

ARE YOU MAGNESIUM DEFICIENT?

Headache, dizziness, confusion, poor concentration, nervousness, jumpiness, migraine

Posterior headache, cramps in the muscles of the face, neck, shoulders and entire vertebral column

Cardiac arrhythmias

Gastrointestinal cramps, nausea, vomiting, diarrhoea

Urinary tract cramps, uterine cramps

Paraesthesia (tingling) of the hands, numbness

Thigh and calf cramps

Cramps in the soles of the feet and toes, paraesthesia (tingling)

**Symptoms of
MAGNESIUM
DEFICIENCY**

Magnesium
12
Mg
24.305

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Functions of Magnesium.....

Magnesium is responsible for the relaxation phase of the muscles and the heart, One function of Magnesium is to regulate the nerves. Magnesium is present in all cells of the body and is involved in over 300 metabolic processes, including energy production. Magnesium is essential for maintaining normal bone density, normal cardiac rhythmicity, normal pulmonary function, and normal blood glucose regulation.

Most doctors are not trained to detect magnesium deficiencies. Magnesium deficiency is often misdiagnosed because it does not show up in blood tests as only 1% of the body's magnesium is stored in the blood. Magnesium is extremely critical for proper detoxification processes.

Magnesium (the relaxer mineral) is required at the center of every cell in the body. When the cells are low in Magnesium, Calcium (the constrictor) moves to the center of the cell to protect the cell integrity. This causes every cell in the body to be tight. It is little wonder we suffer from muscle stiffness, headaches, insomnia, rage, and more! Magnesium is needed to keep the brain, nerves, flexors, motor nerves, spinal nerves and functions throughout the system functioning properly.

Who is Deficient?

Up to 90% of the population of the United States is Magnesium deficient. Women pass their deficiencies on to their children – when a woman is deficient in one mineral during pregnancy, it will take 3 generations of supplementation for that one mineral to be restored. Our soil is stripped of nutrients and when added to processed foods, sugars, and chemicals, there is little wonder we are lacking in Magnesium along with most other nutrients. Additionally, cooking foods decreases nutrients, vitamins and minerals.

Without sufficient magnesium the body struggles to make and utilize protein and enzymes. It is also unable to properly methylate and detoxify and/or process and utilize anti-oxidants like vitamin C and E. Magnesium is extremely critical for proper detoxification processes.

**>>>The following depletes Magnesium in the body:
Coffee, Soft Drinks, Alcohol, Prescription Drugs, Milk,
and White foods, such as sugar, bread, pasta, potato**



PURITY *on* PURPOSE

Magnesium Oil & Lotion Benefits

Dr. Norman Shealy, M.D., Ph.D. is an American neurosurgeon and a pioneer in pain medicine says,
"Every known illness is associated with a magnesium deficiency," and that, "magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient."

FOR RAPID RESTORATION OF CELLULAR MAGNESIUM LEVELS THROUGH YOUR SKIN

**INCREASED SLEEP ~ REDUCED MUSCLE ACHES, PAINS, CRAMPING/SPASMS
BETTER RELAXATION & STRESS MANAGEMENT ~ INCREASED ENERGY LEVELS & IMPROVED MOODS
INCREASED ATHLETIC PERFORMANCE ~ IMPROVE SKIN QUALITY
EASILY ASSIMILATED BY THE BODY ~ BETTER ABSORPTION RATE**

- 1. Sports performance and workout recovery...** Athletes need adequate magnesium levels to perform at their best. Magnesium studies have shown that exercise redistributes magnesium throughout the body and can negatively affect physical performance. Magnesium oil is also a natural muscle relaxant and applications to sore muscles and joints can also provide pain and ache relief.
- 2. Migraine Relief...** Migraine sufferers have lower levels of intracellular magnesium during acute migraine attacks. Low levels of magnesium affect a number of related receptors and neurotransmitters that cause migraine headaches. Studies have also shown that regular magnesium supplementation can reduce the frequency of migraines.
- 3. Skin care...** In studies regarding magnesium oil uses, magnesium has been shown to break apart different fats and oils and, therefore, can help aid in reducing skin oiliness. Magnesium benefits also include its stress-relieving abilities, which can help to reduce stress-related skin irritations such as acne and rosacea.
- 4. Regulating diabetes...** Poorly controlled diabetes results in a large excretion of glucose in urine, which in turn, depletes magnesium levels and has major implications in insulin resistance. Proper magnesium levels are incredibly important in diabetes patients, as insulin resistance can result in major problems in trying to control diabetes mellitus.
- 5. Regulating hypertension....** Magnesium supplementation has been shown to offer slight decreases in blood pressure in patients suffering from hypertension. There are a number of additional factors that affect blood pressure in these individuals, but the studies concluded magnesium supplementation lowers blood pressure.
- 6. Stress relief and general well-being...** Magnesium has long been known for its ability to relieve stress, as it is typically wasted via urine in times of duress. It aids in helping a number of neurological and physiological processes when the body is under stress, so maintaining sufficient levels will help to balance hormones naturally.
- 7. Sleep improvement...** Magnesium works as a natural muscle relaxant, which is why many people swear by it to help with sleep issues. Magnesium helps you sleep because of its ability to relax GABA receptors in the brain and nervous system, which helps promote a "slow down" you need in order to sleep. ***Apply Magnesium Lotion or Oil to the bottoms of your feet before bed for a great night's sleep!***

*****If you are taking blood pressure medications/calcium channel blockers and have kidney disorders ~ Consult your doctor prior to use before taking under these conditions.*****

Educational Information Provided By:

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