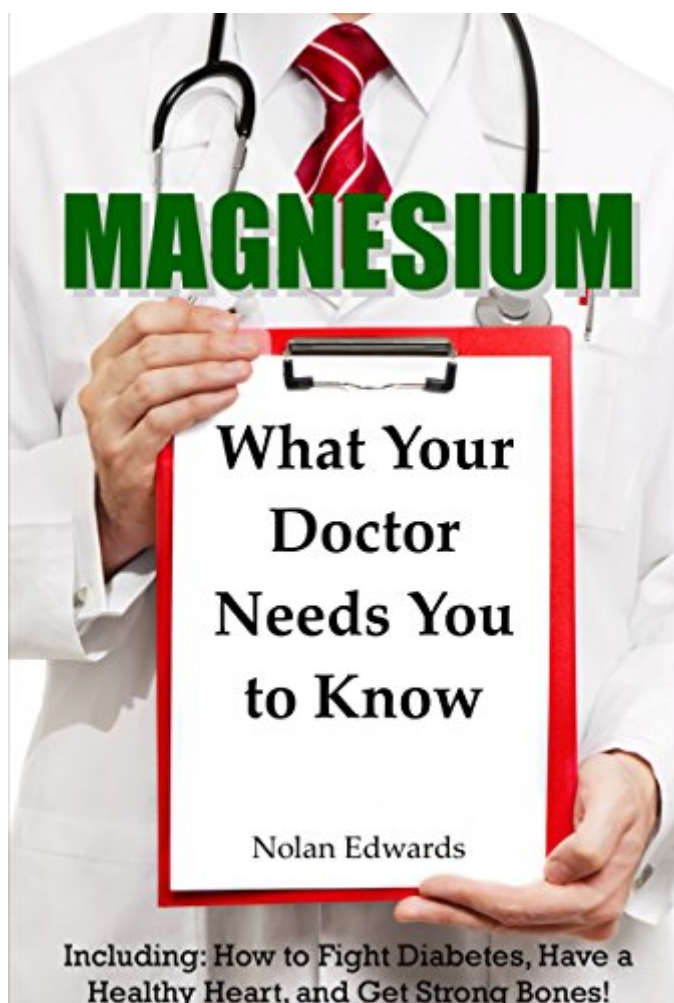


The book was found

Magnesium: What Your Doctor Needs You To Know: Including: How To Fight Diabetes, Have A Healthy Heart, And Get Strong Bones!



Synopsis

NEWLY REVISED EDITION! *NEW* BONUS CHAPTER NOW INCLUDED! Do you struggle with irritability? Headaches? Inability to sleep or insomnia? Osteoporosis? Diabetes? Hyperglycemia? Hypoglycemia? Your thyroid? Spasms or muscle soreness? A high level of stress? Sensitivity to noise? Difficulty in concentrating? Kidney stones? Gut disorder? Constipation? Lack of appetite? Hypertension? High blood pressure? Nerve dysfunction? Joint pain? Epilepsy? PCOS? Painful PMS? Memory loss? Depression? Chances are you are one of MILLIONS who suffer from one or more of these conditions. In today's world, more than 80% of people have a deficiency in magnesium, almost all of which are misdiagnosed. Magnesium deficiency can cause a number of unpleasant side effects and impact your feelings of overall well-being as it is an imperative mineral that affects your nervous system. To cope with daily life, we actively decrease the mineral density in our bodies as a way to boost our nervous system. Learn the detailed explanation of the causes, effects and remedies to many physical and mental disorders that all find their root in magnesium. So, do you have enough magnesium? Do you know how much you actually require during different phases of your life? Find out for yourself by reading this informational book!

Chapter 1: Introduction
Chapter 2: Magnesium and Your Blood
Chapter 3: Magnesium and Insulin
Chapter 4: Magnesium and Your Energy
Chapter 5: Magnesium and Hormones
Chapter 6: Magnesium and Muscles
Chapter 7: Magnesium and Nerves
Chapter 8: Magnesium and Bones
Chapter 9: List of Common Disorders Associated with Magnesium
Chapter 10: Magnesium and Your Diet

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Customer Reviews

This book was a pleasant and educational surprise. I have been a medical professional for over 4 decades, following 6 years of medical education in college and then OJT education. However, I learned much from this book about magnesium, things never touched upon in my professional life. I appreciate the author putting this information together in this book and providing references.

Useable, important information that deserves more attention. I will be altering my magnesium supplement type and dosage since reading this book with the expectation that some symptoms will diminish and or disappear.

This is the second, and by far the lesser, of the books I have read on magnesium and the role it plays in a person's health. While there is some good information, the book is very brief and contains no details on many of the claims. In addition, the book could use a good proof reader and editor. Save your money and buy one of the other, much more comprehensive books about magnesium available.

My Dr recommended taking magnesium because I take GERD medicine. I learned a lot reading your book. I noticed changes in my bodies energy levels. Thanks for the informative book.

Worthless.

Enjoyed finding out that there is not just one form of Magnesium. At the drug stores. They took me to the salts. No Not those! They didn't know there was multiple forms of magnesium. Of course here there is only one.....

Wonderful Seller; Will order from again :0)

Very well written, very understandable. I ordered Magnesium Chelate after finishing the book.

Well not bad book but it lacks couple things: like working mechanism and more examples for therapy. Also with insulin and magnesium dont get it how insulin can transport magnesium from blood to cells was searching on internet but I haven't found out anything about that

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