



# Heal Yourself At Home

## DIY SOLUTIONS FOR YOUR HEALTH

~~~ Please read disclaimer at foot of page. NOTHING for sale on this site ~~~



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WHY THE HEALTH PROBLEMS

HOW TO RESTORE HEALTH

(1) Clean Body's Cleaning Organs

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HEALTH PROBLEMS

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## Transdermal Magnesium Chloride

### - "MaGic Oil"



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## General Information on Transdermal Treatments

- ◆ Transdermal applications very effectively enter the body through the skin

## MAGNESIUM Related Links

### MAGNESIUM

[Mg - Missing Miracle Mineral](#)

### MAGNESIUM DEFICIENCY

[Why are we Mg-Deficient?](#)

- [Signs of Magnesium Deficiency](#)

- [Magnesium Deficiency Questionnaire](#)

### MAGNESIUM FUNCTIONS

[Mg Functions in the Body](#)

- Mg - Activates Vitamin D

- [Mg - Alkalizing Agent](#)

- [Mg - Anti-Inflammatory](#)

- [Mg - Detoxifies Cells of Toxic Metals/Other toxins](#)

- [Mg - Regulates Calcium](#)

• [Prevents soft tissue calcification](#)

- [Mg - Over 300 Enzymes](#)

- [Mg - Cell "Battery" /ATP Production](#)

- [Mg - Cell Membrane Integrity](#)

- [Mg - Antioxidant Glutathione synthesis](#)

- [Mg - Hormonal balance](#)

- [Mg - Cellular and food metabolism](#)

- [Mg - Muscle Relaxant](#)

- ▶ Delivers medication directly to the site of injury, pain or disease
- ▶ Enters the blood stream to increase the body's stores of whatever substance is being applied

## Introduction to Transdermal Magnesium Chloride Oil (MCO)

- ◆ Magnesium chloride is the dried liquid remaining after sodium chloride has been removed from sea water - technically called magnesium chloride hexahydrate, its chemical formula is  $MgCl_2 \cdot 6H_2O$ . Common names are Nigari and Bittern.
- ◆ Transdermal Mg application is more effective and faster-acting than oral supplementation – the biggest advantage of transdermal Mg delivery is that the intestines are not adversely impacted by large doses of oral magnesium, which has a potentially laxative effect. Also Mg absorption issues are avoided by by-passing the stomach and liver.
- ◆ Transdermal MCO is the application of a solution of magnesium chloride oil to the skin to provide a remedy for a multitude of health problems resulting from magnesium deficiency - including stress, heart disease, cancer, diabetes, arthritis, fibromyalgia, migraines, aches and pains.

- [Mg effects on cardiac system](#)
- [Mg in skeletal muscle contractions](#)

- [Mg – Calms Nerves](#)

### MAGNESIUM'S MANY HEALTH BENEFITS

#### The Many Health Benefits of Mg

- Mg - For Bones

- [Mg – Against Cancer](#)

- [Mg – Against CVD](#)

- Mg – Against Dental Problems

- [Mg – For Mental Well-Being](#)

- Mg – Against Diabetes

- [Mg – Against Estrogen Dominance](#)

- [Mg - Fights Infection /Immune System booster](#)

- [Mg – Dissolves Kidney Stones](#) (calcium oxalate)

- [Mg – Prevents /Alleviates Migraine](#)

- [Mg - Against Neurological/Neuromuscular Conditions](#)

- [Mg - Against Pain](#)

- [Mg - For Skin and Hair](#)

- [Mg - For Surgery](#)

### MAGNESIUM SUPPLEMENTATION

#### How to supplement MAGNESIUM

- [Transdermal Mg. Chloride](#)

- [How to Make Magnesium Chloride Oil](#)

- [Some Mg. Chloride Chemistry](#)

- [Oral Mg Supplementation](#)

- [Nebulizing/Vaporizing MgCl<sub>2</sub>](#)

- ◆ Other health benefits of transdermal MCO include:  
greater energy, more relaxed muscles, stronger connective tissue, better sleep, improved mental function, reduction/elimination of headaches, arterial health, better hormonal balance for men and women (including better reproductive function, reduced PMS). Magnesium maintains the flexibility of cell membranes for greater uptake of bioactive substances (e.g., nutrients, neurotransmitters, and hormones) and detoxification of toxins and metabolic waste products. Magnesium chloride acts as a full body tonic.

- [How much MAGNESIUM should I Supplement?](#)

#### FOOD SOURCES OF MAGNESIUM

[Mg Food Sources](#)

#### [Functions of Magnesium in the body](#)

- [The Many Health Benefits of Magnesium](#)

- [Why are we Mg-Deficient?](#)

- ◆ Transdermal MCO is an effective way to quickly raise body's magnesium stores – Mg in a solution of MCO finds its way through the skin and into the blood stream. From there Mg can be delivered to needy body cells/tissues. Covering a large area of skin or taking a footbath or full immersion bath will swiftly correct a deficiency in blood magnesium levels.
- ◆ How much Mg in Mg Chloride Oil (MCO)?

*One teaspoon of 35% strength MCO contains ~600 mg of elemental Mg*  
(1 teaspoon of 33% strength MCO (Ancient Minerals™ Mg Oil) contains 560 mg of elemental Mg)

- [How to Make Magnesium Oil](#)

- ♦ Transdermal MCO directly raises magnesium levels in specific localized tissues - for the relief of aches, pain, soreness, infection, burns, etc. Localized application is particularly useful for relieving the pain of sore muscles and joints related to magnesium deficiency.

## Different Methods of Transdermal MCO

**IMPORTANT:** Read ALL instructions before applying magnesium chloride oil

[Apply to skin and rub](#)

[Footbath](#)

[Bathtub soak](#)

[Magnesium Chloride Oil Pack](#)

### APPLY TO SKIN AND RUB

- ♦ What strength oil to use?
  - 35% strength provides 600 mg elemental magnesium in 1 teaspoon – a small amount to spread over the skin, this concentration is well tolerated by most people without irritation problems on limbs and torso (provided skin is unbroken)

#### How to Make Magnesium Oil

- 35% strength may be too strong for the face and neck and definitely too strong for burns or wounds – for these applications the oil must be appropriately diluted. A 4% solution is recommended for burns and wounds (i.e. dilute 1 part 35% oil: 8 parts water).
- Dilute the oil further if you experience too much

“stinging” - use clean, filtered water or spring water. Do not use chlorinated water.

- ◆ MCO feels slightly slippery like an oil at first (although it's not really an oil) - but after 1-2 minutes, as absorption occurs, it no longer feels oily.
- ◆ For relief or treatment of a specific area, E.g. sore muscles, achy joints, muscle spasms, face, neck, scalp, cuts/wounds, burns - rub thoroughly into that area - the more you rub, the more your skin will absorb; Let dry before covering with clothes.
- ◆ To increase body's magnesium levels:
  - Apply with hand or spray several body areas - both arms and legs, and maybe also the abdomen for a large absorption surface area. Again, let it dry before putting clothes over it.
  - Or slather whole body - you can even strip down and use a spray bottle or pour oil into your hand to slather and then rub the oil onto your body from the neck down. Next lie down and relax for 30 mins. on an old sheet or towel (or find something to do that is not at odds with being naked), to allow time for oil to soak in. Finish by rinsing off oil in the shower. Don't use soap. Towel dry.
- ◆ How much Mg oil to use? - One tsp of Mg oil (35% solution) contains ~600 mg magnesium, so 1 teaspoon once a day should be ample for most people. Although three to five times daily is

recommended for a few weeks  
for those battling serious illness,  
to replenish magnesium levels as  
quickly as possible.

*Putting ½ tsp. at a time in the palm of  
your hand is usually more  
manageable  
than trying to apply the whole  
teaspoon all at once*

Dr. Norman Shealy, MD, Ph.D and  
neurosurgeon, has found that  
skin application of Mg chloride  
oil, with a concentration of at  
least 25% magnesium chloride,  
restores intracellular levels  
within 4-6 weeks.

- ♦ AVOID SENSITIVE BODY PARTS,  
E.g. the nipples, genital area,  
eyes, freshly shaved  
underarms, freshly shaved  
face - It won't damage them, but  
believe me it will sting!
- ♦ You can leave it on for a few  
days or at least until your next  
shower – but it is best to shower  
at least every few days because  
the magnesium residue builds up  
lessening the skin's absorption of  
new applications of oil.
- ♦ If the residue that is left itches  
too much - you can wash it off  
after 30-40 mins.
- ♦ If you use lotion or other skin  
oils, apply them after the  
magnesium oil – since by  
saturating the skin they would  
hinder the uptake of the  
magnesium oil, which would be  
left sitting on top of your skin.
- ♦ Use damp heat for deeper  
penetration of oil – E.g. use a  
Mg Chloride oil pack with a hot  
water bottle. Moist heat  
penetrates deep into tissue.

- ♦ Physical massage much improves absorption into muscles and joints - spastic muscles have poor blood and lymph circulation, which makes it difficult for the magnesium to dissolve and flush out tissue and joint calcifications. Absorption improves by increasing the circulation through permanently contracted muscles with deep tissue massage, hot and cold water applications, warm packs, and heat-producing rubs with magnesium chloride oil. Moving your lymph via exercise helps flush out the offending calcium accumulations.

### FOOTBATH

- ♦ Using a footbath is a relaxing way to raise body's magnesium levels. Also, this is the preferred method of application for any health issues with the lower extremities such as the feet, ankles and legs
- ♦ Instructions:
  - ▶ Pour 4 ounces of Magnesium Oil into a heated footbath – massaging and/or vibrating option may enhance your experience.
  - ▶ Add just enough warm (101 – 105 °F) water to cover your feet - Do not use water at a temperature of >105 °F, which encourages general excretion rather than absorption.
  - ▶ Soak clean washed feet for 20-25 minutes
  - ▶ Dry feet
- ♦ DON'T THROW OUT THE WATER - to economize, you can

reuse it several times - just top it up with some hot water and a little extra oil (well at least until it gets disgusting! – that's why you wash your feet first).

- ♦ **How often should you take a footbath?** – if you are trying to remedy a magnesium deficiency, you should take a daily footbath for a week and then 3 times/week for a couple months to increase your body's magnesium levels.
- ♦ **Add in ¼ cup of baking soda for an extra alkalizing therapy** – sodium bicarbonate is used to counter acidity in the body, which is present in most of today's degenerative health problems. Cancer cannot survive in an alkaline environment, making this additional alkalizing therapy a no-brainer.

### BATHTUB SOAK

- ♦ **For a severe magnesium deficiency** - consider a relaxing soak in a magnesium chloride solution in the bathtub (and also add baking soda for an extra alkalizing touch).
- ♦ **It is counter-productive if your water is chlorinated** - in which case you will need to use a filter at the supply. Chlorine filters can be found online.
- ♦ **The size of a bathtub warrants the more economical use of magnesium chloride flakes** (instead of oil).
- ♦ **How many pounds of magnesium chloride flakes?** - use 2-4 pounds magnesium chloride flakes considering that the more you fill the tub, the



more diluted your solution will be. Utilizing the principles of balneotherapy, enough magnesium chloride must be added to bath water to make a hypertonic solution (i.e bath has a higher salt concentration than the body). This is an excellent way to both deliver needed trace minerals directly into the body, and to help the body cleanse itself.

- ♦ **The temperature of the magnesium bath should be warm** (101 – 105 °F) - rather than hot, for efficient absorption of the magnesium.
- ♦ **How long?** – 25-30 minutes is suggested; longer bath times can increase the amount of magnesium absorbed, but you don't want to be sitting in cold water;
- ♦ **How often?** - for four weeks, take no more than 2 bathtub soaks per week. This is a powerful way to improve your magnesium levels, but be aware that you can have too much of a good thing. Too much magnesium becomes unbalanced with the body's calcium and can result in muscle weakness—take note of sensations while in the tub, or muscle weakness outside the tub. If this occurs take some good calcium to counteract the magnesium overdose.

### MAGNESIUM CHLORIDE OIL PACK

- ♦ **Make a compress pack** - Fold a piece of 100% wool, soft cotton or small towel into 3 or 4 layers and soak in magnesium oil to make a pack.

- ◆ Heat in a low-heated pan or the microwave – make sure it is not too hot.
- ◆ Place pack over area of concern – E.g. tumors, infected, inflamed, painful/stiff/calcified joints or muscles, adhesions or scar tissue.
- ◆ Cover with plastic and a dry towel for insulation and leave for 1-2 hours – For best absorption, place a hot water bottle over the pack to keep it warm.
- ◆ Pack can be reused a few times - keep it wrapped in plastic, and refresh with a little more oil at the next use.

### Example uses of Transdermal MCO

- ◆ Aching/Sore muscles – apply an MCO pack to area and if problem is chronic also use the footbath method.
- ◆ Cancer – use the footbath regimen in conjunction with rubbing on skin for 2 months to normalize body's magnesium levels, which are usually found depleted in cancer patients. Chemotherapy also further depletes Mg levels
- ◆ Fibromyalgia – Mg deficiency is almost always the root cause of this painful problem.
- ◆ Apply diluted MCO to the face for acne, eczema, psoriasis or to rejuvenate/moisturize your facial skin
- ◆ You may get some initial irritation/inflammatory

**reaction** – experienced as redness, rash or heat as the magnesium goes to work. Don't go past your comfort level, just dilute the oil some more, even if it takes longer to attain successful results. Also, you can always wash it off with water if you need to. However, once the magnesium has dealt with the problems (after about a week or so of daily application), you may even be able to apply the oil full strength with no more reaction.

- ♦ **Wounds** - Mg Oil is best used as a 4% solution, that is 4 g (a level teaspoon) Mg Chloride flakes in 100 ml (about a 4oz glass) of water.
- ♦ **Bruises**
- ♦ **Personal care uses**
  - ✓ **Natural deodorant** – dab into armpits using fingers or a 100% cotton ball. Dilute as needed, or it may sting (especially if you have recently shaved)
  - ✓ **Toothpaste**
  - ✓ **Mouthwash**
  - ✓ **Deodorant**
  - ✓ **Hair conditioner**

## MgCl<sub>2</sub>: Possible Counter Indications and Warnings

- ♦ **Too much Mg can cause muscle weakness, decreased reflexes and disordered cardiac rhythm** - If this happens temporarily use more calcium. Having said this, it is unlikely that the use of transdermal magnesium could cause a problem with an overdose, any more than would regularly swimming in the ocean

- ◆ If someone has kidney failure or is on a dialysis machine - then excess magnesium will build up because it will not be eliminated in the urine. Magnesium supplementation should NOT be attempted without medical supervision
- ◆ Those with an excessively slow heart rate
- ◆ Those with myasthenia gravis
- ◆ Those with sever adrenal weakness or low blood pressure need to be careful
- ◆ Those with low blood pressure
  - usually require extra calcium in addition to magnesium. Normal blood pressure is about 120/80; the lower it is, the higher the need for daily calcium supplementation. While those with high blood pressure benefit from ingesting twice as much magnesium as calcium, those with low blood pressure may take twice as much calcium as magnesium, but both in relatively high amounts. Those with low blood pressure and inflammatory tendencies should also significantly reduce their phosphorus intake, since a high levels of phosphorus in the body tends to deplete magnesium and calcium

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