MAGNESIUM
THE MASTER MINERAL

Wellness Mama
simple answers for healthier families
Why 99% of Us Are Deficient in Our Most Important Mineral — And How Major Industries Inflate Chronic-Conditions, Heart Disease & Cancer Rates…

This affects us ALL.

This may just be the simplest, most elegant solution to our most common issues... low energy, broken focus, reduced memory comprehension, sleep problems, high blood pressure, anxiety, migraines, joint pain and MORE...

Magnesium deficiency may be the most common nutritional problem in the industrialized world today, yet it is the single MOST IMPORTANT MINERAL for maintaining electrical balance and metabolism in our cells.

It is responsible for over 350 life-providing reactions in our body.

...From immune response, metabolizing fats, carbs, amino acids, nervous & muscular support, proper cardiac & brain function, blood sugar, blood pressure, energy & protein synthesis, the formation of strong bones & teeth... cellular health....And the list go’s on and on... and on.

...Yet, nearly every one of us is chronically deficient, some of us - severely.

So how could this be?

Americans in Stage 4 Deficiency.
You’re probably aware that for quite some time — approximately 80% of us are deficient in life’s most critical mineral - Magnesium.

You’re probably also aware of some importance of Magnesium and it’s correlated scientific reference as “The Master Mineral”.

**BUT WHAT YOU LIKELY AREN’T AWARE OF, IS THE UNDERLYING FACT ALL OF US ARE MAGNESIUM DEFICIENT. (*OPPOSED TO JUST 80% OF US.**)

So you’re probably wondering how that may be?

Well, most of us, once we reach our 40’s or 50’s, become “symptomatic”… from low energy, to compromised sleep, joint pain, muscle cramps, anxiety, migraines, high blood pressure, diabetes, inability to cope with stress, osteoporosis, cancer and so on...

But what many don’t realize, is that once you’ve become symptomatic, your body is likely already in a stage-3, or STAGE 4 deficiency! 80% of us are. The other 20% are walking around with quiet stage 1 or stage 2 deficiencies...

So what the heck can create such an epidemic of deficiency?

**IT BEGINS WITH OUR WATER AND FOOD...**

Even though magnesium was once abundantly available in our food, produce and water.

Today it’s almost completely stripped — due to things like fluoridated water that binds to magnesium, making it unavailable — to large pesticide dumps with synthetic potassium, that massively blocks and depletes magnesium in crops — to refined grains and foods, where magnesium is lost — to “magnesium eliminators” like sugar and caffeine, that cause us to lose excrete magnesium in urine — to the incredible toxic load our bodies juggle on a daily basis...

Since Magnesium is a key protection against these poisons, and alternatively is depleted in the presence of their toxicity - found in all of us.

…Which is why — a deficiency in Magnesium also leads to things like further deposits of metals
in our brains - leading to Alzheimer’s, MS, Parkinson’s, and other neurological diseases — that none of us want to be victim of, or have our loved ones deal with.

“CALCIFICATION” — THE REAL DANGER:

Food and water are preventing us from replenishing our necessary Magnesium — but they aren’t the largest culprit behind our deficiency as an industrialized species...

The real culprit kicking this problem into OVERDRIVE, is “calcification” — which takes place in our bodies from too much CALCIUM.

Calcium is in nearly EVERYTHING. The dairy industry alone spends over $300 million per year marketing Calcium. And it won’t matter if you drink milk or not... it’s fortified in synthetic forms in all of our foods and even shows up in “nut, coconut and soy” milks!

When you consume too much Calcium, your body becomes “calcified”. Your bones, your muscles, your tissues, your arteries (contributing to heart disease) — even your individual cells.

In fact, this is where things get hairy...

EVERY CELL IN OUR BODIES HAS A “SODIUM-POTASSIUM PUMP”.

This pump regulates minerals inside and outside of our cells for balance.

When too much Calcium is present, the ratios get out of balance, and too much Calcium gets INSIDE our cells.

When too little Magnesium is present, this allows EVEN MORE Calcium to get inside our cells — literally turning us to stone.

(Ever hear of someone’s bones breaking too easily? ...And they’re told they need MORE Calcium?)

Magnesium deficiency impairs the sodium-potassium pump from working correctly.
Within every cell in the body, a proper balance of mineral content must be maintained.

When Magnesium isn’t sufficient enough to counter-act Calcium, “calcification” begins to take place over time...

**TOO MUCH CALCIUM ACCUMULATES IN YOUR CELLS, LEADING TO CELL-DYSFUNCTIONS AND DEATH.**

A body insufficient in magnesium is a threat of serious magnitude.

**HERE ARE SOME SPECIFIC CONSEQUENCES OF MAGNESIUM DEFICIENCY:**

- Our Arteries become “calcified” - as plaque hardens your arteries, contributing to heart disease and attacks.
- Calcium gets trapped inside muscles and joints, stiffening your body and causing joint pain and muscle cramps.
- Calcium accumulates in your cells — leading to cell dysfunction and even cell death.
- Potassium deficiency - due to malfunction of the “sodium-potassium pump.”
- Conduction of nerve impulses, muscle contraction, and heart rhythms.
- Blood clotting — Magnesium helps alleviate calcium promotion of blood clotting. — (*this is why half of heart attack patients receive magnesium chloride injections*)
- Low energy — Magnesium is required to produce ATP energy in your cells.
- Sleep sabotage — Lack of magnesium affects REM sleep, eventually perpetuating chronic insomnia.
- Osteoporosis — Calcium is displaced to tissues, starving bones — due to lack of magnesium.
- Cellular toxicity — a dysfunctional sodium-potassium pump cannot properly detox cellular waste.

These are just a dozen, of hundreds of potential problems one faces, from one simple deficiency.

Remember, magnesium is responsible for over 350 life-providing reactions in your body!

You simply won’t ever obtain optimal well-being or homeostasis without maximum magnesium repletion.
WHAT ABOUT SUPPLEMENTAL SOLUTIONS FOR MAGNESIUM?

Supplement solutions introduced in last 15 years, since deficiency solutions came out — are only serving as temporary band-aids.

They aren’t sufficiently restoring your body to complete-repletion, even if you are taking them on a consistent basis. Most run through your kidneys, causing stress, and are quickly purged from the body — due to incompatible and unnatural form.

Another major issue is typical oral-magnesium supplements are not only very poorly absorbed, but they overly stress the kidneys, in addition to many times causing unpleasant side-effects — such as digestive ailments. In fact, numerous studies show that Magnesium is not easily absorbed through the digestive tract...

Our diets, prescription medicines, particular medical ailments, and concentration of stomach acid, warp the bioavailability of magnesium in pill or powder form.

Also many popular magnesium supplements on the market are watered down with fillers and impurities and contain a very low concentration of actual magnesium — which is usually in a synthetic form, which can be beneficial for emergency use, but not actual repletion of magnesium and evergreen homeostasis.

THESE AREN’T REAL SOLUTIONS FOR TRUE HEALTH.

To get magnesium in substantial repleting quantity, your best option is through your skin, or “transdermally”. Your skin is your largest organ, and allows you to replete at a much greater level — without any of the side effects, since it absorbs directly into your blood and tissues. (This can also be the only option for anyone with impaired kidney function.)
Magnesium Recipes...

Magnesium Oil

Using magnesium topically can be an effective way to boost the body’s levels safely. I personally like making and using magnesium oil on the skin. I’ve also purchased high quality magnesium oil (like this one) and had great results.

Ingredients
- ½ cup Magnesium Chloride Flakes
- ½ cup distilled water
- A glass bowl or glass measuring cup
- A glass spray bottle (plastic will work too)

Instructions
1. Boil the distilled water. It is important to use distilled to extend the shelf life of the mixture. Put the Magnesium Chloride
2. Flakes in the glass bowl or measuring cup and the pour the boiling water over it.
3. Stir well until completely dissolved. Let cool completely and store in the spray bottle. Can be stored at room temperature for at least six months. I keep in my bathroom to use daily.

How to Use Magnesium Oil
Spray on arms, legs, and stomach daily. I use 10-20 sprays per day. It will tingle on the skin the first few times it is used, and this is normal. It should fade after a few applications, but you can dilute with more water if it bothers you too much.
You can leave on the skin or wash off after 20-30 minutes. I usually apply after a shower and then use coconut oil or a lotion bar to moisturize about 5 minutes later.
MAGNESIUM BODY BUTTER

INGREDIENTS:

- 1/2 cup magnesium flakes + 3 Tablespoons boiling water or 1/2 cup pre-made magnesium oil
- 1/4 cup unrefined coconut oil
- 2 Tablespoons emulsifying wax (Can also use beeswax, but it becomes more difficult to mix)
- 3 Tablespoons Shea Butter

WHAT TO DO:

1. Pour 3 tablespoons of boiling water in to the magnesium flakes in a small container and stir until it dissolves. This will create a thick liquid. Set aside to cool.
2. In a quart size mason jar inside a small pan with 1 inch of water, combine the coconut oil, emulsifying wax and shea butter and turn on medium heat.
3. When melted, remove the jar from the pan and let the mixture cool until room temp and slightly opaque. At this point, put in to a medium bowl or into a blender.
4. If in a bowl, use a hand blender or immersion blender on medium speed and start blending the oil mixture.
5. Slowly (starting with a drop at a time) add the dissolved magnesium mixture to the oil mixture while continuing blending until all of the magnesium mix is added and it is well-mixed.
6. Put in the fridge for 15 minutes and re-blend to get body butter consistency.
7. Store in fridge for a cooling lotion (best consistency) or at room temp for up to two months.

SLEEPYTIME FOOT SPRAY
INGREDIENTS

- 4 ounces of magnesium oil (buy it here or make your own with this recipe)
- 10 drops Lavender Essential Oil (or more if desired) I get mine here
- 10 drops Roman Chamomile Essential oil (or more if desired) I get mine here

INSTRUCTIONS

1. Pour all ingredients into a 4 ounce or larger glass spray bottle and shake gently to mix.
2. A bigger spray bottle can be used if desired and the recipe can be doubled or tripled.
3. Will yield 24-48 applications (or more) depending on how much is used each time.

HOW TO INCORPORATE MAGNESIUM/SALT BATHS
I regularly add a cup of epsom salts or magnesium flakes and a few tablespoons of Himalayan salt to my kids baths. When I have the time, I take relaxing baths in this mixture also.

When I can’t take the time for a bath, magnesium oil also helps. Amazingly, I notice the benefits of transdermal magnesium (baths or magnesium oil) much more quickly than when I take internal forms of magnesium.

MY FAVORITE MAGNESIUM SALT BATH RECIPE

INGREDIENTS

- 1-2 cups of epsom salts or magnesium flakes (magnesium flakes are absorbed much more easily)
- 1/2 cup Himalayan or Sea Salt
- 1/2 tsp of natural vanilla extract
- 10-15 drops of essential oil of choice (I love lavender and mint)

INSTRUCTIONS

I mix the salt and magnesium flakes and then sprinkle with the vanilla and essential oil. The whole mixture gets added to a warm bath, and I soak for at least 20 minutes, though 30 is preferable. I try to make time for this at least once a week, though my kids get it added to their bath each night.

For intensive therapy (illness, eczema, etc.) these baths can be done daily, though you should check with a doctor if you have any medical conditions.

SPRAY DEODORANT
INGREDIENTS:

- 4 ounces magnesium oil
- 10-15 drops of your favorite essential oils or a mixture
- A 4 ounce or larger glass spray bottle (I use this one but replaced the top because my kids dropped the bottle and the original top broke)

WHAT TO DO:

1. Make the magnesium oil if using homemade magnesium oil.
2. Pour in to glass spray bottle and add any essential oils if using.
3. To use: spray a small amount on underarms and rub in gently. Let dry for about 5 seconds.