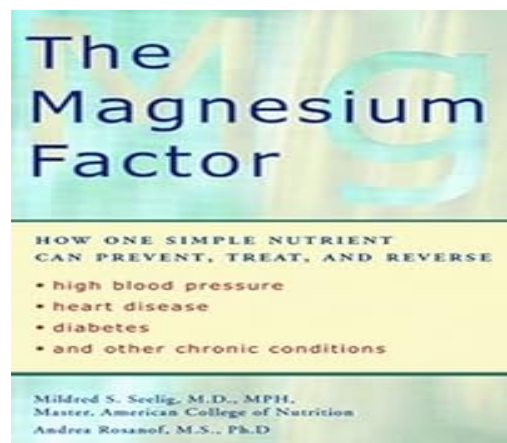


The Magnesium Factor By Mildred Seelig If you're interested in your health.



This important book brings to light an often overlooked but central factor in some of the most prevalent and serious disorders that affect Americans today: magnesium deficiency. Written by a medical doctor and researcher who is considered to be the world's leading expert on the actions and uses of this vital mineral The Magnesium Factor explains how magnesium deficiencies develop why they are so widespread and how they translate into metabolic disruptions that ultimately threaten the health of virtually every bodily system. Backed by the latest scientific research yet written in a clear accessible style here is the authoritative source for information on a topic of critical interest for all health-conscious individuals. 384 Really in-depth look at how magnesium aids heart problems but not much help for me as am more interested in how magnesium aids mental illness and depression as several websites maintain it does. The case it makes for the importance of magnesium's role in heart health is overwhelming in my opinion: It touches lightly on other things like chronic fatigue syndrome. It also provides guidance on how to figure out how much supplement might be beneficial, One of the things that I noticed repeatedly and appreciated immensely is that the authors acknowledge how HARD it is to change your lifestyle, Too often doctors act like you're just supposed to change everything because they say so. They never acknowledge how hard it is to make these kind of changes. That attitude makes me much more receptive to what they have to say: The author then details how to determine whether you have or are at risk for this problem-and what you can do about it, The Magnesium FactorI have so far really just skimmed this along with various website. What I got from it was that there is enough evidence to take seriously the idea that having sufficient magnesium levels would have an effect on chocolate craving. I went out and bought magnesium supplements and - lo and behold - I can honestly say I have less chocolate craving. I was able to decrease my chocolate intake by a big step this past fall and then by another big step as of Jan 1 and honestly I don't miss it. Warning though - it can have an effect on your intestinal tract especially early on: 384 Most A-Fib/A-Flutter patients are deficient in Magnesium (and Potassium) an electrolyte needed for the heart to beat properly. The authors discuss recommended levels and supplements if needed, Seems these websites are more relevant to me than this book 384 The information in this book falls heavily into the Why-hasn't-my-doctor-mentioned-this category: Magnesium deficiency is widespread and magnesium is vital to chemical interactions: This book goes in depth about how magnesium is related to heart disease cholesterol this a great book[1]

Metabolic symptom X and diabetes. Then they act like you're an imbecile if you don't. These authors stress repeatedly that they understand that. Take it slow at first. 384 Magnesium. responsible for 3700 enzymatic transactions my favorite mineral. Great break down of all it's amazing functions. 384.