

# Magnesium Bicarbonate – The Ultimate Mitochondrial Cocktail

*Published on December 8, 2009*



There are good reasons many believe that there is nothing in mainstream medicine that addresses de-acidification, detoxification, fixing nutritional deficiencies, modulating and boosting the immune system, and increasing full body circulation. Medical science has failed in its attempts at curing degenerative, metabolic, or autoimmune diseases. Without removing toxins and acids from all organs, cells and tissues, and without providing the essential nutritional building blocks like magnesium, the body will not be able to heal completely.

always drives disorders into a deeper chronic state. When the body's tissues and cells become too acidic in conjunction with mitochondrial deficiency we set the stage for tissue inflammation and degeneration as we become breeding grounds for anaerobic pathogens.

It is time for allopathic medicine to understand that viruses, bacteria and fungi all thrive in acid conditions. Why is this so hard for orthodox doctors to understand? Tissues and cells are like factories with furnace mitochondria everywhere and everything gets very dirty with acid wastes that have to be cleared away every millisecond we are alive. There is no way around the reality that metabolism creates acid waste that can accumulate quite rapidly under the right conditions.

*Increased oxidative stress, which correlates almost exponentially with ph changes into the acidic, is especially dangerous to the mitochondria, which suffer the greatest under oxidative duress.*

Many in the alternative health field believe that there is not one drug on the market that reduces the acidity of the body or addresses any kind of nutritional deficiency. This is not true! There happens to be two exceptional medicines that are excellent in addressing most of the issues mentioned above. **Magnesium chloride and sodium bicarbonate are both considered medicines in their injectable forms and both provide almost immediate relief to physiological disturbances.**

*Patients receiving sodium bicarbonate achieved urine pH's of 6.5 as opposed to 5.6 with those receiving sodium chloride. This alkalization is theorized to have a protective effect against the formation of free-radicals that may cause nephropathy.<sup>4</sup> – Dr. Michael Metro*

One of the fundamental approaches to medicine has to be the alkalization of the body so it can dispose acids from our cells tissues, and organs. We can do this in many ways but often doctors have to do this in quick ways in emergency situations. Other times, when we have cooperative patients we can use food as medicines and accomplish things gradually with time.

The most powerful alkalizing foods on the planet are the ones that are highest in chlorophyll. In **Magnesium Medicine**, my third magnesium book due out soon, is a chapter called *The Lamp of Life* and it's about the central role that magnesium has in life. It is also the central atom in the chlorophyll molecule. Without magnesium, without chlorophyll, life simply does not exist.

You just can't beat the cell-restoring potential of green foods such as wheat, barley, kamut, alfalfa, and oat grasses along with spirulina and chlorella. These foods are all high in magnesium and act readily as food medicines. They are thousands of times more powerful than ordinary green vegetables, because they are super concentrated in chlorophyll, alkaline minerals, rare trace minerals, vitamins, phyto-nutrients, and enzymes. My favourite has always been spirulina and I include it in all my protocols.

Though I believe in the power of raw food diets and healing medical approaches like the Gerson Diet, today we need exceptionally powerful medicinal medicines that are not really medicines in the way we normally think of medicines. **Both sodium bicarbonate and magnesium chloride are common items that when**

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This chapter is specifically about the dynamics of using these two substances together. They offer a combination therapy that is natural, effective and safe and can be used readily with other protocol items, medicines and healing processes. Add some sun (vitamin D), iodine, ALA and Vitamin C and we will go a long way of helping the pharmaceutical giants to an early grave.

Magnesium bicarbonate is a complex hydrated salt that exists only in water under specific conditions. The magnesium ion is  $Mg^{2+}$ , and the bicarbonate ion is  $HCO_3^-$ . So, magnesium bicarbonate must have two bicarbonate ions:  $Mg(HCO_3)_2$ . Magnesium chloride and sodium bicarbonate taken at full strength with water at slightly separated times are an ideal way to supply magnesium ions and bicarbonate ions to body cells.

*Magnesium and bicarbonate rich mineral waters are easily absorbed and have many health benefits.*

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Likewise, in small doses, the two together make up an ideal treatment system for distilled and reverse osmosis water.[1] Adding these two substances to taste not only will remineralise highly processed water but will provide the body with a constant supply of the ultimate mitochondrial cocktail. Good drinking water would contain approximately 125 mg of magnesium and 650 mg of bicarbonate per litre.[2] When consumed together magnesium chloride and sodium bicarbonate work very well together to combat basic physiological problems.

*When our tissues become too acidic and lacking in magnesium necessary for ATP production cellular metabolism*

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Few clinicians are aware how these two substances work to enhance each other – they are mutually reinforcing because magnesium functions as a bicarbonate co-transporter into cells. And **bicarbonate acts as a transporter of magnesium into the mitochondria**. Magnesium influx is linked with bicarbonate transport according to the Dietary Reference Intakes guide from the Institute of Medicine. Magnesium transport into or out of cells requires the presence of carrier-mediated transport systems (Gunther, 1003; Romani et al., 1993).[3] ATPase reaction has a broad pH optimum centering on neutral pH, with little significant activity above pH9.0 or below pH5.5.[4] Thus anything that moves us from overall acid conditions toward alkaline that recover the neutral zone is going to enhance cell metabolism via mitochondrial optimization.

*Alkalosis enhances magnesium reabsorption in the juxtamedullary proximal nephron.[5]*

It was actually the dedicated work of Dr Russell Beckett, a veterinarian with a PhD in biochemical pathology that paved the way to understand the significance of bicarbonate acting in conjunction with magnesium. He has formulated Unique Water which, it has been asserted, slowed the ageing process and increased the length of life of humans and other mammals and could be used to treat all inflammatory and degenerative diseases. Unique Water is water containing magnesium bicarbonate at an alkaline pH value. Dr. Beckett's theoretical and experimental research has resulted in the understanding how important both of bicarbonate and magnesium ions are in human physiology and how they work together to optimize human health and the ability to recover from disease.

Bicarbonate ions working alongside magnesium would naturally create the conditions for increased glucose transport across cell plasma membranes. Bicarbonate ions without doubt create the alkaline conditions for maintaining the enzyme activity of pancreatic secretions in the intestines. Bicarbonate neutralize acid conditions required for inflammatory reactions hence sodium bicarbonate would be of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases. An excellent research group called Agua G is studying the overall benefits of bicarbonate in human physiology.

*Bicarbonate acts to stimulate the ATPase by acting directly on it[6].*

Magnesium does not readily reach the mitochondrion, but if plenty of bicarbonate is available the bicarbonate will act as transport into the mitochondrion. The only problem is that the few magnesium bicarbonate products that are almost impossible to find for sale are expensive compared to using magnesium chloride and sodium bicarbonate individually. It is possible to make one's own magnesium bicarbonate.[7] This chapter does not make a strong recommendation for you to go out and buy magnesium bicarbonate or even make it yourself as directed in this last footnote. **A person gets much more control over both bicarbonate and magnesium physiology when magnesium is taken in its chloride form and the bicarbonate is taken as sodium bicarbonate.** When using magnesium chloride for oral consumption you must use the highest quality sources .[8] Sea water evaporation magnesium oils are not appropriate for this type of application.

The bicarbonate buffer system occurs in both intra- and extracellular fluids. It consists of carbonic acid

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a strong base is present, it reacts with carbonic acid, producing sodium bicarbonate and water, minimizing the alkaline shift.

*Highly alkaline water with magnesium, bicarbonate, calcium and potassium increases pH significantly in the body.*

Carbonic anhydrase (CA) is a ubiquitous metalloenzyme that **catalyzes the reversible hydration/dehydration of carbon dioxide**. Carbonic anhydrase enzyme is ever-present in body cells and constitutes up to ten percent of the soluble protein in most body cells. It is one of the fastest enzymes known: each carbonic anhydrase enzyme produces from ten thousand to one million acid groups (H<sup>+</sup>) per second. The acid (H<sup>+</sup>) produced by carbonic anhydrase enzyme is pumped by proton pump enzymes into cell organelles such as lysosomes, phagosomes, endosomes and ruffled membranes.

In red blood cells (rbc), CA is the second most abundant protein to haemoglobin and plays a crucial role in CO<sub>2</sub> transport. More specifically, rbc CA catalyzes the hydration of CO<sub>2</sub> to HCO<sub>3</sub><sup>-</sup> at the tissue site of production, and the dehydration of HCO<sub>3</sub><sup>-</sup> to CO<sub>2</sub> at the respiratory surface, thereby **facilitating the transport and excretion of CO<sub>2</sub> from the body**.<sup>[9]</sup> In addition, rbc CA also **facilitates the linkage of O<sub>2</sub> and CO<sub>2</sub> transport via the Bohr effect**.<sup>[10]</sup> Carbonic anhydrase speeds the reaction of carbon dioxide and water. This reaction produces carbonic acid, which quickly dissociates into bicarbonate and hydrogen ions.

Bicarbonate ion concentrations decrease the formation of acid by carbonic anhydrase enzyme (Le Chatelier's principle). **In the presence of magnesium and bicarbonate ions, less acid is produced by carbonic anhydrase enzyme**.<sup>[11]</sup> But studies with partially purified carbonic anhydrase from spinach (*Spinacia oleracea* L.) chloroplasts show that the effect was the result of the chloride ion and not the magnesium ion. Enzyme activity was reduced 50% upon addition of 3 to 10 millimolar MgCl<sub>2</sub> or KCl while all additions of MgSO<sub>4</sub> between 0.3 and 10 millimolar were mildly stimulatory.<sup>[12]</sup>

*Excess acid accumulation leads to oxygen deprivation and thus cell fermentation. Acid conditions lead to cell rot, another term for cancer.*

This reaffirms my long standing belief that magnesium chloride is the absolute best form of magnesium for, among many reasons; the very important chloride ion is supplied. Chloride physiology is just one more basic that is being addressed. It is important because we see reduced acid through reduced carbonic anhydrase enzyme action. Chloride is required to produce a large quantity of gastric acid each day and is also needed to stimulate starch-digesting enzymes.

Using other magnesium salts is less advantageous because these have to be converted into chlorides in the body anyway. We may use magnesium as oxide or carbonate but then we need to produce additional hydrochloric acid to absorb them. Many aging individuals, especially with chronic diseases who desperately need more magnesium, cannot produce sufficient hydrochloric acid; and then they cannot absorb the oxide or carbonate.

Dr. David Brownstein importantly tells us, "Chloride and bromine compete for reabsorption in the kidneys.

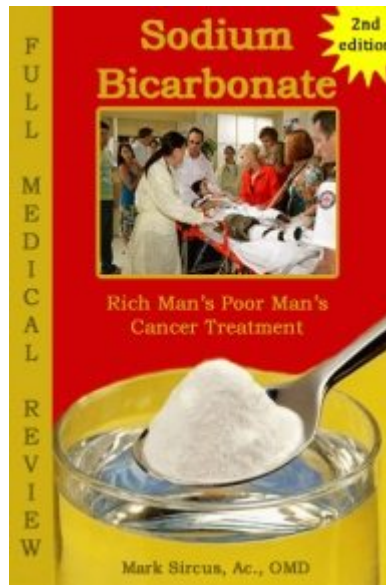
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a huge problem today and both Dr. Brownstein and I have written books on Iodine, which again bring in the salt question. Iodine gets its way into almost any medical protocol today and combines perfectly with magnesium chloride and sodium bicarbonate. (I recently received a note from Dr. Brownstein – “Loved your iodine book. Great piece of work! Can’t wait for your next book.”)

We are at a very interesting level of biology and physiology when we talk about bicarbonate, magnesium, and chloride ions. And even sodium in the sodium part of bicarbonate is absolutely essential to human health. As we mentioned in another chapter **sodium bicarbonate as well as citrate and phosphate salts do not raise blood pressure to the same extent as do the corresponding amounts of sodium chloride.** A study on mineral water containing sodium bicarbonate has confirmed the absence of any effect on blood pressure in elderly individuals.[13]



This is an updated chapter from my book.

Sodium itself is needed for many functions of the body. Its main function is in providing the balancing of fluids in the body. Sodium is necessary for life and a deficiency can result in often life threatening conditions such as dehydration, heart palpitations, and muscle cramping all of which can rapidly progress to more dangerous situations if left untreated. So sodium bicarbonate is a good way of getting the essential salt we need. Most of the salt that is consumed in the world is not any good anyway, it is salt with the minerals all stripped out and that goes for sea salt as well as mined processed salt. Salt is a very important subject. It is most effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure – in conjunction with water. For more information read Dr. David Brownstein’s book **SALT – Your Way to Health.**

Sodium bicarbonate is known to decrease serum concentration of ionized magnesium ( $[Mg^{2+}]$ ) when sodium bicarbonate is added to neonatal serum in vitro. The addition of sodium bicarbonate causes a significant decrease in  $[Mg^{2+}]$ . From this in vitro study we speculate that fast infusion of sodium bicarbonate in human neonates may potentially cause a clinically significant decrease in serum  $[Mg^{2+}]$ . [14]

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Where would the magnesium go but into the cells and bones where most magnesium reserves are found? Higher pH levels and the bicarbonate itself will help the magnesium leave the blood serum driving  $Mg^{2+}$  into the cells where again the bicarbonate will carry it from the cytoplasm into the mitochondria where, in cases of chronic disease, it is desperately needed. Thus **magnesium and bicarbonate, when used together, would considerably increase the energy production in body cells.**

*Mg<sup>2+</sup> is critical for all of the energetics of the cells because it is absolutely required that Mg<sup>2+</sup> be bound by ATP the central high energy compound of the body. – Dr. Boyd Haley*

Magnesium bicarbonate decreases the production of acid from carbon dioxide in body cells. Magnesium and bicarbonate would at the same time increase energy in several ways. First, magnesium bicarbonate **protects the natural organic and inorganic phosphate buffers in the cytoplasm of cells.** Second, magnesium bicarbonate **neutralizes the acid** produced as a result of metabolic processes and ATP hydrolysis. This allows more ATP to be hydrolyzed; that is, more energy can be utilized.

Magnesium bicarbonate **buffers the mitochondria** in body cells from excess acid concentrations which improves mitochondrial function and allows more ATP to be produced. When more ATP can be hydrolyzed and more ATP can be produced, body cells have sufficient energy for optimum function.

*ATP without Mg<sup>2+</sup> bound cannot create the energy normally used by specific enzymes of the body to make protein, DNA, RNA, transport sodium or potassium or calcium in and out of cells. ATP without enough Mg<sup>2+</sup> is non-functional and leads to cell death.– Dr. Boyd Haley*

Dr Seeger and Dr Budwig in Germany have shown that cancer is mainly the result of a faulty energy metabolism in the powerhouses of the cells – the mitochondria. ATP and most of the enzymes involved in the production of energy require magnesium. A healthy cell has high magnesium and low calcium levels. **The problem that comes with low magnesium (Mg) levels is the calcium builds up inside the cells while energy production decreases as the mitochondria gradually calcify.** Thus taking magnesium chloride and sodium bicarbonate together is ideal for cellular environments turned acidic and calcified.

*Magnesium ions constitute the physiologically active magnesium in the body; they are not attached to other substances and are free to join in biochemical body processes.[17]*

There is no way one can address in this chapter all the possibilities and the medical power one can achieve when combining magnesium chloride with sodium bicarbonate. Whether one has heart or neurological disease, diabetes, cancer or a bad case of the flu taking these substances together offer doctors and patients safe and effective treatment.

So deep are the protective, buffering and neutralizing properties of bicarbonate that it is used even with radiation exposure to protect the kidneys and other tissues. In a world that is already overexposed to uranium oxide and mercury magnesium bicarbonate becomes even more important because mercury and uranium oxide directly attack the nuclear material and mitochondria of the cells.

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*Leuren Moret*

**“Depleted (DU) uranium is highly toxic to humans, both chemically as a heavy metal and radiological as an alpha particle emitter, is very dangerous when taken internally,”** writes Dr. Rosalie Bertell, Canadian Epidemiologist.[18] A new study, conducted by biochemist Dr. Diane Stearns at Northern Arizona University confirms that, separate from any radiation risks, cells exposed to uranium will bond with the metal chemically.[19]

*The kidneys are usually the first organs to show chemical damage upon uranium exposure, military manuals suggest doses or infusions of sodium bicarbonate to help alkalize the urine if this happens. This makes the uranium less kidney-toxic and promotes excretion of the nontoxic uranium-carbonate complex. The oral administration of sodium bicarbonate diminishes the severity of the changes produced by uranium in the kidneys.[20]*

Uranium and phosphate have a strong chemical affinity for each other and the DNA and Mitochondria are loaded with phosphate so **uranium is a DNA and Mitochondria deep penetration bomb.** The uranium is attacking on fundamental cellular levels while mercury offers a knock out punch by attacking the sulfur bonds besides being highly toxic to nerve cells. **Nephrotoxicity of the kidneys with necrosis of proximal tubules has been seen to increase significantly with dual exposure to both uranium and mercury.[21]**

Bicarbonate ions neutralizes carbonic acid formed in the body during metabolic processes. Several studies have shown that an increased intake of bicarbonate may help prevent muscle wasting and bone loss. Our diets are usually acid. Acids burn out our cells and causes accelerated aging. Bicarbonate is alkaline and provides the body with the extra alkalinity needed by the body to neutralize excess acidity.

The medical industrial complex has deliberately programmed generations of doctors to hold with the poor idea that using highly toxic and dangerous drugs is preferable to using vastly safer concentrated nutritional substances that make better medicines than any drug the pharmaceutical companies can fabricate. Magnesium chloride is used in emergency rooms and so is sodium bicarbonate to save lives everyday. Interesting that the medical intelligence has been lacking to combine the two and use their collective strength to even greater effect.



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Magnesium chloride, iodine and sodium bicarbonate actually replicate the biological action of prescription drugs at far less cost and with fewer side effects. They are like the primary colors on a master painter's pallet; with the primaries one can make almost any color, or a doctor in his place could generate almost any medical effect safely and swiftly. There are other substances like these three but these are primary and impinge their benefits directly onto cell physiology in a very coordinated synergistic way.

Magnesium bicarbonate would clearly come out heads in the class of cerebral protective agents. Magnesium bicarbonate would offer significant cerebral protection with high preservation effect on neurological function following brain injury or in healing chronic impaired dysfunction like in Parkinson's and Alzheimer's diseases.

When the nervous system is injured, the brain produces self-protective molecules in an attempt to halt damage. Following injury, the death of nerve cells occurs over a prolonged period of many hours or days, which provides a "window" for therapeutic intervention. Magnesium chloride is the undisputed best first therapeutic agent to be injected for stroke and is being tested in ambulances in Los Angeles.

This chapter is opening up a new door for allopathic medicine because it combines two emergency room and intensive care medicines for everyday use. My new book that lays out my conceptual designs for the future of medicine is called **Principles and Practices of Natural Allopathic Medicine**. Magnesium chloride and Sodium Bicarbonate are non pharmaceutical, non toxic concentrated nutritional medicinal medicines. These are backbone medicines no clinic or home medical kit should be without.

#### SEE REFERENCES ▼



Hi, I'm **Dr. Mark Sircus**, AC., OMD, DM (P), a doctor and writer of more than 23 books that have sold over 80,000 copies all over the world. My first major book was "[Transdermal Magnesium Therapy](#)" which afforded me the title of "Magnesium Man." It has been translated into five languages and has reduced the suffering of many people.

On my website there are hundreds if not a thousand free articles, so you can dive deep into my work. However if you need personalized help, you are more than welcome to schedule a

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For questions pertaining to your own personal health issues or for specific dosing of Dr. Sircus's protocol items please seek a consultation or visit our knowledge base to see if your question may have been answered previously.

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No mention of potassium?

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**harh** • 3 years ago

So much to learn when you want to stay healthy, what a challenge but having this wonderful and for the moment free information is a blessing.

Thank you doctor.

1 ^ | v • Reply • Share ›



**elansunstar** • 3 years ago

Dr Circus...Hoping ALL of your books especially Magnesium book will be released in audio format...Prefer audio as hundreds of thousands of other s do.

^ | v • Reply • Share ›



**Camilla Elisabeth** • 4 years ago

Dear Dr. Sircus and team. Is there any particular reason why the exact amounts are not listed? I mean, when we are advised to take Magnesium chloride followed by Sodium Carbonate, it is not clear exactly how much is mixed in what and how long time between the intake of the two products. And in relation to the recipe with water and MOM - how large is a bottle? and how large is a larger bottle?!? I love all your books and would very much get it right. Sincerely, Camilla Carstensen

^ | v • Reply • Share ›



**Allen** • 5 years ago

I would like to see a recipe for magnesium water using MAGNESIUM HYDROXIDE. In Toronto, its hard to find Milk of Magnesia that is free of the bleach that is added.

^ | v • Reply • Share ›



**Dr. Richard Stoll** → Allen • 3 years ago

Buy 25 lbs of ice melt - same stuff - check the ingredients. Mix one to one with water and spray all over your body and let dry - then shower. Fabulous results.

^ | v • Reply • Share ›



**DarthTrader** • 5 years ago

Dr Sircus or associate please correct #7 in your references above. It has 2 mistakes "magnesium carbonate". Should be Magnesium Hydroxide. And Milk of Magnesia does not contain Magnesium Oxide it should also be Magnesium Hydroxide.

The waves of confusion that spread out from mistake like these are unhealthy and potentially dangerous.

2 ^ | v 2 • Reply • Share ›

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and bicarbonate ions to body cells." am unclear as to the how and why the magnesium chloride and the sodium bicarbonate should be taken at "slightly separated times"? Maybe I missed the explanation... in any case:

Why should they be separated?

How much time in between should one wait?

What is taken first (presumably drank as a solution)?

How much (ratio) of each should one take?

And, what would be less desirable with mixing both in same solution and drinking that?

And would adding a little ascorbic acid or sodium ascorbate to that mix be of any benefit?

1 ^ | v 1 • Reply • Share ›



**herelearning** • 6 years ago

I don't understand why all the commenters want to make magnesium bicarbonate water when in the article Dr. Sircus doesn't recommend it? "This chapter does not make a strong recommendation for you to go out and buy magnesium bicarbonate or even make it yourself as directed in this last footnote. A person gets much more control over both bicarbonate and magnesium physiology when magnesium is taken in its chloride form and the bicarbonate is taken as sodium bicarbonate. "

1 ^ | v 1 • Reply • Share ›



**Slakercaptain** → herelearning • 6 years ago

Because what he is saying here is that taking sodium bicarbonate at a controlled dosage along with magnesium chloride at a controlled dosage gives you more control of how much magnesium, sodium, and bicarbonate you are left with. He doesn't say that taking magnesium bicarbonate alone isn't also helpful.

Your body only absorbed bicarbonate into the bloodstream when you're producing hydrochloric acid in the stomach. Most people receive plenty of sodium and chloride molecules from table salt that they shouldn't be of concern here anyway unless you have kidney disease added a sodium restricted diet, you get plenty of both sodium and chloride ions.

However in our calcium happy society (drink 3 glasses of milk a day, soymilk has 50% more calcium, orange juice fortified with calcium (this ones actually an intelligent idea as you need vitamin C to increase calcium absorption), fortified cereals, etc) and the fact that calcium and magnesium are antagonistic towards each other, interfering with absorption rates magnesium deficiency is more prevalent than sodium or chloride and since most table salt is iodized it isn't really necessary for the average individual to have to take sodium bicarbonate.

[see more](#)

4 ^ | v 1 • Reply • Share ›

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liters of soda water make sure it is pure just water and CO2. That will keep the CO2 in solution when you are adding the Milk of Magnesia which you want to be sure only has water and Magnesium Hydroxide. Evidently the store brands tend to have this simple formula.

1 ^ | v • Reply • Share ›



**Peter G.** → DarthTrader • 5 years ago

Not equate though Phillips or cvs

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Avatar

This comment was deleted.



**Slakercaptain** → Guest • 6 years ago

Milk of magnesia I'm looking at in my hand contains magnesium hydroxide purified water and sodium hypochlorite which would just results and some sodium water along with the magnesium.

You can't make magnesium water with milk of magnesia that has artificial dye or flavoring in it will interfere with the chemical reaction.

You have to buy the unflavored undyed no sugar added milk of magnesia which really shouldn't have anything in it that I think you would object to

1 ^ | v • Reply • Share ›



**Gwen** → Guest • 7 years ago

Markus, plain Milk of Magnesia is only magnesium hydroxide.

1 ^ | v • Reply • Share ›



**Bekki** • 8 years ago

Would using magnesium chloride spray help the Bunyons on my toes?

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**Suzanne** • 8 years ago

I have followed the recipe online for MagBicarb water using MOM and seltzer. I have several questions.

1. I don't trust the water that Schweppes or any other commercial seltzer maker uses. Probably just municipal tap water from Detroit or somewhere else equally toxic. So I've purchased a SodaStream to inject pure CO2 into my own filtered water. Is that a good idea?

2. As a basically healthy and active 63 yr old woman with lifelong joint problems with pain and I assume inflammation. on paleo diet....what is the right amount of this mag water to

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hours after and 1 hour before any meals. Do you agree with that? And what about higher fare....like a 1/2 cup of green smoothie. Would the same rules apply?

4. Do you recommend also taking Sodium Bicarb or could I add it to the Mag water, if your answer is yes? I have no digestive issues or problems.

1 ^ | v 1 • Reply • Share ›



**Raebo** → Suzanne • 5 years ago

Use Gerolsteiner, it already has the highest natural concentration of Magnesium and Calcium content of any pure bottled naturally carbonated water, combined with Milk of Magnesia it becomes IMO the healthiest water ever discovered.

I drink a full litre of magwater per day, my increased endurance since following this protocol (Indoor rowing) has provided me with jaw dropping results.

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**Slakercaptain** → Suzanne • 6 years ago

Keep in mind that sodium bicarbonate is only available in an aqueous solution you cannot receive it and a powdered supplement or in a pill.

If you evaporate the water out of magnesium water you are not left with magnesium bicarbonate you are left with magnesium carbonate.

Also once it's prepared magnesium bicarbonate will degrade it when exposed to sunlight or extreme temperatures and will degrade over time as well and should be ingested within a week or two of being prepared at most.

Don't waste your money on expensive supplements it's very easy to mix 2 liters I'm seltzer water and 3 tablespoons of milk of magnesia and shake it in a bottle for 30 seconds all by yourself.

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**DearthTrader** → Slakercaptain • 5 years ago

That would be Magnesium Bicarbonate is only available in aqueous solution. Sodium Bicarbonate is common baking soda we all have in our kitchens.

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**Slakercaptain** → Suzanne • 6 years ago

I use Canada dry it works well...

It doesn't matter where the water came from even if it was tap water in Phoenix as long as its treated and filtered down to zero parts per million then it doesn't contain anything except water.

This can be achieved with the zero water around water filter that you can purchase Never miss Dr. Sircus updates. Join 90,000 others in my newsletter and get a f

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most filters such as Brita and Pur only filter down 2 on average 50 - 125 parts per million which is what the FDA sets for filtered water.

Bottled spring waters are usually around 50 parts per million of inorganic solids and in order to be listed as purified water it has to be less than 006 parts per million.

Does zero water filter will take it down to 000 parts per million. Fluoride is added to tap water in 002 parts per million so even though the zero water filter isn't officially

[see more](#)

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**Claudia French** Mod → Suzanne • 8 years ago

Hi Suzanne,

Dr. Sircus recommends using MagBicarb concentrate and only using the home made version if absolutely necessary as the production is different and the concentrate is much more effective. You can find some of your questions answered in our FAQ on the MagBicarb.....ica but please understand that the two formulas, our MagBicarb concentrate, and the home made magnesium bicarbonate are two different formulas and may have different reactions from each other.

<http://magbicarb.com/faq>

We are not using the home made version so you can probably get answers on this from some other source.

I can tell you that if you are healthy there should be no need to add additional sodium bicarbonate to the recipe you are making. That might throw off the chemistry. Adding in too much may cause blood pressure problems from sodium and may also cause dehydration, which can get serious. You can take it separately in times of need however.

[see more](#)

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**Suzanne** → Claudia French • 8 years ago

Hi Claudia, Thank you so much for this informative reply. IT's helped me tremendously to know these details. I will be happily drinking my mineral water all day long and see how I do. I think that already on just the 1/2 L/day I've been doing that already the pain in my knees is diminishing, so I'm looking forward to even better results.

blessings,  
suzanne

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— Glad to hear this Suzanne. Thank you.

Claudia French

IMVA

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**Dani** • 8 years ago

where do I find sodium carbonate? Many thanks!

^ | v • Reply • Share ›



**flowerpot** → Dani • 7 years ago

it is sodium Bicarbonate from the supermarket- look for one that only has sodium bicarbonate and nothing else-

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**Martha Bennett** • 9 years ago

To clarify: Does one add 1 Tb Mag carbonate to the seltzer water and then mix that with mag hydroxide (MOM) dose? Is mag oxide same as Mag hydroxide which is the stated listed ingredient in Phillips MOM? Thank you.

^ | v • Reply • Share ›



**Claudia French** Mod → Martha Bennett • 9 years ago

Martha, if you are making your won mag bicarbonate please re-read the recipe for home made magnesium bicarbonate and follow the directions precisely. Magnesium hydroxide is not the same as magnesium oxide. Chemically they are different which can change their actions in our body.

<http://www.afibbers.org/Wal...>

Claudia French

IMVA

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**Martha Bennett** → Claudia French • 9 years ago

Yes, but the recipe clearly states Phillips MOM which is Magnesium hydroxide on the bottle. This is what is confusing. MOM is not magnesium oxide.

^ | v • Reply • Share ›



**Claudia French** Mod → Martha Bennett • 9 years ago

Right Martha, MOM is magnesium hydroxide and not magnesium oxide.

For this magnesium bicarbonate recipe you are to use magnesiumhydroxide (MOM) and not magnesium oxide.

Claudia French

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**Dave\_S** → Claudia French • 7 years ago

The confusion came from Dr. Sircus's reference number 7 in the article above, where he specified that Phillips MoM was Mag Oxide.

Phillips MoM in Canada has BLEACH! I will not be using it and need to find a more pure source of Mag Hydroxide to make the recipe.

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**Martha Bennett** → Claudia French • 9 years ago

Claudia, are there other recipes posted or recommended anywhere? Thank you, Claudia, I appreciate your responses.

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**Claudia French** Mod → Martha Bennett • 9 years ago

Martha to my knowledge this is the primary recipe for making your own magnesium bicarbonate at home. A few other recipes recommend specific brands of MOM (magnesium hydroxide) as some store brands have different formulations and contain some unwanted additives or preservatives. The MOM with the fewest additives should be used. I also understand in some countries MOM is not an allowed medication....so there I'm not sure what is used.

Claudia French

IMVA

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**Martha Bennett** → Claudia French • 9 years ago

Thank you Claudia, very helpful. I checked the Phillips MOM and it states free of excipients. Other generic brands do have additives, I see.

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**Martie** • 9 years ago

Has anyone ever used Dr. Sircus Baking Soda & Maple Syrup for a dog with a cancer tumor near the mouth? Thank-You

2 ^ | v • Reply • Share ›



**Jess** • 9 years ago

In footnote #7 above, Dr. Sircus explains the recipe for mixing Milk of Magnesia with seltzer water to make Magnesium Bicarbonate. My question: with reference to the Magbicarb concentrate (1 oz for maintenance or 4 oz for intensive use) does this recipe with the MoM equal the maintenance or intensive concentration dose level?

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Claudia French

IMVA

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**Jess** → Claudia French • 9 years ago

Then how would one know how much to use of the MoM - made water to use? There are a lot of people using this. I am experimenting with both at present, the MoM AND the Magbicarb. The latter is very very expensive. Can Dr. Sircus provide some guidance on the amount of actual Magnesium Bicarbonate contained in the MoM recipe he gives us above?

Thank you, Claudia. Your replies are deeply appreciated and go a long ways toward helping all of us understand and better use the ideas Dr. Sircus puts forward:-)

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**James Staten** • 9 years ago

I have decided to make the magnesium bicarbonate solution. We have a Berky Filter will that water do , or do we need to use distilled water?. I have read different ways to make it, and there appears to be a difference in how much to mix with the water. It is suggested an ounce or two per gallon of water? Is this correct, and is there a formula for the magnesium chloride mixture. Will Magnesium Chloride flakes do. All in all healthy, little high blood pressure. So start slow and drink a little of these everyday? Thank you in advance and God Bless, James...P.S. I heard your interview on Trunews a couple of years ago about radiation and Calcium Ascorbate.

^ | v • Reply • Share ›



**Claudia French** Mod → James Staten • 9 years ago

Hi James,

Its not clear what "recipe" you are talking about. I know there is one that makes magnesium bicarbonate using Milk of Magnesia and seltzer water....you can find that on the Internet. But not sure of the dosage they recommend. I haven't heard of a recipe using mag chloride flakes.

I know that when making the water Dr. Sircus uses at home, he mixes the Berkey filtered water with the MagBicab concentrate itself. We don't have the formula for that MagBicarb concentrate as it is p;roprietary.

Claudia French

, October 22, 2013 3:44 PM

To: cfrench180@tampabay.rr.com

Subject: Re: New comment posted on Magnesium Bicarbonate – The Ultimate Mitochondrial Cocktail

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As I live rural In Australia transport of magnesium bicarbonatre water is too costly and we can no longer purchase MOM (milk of magnesia). How much magnesium oil would you use to replace the MOM (milk of magnesia), to make magnesium bicarbonate water please.

[^](#) | [v](#) • [Reply](#) • [Share](#) ›**Nevada Smith** • 9 years ago

For some reason magnesium malate seems to work better for both my wife and myself than magnesium chloride but then again we take both magnesium malate and potassium bicarbonate.

[^](#) | [v](#) • [Reply](#) • [Share](#) ›**Carl da Costa** • 9 years ago

I was hoping to make Magnesium Bicarbonate from Milk of Magnesia and Soda water-the recipe is simple-but can you believe that Milk of Magnesia is banned here in Australia?

Why in the world would such a harmless substance be banned? I would be interested to hear your thoughts and any alternative for making Magnesium Bicarbonate.

1 [^](#) | [v](#) • [Reply](#) • [Share](#) ›**Claudia French** Mod → **Carl da Costa** • 9 years ago

Yes, this just goes to show how each country determines differently what is allowed and what is not. I don't know the AU reason for this ban. Perhaps you can find a source from magnesium hydroxide or perhaps that's banned also. Right now we know of no alternatives to making it but doesn't AU have Unique Water that you can purchase? This is another type of magnesium bicarbonate water.

<http://www.uniquewater.com.au/>[^](#) | [v](#) • [Reply](#) • [Share](#) ›**bigduke** • 9 years ago

As potassium is effected by sodium intake would bathing cause potassium loss that could mimic magnesium deficiency? What is the best way to avoid this and/or correct it? Thanks

[^](#) | [v](#) • [Reply](#) • [Share](#) ›**Nevada Smith** → **bigduke** • 9 years ago

I don't really know but it is my understanding that magnesium levels need to be adequate in order to properly absorb potassium and that a potassium rich diet is important to allow potassium into the cells as well. In other words while the amount

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**Kellie** • 9 years ago

Hello Dr.,

I was diagnosed with COPD @ 3 years ago....stopped smoking 13 months ago...3 weeks ago I went to the ER feeling lightheaded and like I was going to faint....my heart rate was 160+ and they admitted me and decided I was in A-Fib....gave me lots of blood thinners and heart meds....been home @ 2 weeks now and am taking 180 mg Cardaziem, 0.25 mg Digoxin and 10 mg warfarin.....I also take 1 mg Bumex and 30 mg potassium per day....I was told a few years ago that I had a mitrolvalve prolapse, but the cardio doc says it didn't show up on the echo this time (maybe I'm to fat for them to be able to see it this time, I don't know)....just had a sleep study done (I have apnea) and will probably be getting a c-pap machine....heart-rate is still irregular, but not to fast (between 80-100 bpm)...what do you think I should do next? Can I take magnesium and bicarb with all these meds?

^ | ⋮ • Reply • Share >



**sophie** • 10 years ago

Hello,

I was diagnosed with breast cancer in 2007, and metastatic bone cancer in 2010 ( guess surgery and chemo i had were useless-what a surprise...have refused to take tamoxifen and all pharmaceuticals... I often take sodium bicarbonate baths, and being on a very limited budget, am considering for now just purchasing magnesium flakes for bath as well. Can you recommend how much of each I should use for bath purposes? Also, not clear on how to take internally....any suggestions would be greatly appreciated...Thanks!

^ | ⋮ • Reply • Share >



**Dol** • 10 years ago

Hi there, I have started taking Bi Carb Soda 1x teaspoon in a glass of water 2 hours after my last meal of the day. Why would my saliva PH test in the morning now be showing me more acid than before starting the Bi Carb? I was usually PH 6.7 - 7.0 and I was trying to get to PH 7.3 ... now I'm PH 6.3 - 6.5 TIA

^ | ⋮ • Reply • Share >

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