium supplementation testing for low calcium levels.

Another factor is age

If you answered yes to most of the questions above and are also 55 years of age or older, chances are high that you are suffering from magnesium deficiency.

As we grow older, we actually become more vulnerable to magnesium deficiency thanks to stress and the change in our lifestyles. However, studies also show that most of older adults actually take in less magnesium from food sources than when they were younger.

There is a reason for this. As our bodies age, magnesium metabolism becomes less and less efficient. As we grow older, the changes our gastrointestinal tract go through make it less and less efficient at absorbing magnesium. The same is true with the kidneys; as we grow older they will also become less and less effective at retaining magnesium.
It’s always a good idea to keep an eye on your magnesium levels. Given the modern lifestyle, it’s actually hard to avoid medications, coffee, sweets, alcohol, and we certainly can’t avoid stress or ageing. The good thing is that there are a lot of foods and supplements you can take to prevent magnesium deficiency.

If you have just realized that you have magnesium deficiency and are worried, you need to check out the solution in this free presentation here. It will tell you all about an all-natural way to cure your deficiency for good, without the hassle of changing up your diet.
What foods have the highest magnesium content? Generally that would be nuts, seeds, dark green veggies, whole grains, and legumes.

Here are some common magnesium sources and how much milligrams they yield per serving.

- Sunflower seeds, dry roasted (1/4 cup) - 128 mg
- Almonds, dry-roasted (1/4 cup) - 105 mg
- Sesame seeds, roasted whole (1 ounce) - 101 mg
- Spinach, boiled (1 cup) - 78 mg
- Cashews, dry-roasted (1 ounce) - 74 mg
- Shredded wheat cereal (two large biscuits) - 61 mg
- Soymilk, plain, (1 cup) - 61 mg
- Black beans, cooked (1/2 cup) - 60 mg
- Oatmeal, cooked (1 cup) - 58 mg
- Broccoli, cooked (1 cup) - 51 mg
- Edamame, shelled, cooked (1/2 cup) - 50 mg
- Peanut butter, smooth (2 tablespoons) - 49 mg
- Shrimp, raw (4 ounces) - 48 mg
- Black-eyed peas, cooked (1/2 cup) - 46 mg
- Brown rice, cooked (1/2 cup) - 42 mg
- Kidney beans, canned (1/2 cup) - 35 mg
- Cow's milk, whole (1 cup) - 33 mg
- Banana (one medium) - 33 mg
- Bread, whole-wheat (one slice) - 23 mg
Suggested Recipes

You can have magnesium along with good food! Here are two recipes.

Broccoli, Asparagus & Feta Pesto Pasta
One serving of this recipe contains approximately 113.2 mg of magnesium.

Ingredients

- 3 cups of broccoli
- 2 cups of asparagus
- 1/2 cup parsley to taste
- 1/2 cup crumbled feta cheese
- 1 tablespoon olive oil
- 2 tablespoons garlic, minced
- 2 tablespoons lemon juice
- 3 cups whole wheat pasta

Directions

1. Sauté onions until caramelized. Add garlic, broccoli, and asparagus until soft (to taste). Remove from heat and let cool.

2. In a food processor, combine sautéed ingredients with parsley and olive oil. Add in small amounts of feta cheese until desired taste is reached. Add lemon juice to balance.

3. Serve over cooked pasta.
Spinach Quiche

One serving of this recipe contains approximately 61.8 mg of magnesium.

Ingredients

- 1/2 cup butter
- 3 cloves garlic, chopped
- 1 small onion, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 (4.5 ounce) can mushrooms, drained
- 1 (6 ounce) package herb and garlic feta, crumbled
- 1 (2 ounce) package shredded cheddar cheese
- Salt and pepper to taste
- 1 (9 inch) unbaked deep dish piecrust
- 1 4 large eggs, beaten
- 1 cup whole milk

Directions

1. Preheat oven to 375 degrees.

2. In a medium skillet, melt butter over medium heat. Sauté garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup cheddar cheese. Season with salt and pepper. Spoon mixture into piecrust.

3. In a medium bowl, whisk eggs and milk together. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.

4. Bake in preheated oven for 15 minutes. Sprinkle remaining cheddar cheese over top and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.
The Sad Truth

While it’s true there are a lot of foods that can raise magnesium levels, there is also that sad truth that we can no longer rely on food sources alone to get the recommended levels of magnesium.

The average table in American homes contains less magnesium than it did a few years ago. This is because the agricultural industry today focuses on products that make produce look healthy, as opposed to actually improving its nutritional value.

Another reason for this is because the actual magnesium content of produce grown today is drastically lower than in pre-industrial times. Farming practices, soil quality, storage, and mode of transportation have also contributed to the diminishing amount of magnesium modern produce has.
CHAPTER 4
WHAT YOU NEED
Not all magnesium supplements are created equal. Some are ideal for certain problems or ailments, while others are best avoided.

Here are some of the best forms of magnesium available:

- **Magnesium citrate.** Probably the most popular magnesium supplement because it is inexpensive and easily absorbed. Recommended for those with rectal or colon problems since citric acid is also a mild laxative.

- **Magnesium taurate.** Ideal for people with cardiovascular issues since it can prevent arrhythmias and also heart attacks.

- **Magnesium malate.** Ideal for people prone to fatigue, since malic acid is a vital component of enzymes that play a key role in ATP synthesis and energy production.

- **Magnesium glycinate.** This is considered the safest option for correcting a long-term deficiency and is also one of the most bioavailable and absorbable forms of magnesium.

- **Magnesium chloride.** Researchers consider this the best form of magnesium to take for detoxifying cells and tissues. The chloride also helps kidney function and can boost a sluggish metabolism.

- **Magnesium carbonate.** A good choice for people suffering from indigestion and acid reflux since it contains antacid properties. When it mixes with the hydrochloric acid in the stomach it also turns into magnesium chloride.

On the other hand, avoid the following forms of magnesium:

- **Magnesium oxide.** The most common form of magnesium sold in pharmacies. However, it is non-chelated (not maximized for absorption) and has a poor absorption rate compared to other supplements.

- **Magnesium sulfate.** While this is actually good for those suffering from constipation, it is considered unsafe because overdosing on it is easy. This kind of magnesium is also called Epsom salt.

- **Magnesium glutamate and aspartate.** Both are components of the dangerous artificial sweetener aspartame. Both of them also become neurotoxic when unbound to other amino acids.
Another thing to consider when getting magnesium supplements is to go for the kind that can be absorbed transdermally (through the skin). Oral magnesium supplements may seem simpler to take, however they are not designed for proper absorption and may even cause diarrhea and gastrointestinal problems.

Or you can go straight for the cure, and not have to worry about any of your ailments caused by the lack of essential magnesium. Discover the all-natural answer to your battle for your health by [clicking here](#).
You already know about magnesium and what it can do for your body. It can regulate your enzymes, energy production, how your cells age, and how the minerals affect your cells; the little things you aren’t aware of and take for granted.

You aren’t getting any younger. With age, your body becomes less and less efficient in absorbing and retaining magnesium. Many things associated with the modern lifestyle, including the stress we experience, the food we eat, and even the beverages we drink, also contribute to lowering our magnesium levels. So there’s really no escaping the fact that sooner or later you will suffer low magnesium levels.

Not all produce can give you sufficient magnesium. There are foods that can give you some, but they can never be as rich as they were during the pre-industrial age, thanks to modern practices.

Lower magnesium levels tend to be overlooked by doctors as a cause for illness. Think about the consequences of being misdiagnosed; if you are lucky you will only end up wasting a lot of money. If you aren’t, then you may even end up dead.

Not all magnesium supplements are the same, or even helpful at all. Get the type of magnesium that is most easily absorbed into your system, don’t just pick one out because it’s readily available in any market.

Watch this FREE presentation to find out how you can use this amazing breakthrough to start your journey of living a long, healthy vibrant life. It’s right within your reach.

Michael Bounty