



like air and water—magnesium is a basic element to life. Magnesium deficiency is a core instigator of pathology as is iodine and many other vitamins and minerals. The difference is that we need a lot of Mg, about 1000 mgs a day just to keep up with the demands of the body. Magnesium is to the body like oil is to a car's engine, and if not enough is present, problems arise quickly, which in human physiology translates into heart disease, strokes, neurological dysfunction and cancer.

***“If you do not have sufficient amounts of magnesium, your body cannot make or utilize protein. Similarly if you don't have adequate amounts of magnesium, the vitamin C and E that you consume cannot be used.”***

## TRANSDERMAL MAGNESIUM

### A NEW MODALITY FOR THE MAINTAINANCE OF HEALTH

*By Dr. Mark Sircus Ac., OMD*

Physicians fail to look for magnesium deficiencies in their patients and this is a tragedy for modern medicine and the patients they serve. Though magnesium (Mg) is a mineral acknowledged as being essential for several hundred different functions in the body, doctors are conditioned by medical authorities and their professional organizations to avoid using it. Instead they prescribe many pharmaceutical medicines that make the magnesium deficiencies even worse, for most pharmaceuticals have a depressing effect on cellular magnesium levels.<sup>(1)</sup>

Research shows that 68% of individuals in the United States do not consume the daily recommended amount of dietary magnesium, and 19% of Americans do not consume even half of the government's recommended daily intake of magnesium. Though that kind of statistic is horrific in terms of the health status of a population, the reality is much worse. These statistics are based on an RDA that is set too low. Recently, the Independent Vitamin Safety Review Panel, an independent panel of physicians, academics, and researchers, recommended that the daily allowance (RDA) for magnesium should be raised because current standards are not adequate to prevent illnesses. The fact is that as our world has become more toxic, our need for magnesium has increased dramatically while at the same time the amount supplied by our basic foods has decreased substantially. Our foods are losing their nutritional values because of modern agricultural methods and also because of food processing.

A big unreported problem is that we are consuming too much calcium. Research shows that the ratio of calcium to magnesium in the paleolithic or caveman diet — the ancient diet that had evolved with our bodies — was 1:1, compared with a 5:1 to 15:1 ratio in present-day diets. With an average of ten times more calcium than magnesium in our current diet, there is no doubt about magnesium deficiency.<sup>(5)</sup>

A lack of this critical nutrient is a major factor in many common health problems. Common conditions such as mitral valve prolapse <sup>(2)</sup>, migraines, attention deficit disorder, autism <sup>(3)</sup>, fibromyalgia, anxiety <sup>(4)</sup>, asthma, and allergies have all been associated with a deficiency in magnesium. The list of diseases associated with magnesium deficiency is inexhaustible, because

Magnesium chloride is a universal medicine and is something strong enough to use in dramatic life-threatening instances during emergency treatment. It is nothing short of a miracle mineral in its healing effect on a wide breadth of health problems. Magnesium has the propensity to rejuvenate the aging body, and in the form of magnesium chloride, it is a remarkable infection fighter. Magnesium chloride is the most useful and least toxic form of magnesium, and when understood properly (as the basic medicine that it is), will have to be prescribed to the majority of patients as a foundational support for other therapeutic and pharmaceutical interventions.

Most people who are aware of the need for magnesium supplementation take their magnesium in an oral form, but many things affect magnesium absorption from the gut, including medications an individual is on. The health status of the digestive system and the kidneys significantly influence magnesium absorption. Only one-third to one-half of dietary magnesium is absorbed into the body at best. Gastrointestinal disorders that impair absorption such as Crohn's disease can limit the body's ability to absorb magnesium.

The most limiting factor to adequate magnesium absorption by oral supplementation is diarrhea. When one takes the amount necessary to use magnesium as a medicine, most people experience loose stools and this again reduces absorption because the magnesium moves through the system too fast. This can be avoided by use of a transdermal application of magnesium chloride. In this way we bypass completely the digestive tract and avoid these problems.



PHOTOMICROGRAPH OF MAGNESIUM CHLORIDE

In his book, *Holy Water, Sacred Oil; The Fountain of Youth*, Doctor Norman Shealy adds that the dilemma with oral magnesium compounds are that they have a laxative effect. He also states that there is reliable evidence that magnesium absorption relies upon the mineral's staying power in the intestine—at least 12 hours. If, for some reason, the transit time is less than 12 hours, magnesium absorption is drastically impaired.<sup>(5)</sup>

***“The therapeutic value of magnesium as a transdermal application reaches well beyond the potential of dietary magnesium. Transdermal therapy effectively saturates the tissues, delivering high amounts of magnesium to where we need it most, directly into circulation...”***

Dr. Shealy's book on magnesium revealed studies on magnesium chloride that had been both sprayed on the entire body and used in a footbath. Sixteen individuals with low intracellular magnesium levels were brought in and were asked to do a 20 minute foot soak in conjunction with spraying their entire body once daily. Intracellular Magnesium Tests were done on all participants to document their deficiency and another test was done a month later. Twelve of the sixteen individuals, which equates to 75%, had substantial improvements in their intracellular magnesium levels.

***“The application of magnesium chloride to the skin is very well tolerated, gets absorbed very quickly, and is inexpensive.”***

Test results before and after 4 weeks of foot soaks and daily body spraying:

Electrolyte Name	Before	After	Ref Range
Magnesium	31.4	41.2	33.9-41.9
Calcium	7.5	4.8	3.2-5.0
Potassium	132.2	124.5	80.0-240.0
Sodium	3.4	4.1	3.8-5.8
Chloride	3.2	3.4	3.4-6.0
Phosphorous	22.2	17.6	14.2-17.0
Phosphorous/Calcium	4.2	8.6	7.8-10.9
Magnesium/Phosphorous	1.4	2.3	1.8-3.0
Magnesium/Calcium	4.2	8.6	7.8-10.9
Potassium/Calcium	17.6	26.1	25.8-52.4
Potassium/Magnesium	4.2	3.0	2.4-4.6
Potassium/Sodium	39.1	30.5	21.5-44.6

Just a few of the positive results that have been reported from the utilization of transdermal magnesium chloride:

- Aids in hypertension.
- Massaged into arthritic joints will frequently render almost instant reprieve from pain.
- Magnesium flakes in a hot bath will impart a very relaxing soak while delivering a vast amount of magnesium to your cells. Great for restless legs.
- Assists in the prevention of strokes and aids in recovery.
- Improvement in insomnia.
- Cardiac health
- Overall energy production (ATP)
- Helps maintain memory function.
- Magnesium is crucial for the removal of toxins and heavy metals<sup>(6)</sup>
- Helps build bones and make proteins.
- Sprayed on wrinkled skin will, in due course, begin to smooth them out<sup>(5)</sup>
- Calming effect on the nervous system.
- Assists diabetes by enhancing insulin secretion, facilitating sugar metabolism. Without magnesium, insulin is not able to transfer glucose into cells. (6)
- Improvement in autistic individuals<sup>(3)</sup>
- Asthma (both histamine production and bronchial spasms increase with Magnesium deficiency)<sup>(6)</sup>
- Cystitis - Bladder spasms are exacerbated by magnesium deficiency<sup>(6)</sup>
- Prevents Premenstrual Syndrome & cramping pain during menses<sup>(6)</sup>
- Tooth Decay - Magnesium deficiency perpetrates an unhealthy balance of phosphorus and calcium in saliva, which damages teeth<sup>(6)</sup>
- Magnesium assists in the relaxation of spastic blood vessels that cause pain and numbness of the fingers and extremities<sup>(6)</sup>
- Musculoskeletal conditions such as muscle spasms and pains, eye twitches, muscle pains and fibromyalgia<sup>(6)</sup>
- Anxiety and panic attacks are helped by keeping adrenal stress hormones under control<sup>(6)</sup>
- Increases DHEA levels, which is the bio-marker for aging. DHEA has been referred to as the, “Master Hormone”, and when produced at sufficient levels, will induce the production of all of the other hormones whose depletion can be associated with many symptoms of aging<sup>(5)</sup>

**FOR MORE DETAILED INFORMATION ON TRANSDERMAL MAGNESIUM THERAPY, PLEASE VISIT:  
[WWW.MAGNESIUMFORLIFE.COM](http://WWW.MAGNESIUMFORLIFE.COM)**

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