

Magnesium For Life



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Magnesium and Medicine



Diabetes is disabling, deadly and on the rise and in certain places has reached fifty percent of local populations.

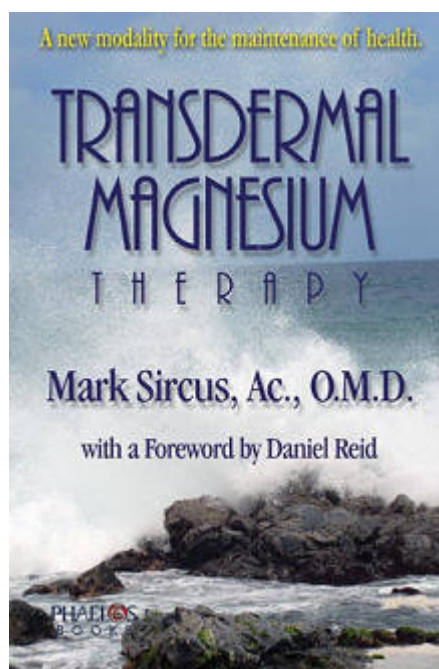


Intravenous, Transdermal, and Oral Magnesium Mineral Therapy



Research suggests that shortfalls in magnesium intake can seriously impair athletic performance.

It never ceases to amaze me how much there is to learn about medicine and health, and specifically about the absolute necessity for healthcare workers of every type to wake up to the amazing power of magnesium chloride when applied directly to the skin. In my book **Transdermal Magnesium Therapy** I wrote one powerful line of prose that equated magnesium in importance to the air we breathe. It is without doubt an essential element, like water, and in fact when the water we drink is deficient or devoid of magnesium we have a serious health problem on our hands that requires action and resolution.

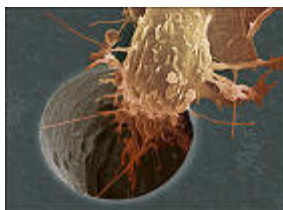


When it comes to magnesium, even when something is discovered that would help us and our children, the medical establishment ignores the fact. A good example of this: an obviously important study was published back in February of 1995, in Vol. 95, Number 2, p. 263 of Pediatrics. It showed that **very low birth weight babies have a lower incidence of cerebral palsy (CP) when their mothers are treated with magnesium sulfate** shortly before giving birth. This means that many babies could be helped using the transdermal magnesium oil I champion; it could very easily be applied to women's bellies.

This intriguing finding means that use of a simple medication could significantly



Recommended sources for
Magnesium Oil



Special Cancer Presentation

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*decrease the incidence of cerebral palsy and prevent
lifelong disability and suffering for thousands of Americans.*

Dr. Zach W. Hall

Director of National Institute of Neurological Disorders and Stroke

Dr. Karin B. Nelson speculated that **magnesium may play a role in brain development and possibly prevent cerebral hemorrhage in preterm infants.** In animal models, magnesium has been associated with decreased brain injury after the brain has been deprived of oxygen. This is especially important for humans because doctors and nurses tend to cut the cord much too quickly after birth, simultaneously reducing blood volume, pressure and oxygen to the brain. According to researchers who recently performed the first high-resolution magnetic resonance imaging studies on healthy newborns[1] one quarter of babies born vaginally suffer small hemorrhages in their brains, perhaps from compression of the head during delivery. Most of this is probably due to the unnatural position women in hospitals are forced to assume during labor and delivery. Women on their backs and sacrum force the birth canal to constrict, closing the vagina by as much as thirty percent. Naturally this would put a big squeeze on infants' brains as they come through the birth canal.

Magnesium, which is without doubt the most powerful safe nutritional "drug" on earth, is not considered a drug at all when taken orally or when used topically as a bath oil or salt. Doctors who know something about magnesium (very few) know that it is routinely used in emergency rooms to save lives in cases of cardiac arrest as well as for stroke victims. And here is something else I did not know about magnesium until recently:

*Magnesium infusion reduces the requirement for other drugs to control
muscle spasms and cardiovascular instability in cases of severe tetanus.[2]*

Obviously no doctor's office or family medicine cabinet should be without it. Magnesium chloride solutions gained from sea water evaporation (or by industrial pharmaceutical fabrication) offers a medical miracle to humanity, the one that many have sought but have not found. Nothing short of a miracle is to be expected in terms of general health status if cellular levels of magnesium are increased during illness. There is no wonder drug that can claim, in the clear, what magnesium chloride can. Approximately nine out of ten people will show dramatic improvements in the state of their health when they replete their magnesium levels and the very best way to do that is with magnesium chloride gained from the sea. With such "brine solutions" it is simple to apply the concentrate to the skin or pour it into bath water for a medical treatment without equal. Of course this is medical blasphemy which will upset public health officials.

*In today's restrictive medical atmosphere seawater can only be referred
to as a "mineral drink". If the word "cure" were uttered or written
in relation to a brand name, the "offense" would be legally actionable.*

The medical industrial complex is in trouble because they will not be able to restrict the use of magnesium chloride, which is available even in certain natural salts. A medical wonder drug is now widely available, one that is vastly cheaper, safer and more effective than anything the pharmaceutical companies have been able to develop. I have used the word miracle freely above in reference to both naturally derived magnesium chloride solutions and also the more toxic over-the-counter pharmaceutical grade type of magnesium chloride because both produce dramatic changes in person after person. So clear and observable are the effects that there is no mistake, no mysticism, no false claim made. Magnesium chloride is officially and legally a medicine when it is injected and that is of course with only the pharmaceutically produced powder, which unfortunately has about 25 times the amount of heavy metal pollution than natural sea brines, and it is especially heavy in lead. But that is also typical, since allopathic medicine always prefers the more toxic substances.

There are two mammoth unconsidered factors linked to the horrendous rise in diabetes in adults and children. The first is deficiency in magnesium, and the other is chemical poisoning. Another major contributing factor that is frequently ignored when we examine the onset of diabetes is dehydration. Magnesium deficiency is a predictor of diabetes; diabetics both need more magnesium and lose more magnesium than most people. In two new studies, using both men and women, those who consumed the most magnesium in their diet were least likely to develop type 2 diabetes, according to a report in the January 2006 issue of the journal Diabetes Care.

Magnesium chloride, when applied directly to the skin, is transdermally absorbed and has an almost immediate effect on chronic and acute pain. Transdermal magnesium therapy is also ideal for athletes who need high levels of magnesium. Oral magnesium is much less effective than transdermal magnesium in the treatment of injuries and tired worn out muscles. Perhaps the biggest difference between oral and transdermal supplementation of magnesium is seen in the area of pain management. Most importantly, according to Dr. Norman Shealy, is the fact that only through transdermal application does the master hormone DHEA shows increases.

One day soon even the beauty business is going to discover magnesium chloride as not only a natural skin rejuvenator but as a treatment for skin growths, including skin cancer. Let's face it, a powerful cellular rejuvenator like magnesium makes us feel, and actually be, physiologically younger. Just the fact that full magnesium repletion will dramatically decrease the chance of us succumbing to a heart attack, stroke, diabetes and cancer makes it a life extender in its almost unlimited power to help us avoid both chronic and acute illnesses. Of course feeling and being younger on a cellular level is beautiful because health is beautiful. The beauty industry will enjoy having at its disposal transdermally applicable magnesium since it will help its clients actually look better. It will even stabilize and promote hair growth, such is its power on the cellular level.

If you add up all the pharmaceutical drugs that magnesium chloride can replace we are talking about hundreds of billions of dollars. This is not good news for an industry that is accustomed to making profits without end. But it is good news when you think that without the benefits to the broad population that magnesium offers, medical costs are doomed to double yet again in the coming decade.

Recently in the news it was said that grape juice seems to have the same protective effect against heart disease as red wine. "Grape juice can have a similar effect (against heart disease) as red wine but without the alcohol. That is a very important message," said Dr Valerie Schini-Kerth, lead author of a study published in the journal Cardiovascular Research. The reason? Grape juice just happens to be high in magnesium and in resveratrol.[3] There are foods we can eat that are high in magnesium but it is almost impossible to eat our way back to full cellular magnesium levels if we are deficient. Officially, approximately 67 percent of the population is deficient in magnesium and certainly if a person eats refined foods (white rice, white bread) that number would approach 100 percent. Most processed foods actually strip food of its magnesium and in general magnesium levels in soils and foods have been dropping rapidly over the last century.

If we want health, graceful longevity, and cures for the pains, discomforts and diseases that confront us in modern life we will want to supplement heavily with magnesium chloride. Personally I choose the most natural form and that is magnesium taken from the sea. (Magnesium Oil) It is cleaner, stronger and more pleasant to use than magnesium manufactured industrially by pharmaceutical companies using hydrochloric acid. Magnesium chloride brine solutions from seawater are also rich in rare elements that are important for health and assist us in our efforts to recover from illness. I would rather have these minerals than a surplus of lead that is commonly found in fabricated products.

There are several other natural substances that stand right alongside magnesium chloride in regards to safety and effectiveness and these substances will be highlighted and promoted by the Federation for Safe and Effective Medicines (FSEM), which is

associated with the International Medical Veritas Association (IMVA), whose basic mission has been to seek out the safest and most effective natural treatment alternatives possible for the principle illnesses confronting humanity.

[1]http://seattletimes.nwsources.com/html/nationworld/2003547131_babies30.html?syndication=rss

[2] Magnesium sulphate for treatment of severe tetanus: a randomised controlled trial. [Lancet](#). 2006 Oct 21;368(9545):1436-1443.

[3] Resveratrol (trans-3,5,4'-trihydroxystilbene), a compound found largely in the skins of red grapes, is a component of Ko-jo-kon, an oriental medicine used to treat diseases of the blood vessels, heart and liver. It came to scientific attention only four years ago, however, as a possible explanation for the "French Paradox" -- the low incidence of heart disease among the French people, who eat a relatively high-fat diet. Today, it is touted by manufacturers and being examined by scientific researchers as an antioxidant, an anti-cancer agent, and a phytoestrogen. The resveratrol content of wine is related to the length of time the grape skins are present during the fermentation process. Thus the concentration is significantly higher in red wine than in white wine, because the skins are removed earlier during white-wine production, lessening the amount that is extracted. Grape juice, which is not a fermented beverage, is not a significant source of resveratrol. You can obtain resveratrol from natural sources such as whole grape skins and seeds. Resveratrol is also found in raspberries, mulberries and peanuts, and is known to have a number of beneficial health effects, including fighting cancer. It belongs to a family of compounds known as polyphenols, which are known to combat damaging free radicals in the body.

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