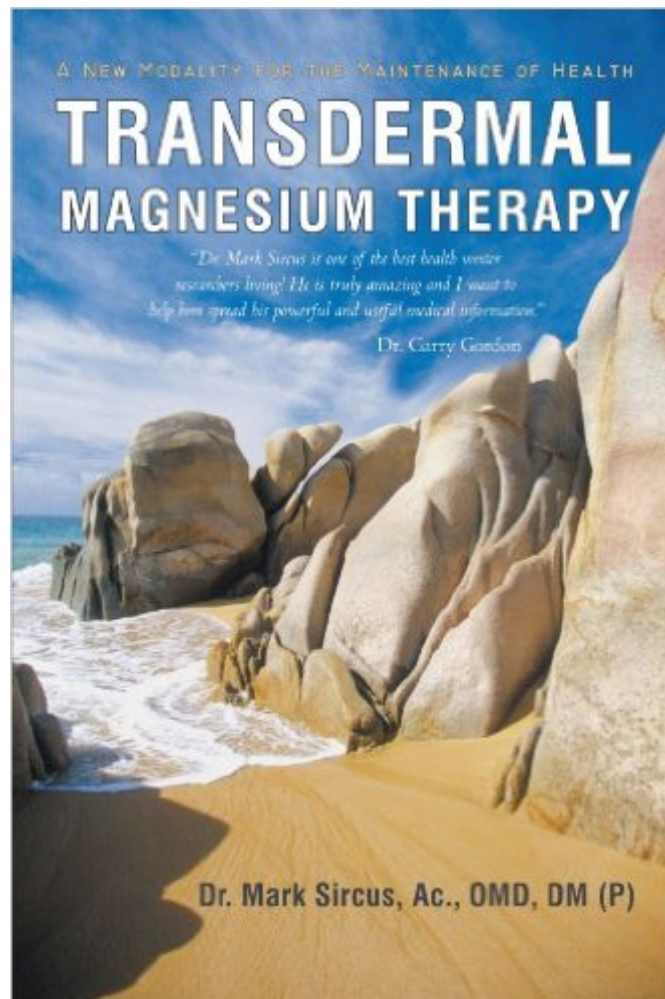


The book was found

Transdermal Magnesium Therapy: A New Modality For The Maintenance Of Health



Synopsis

This second edition of Transdermal Magnesium Therapy offers a full medical review of how magnesium affects cancer, the heart, diabetes, the emotions, inflammation, surgery, autism, transdermal medicine, and so much more.

Book Information

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Customer Reviews

I am astounded at what I have learned from this book. I have type two diabetes and have tried many natural solution to control my diabetes without drugs. MgCl₂ "oil" rubbed over my body dropped my blood sugar to 86 three hours after a dinner meal. I was shocked. I had been taking 1200 mg of magnesium daily, since I knew magnesium lowered insulin resistance. I was still magnesium deficient. The book stated that in order to get sufficient magnesium, you have to take as much orally, up to the bowel tolerance limit, PLUS, rubbing magnesium "oil" over most of your body. I am now waking up nearly every day with blood sugar levels, i.e., below a 100. I am doing this while still controlling the amount of carbs I consume. Dr. Sircus books on baking soda and iodine are equally shocking. Please get these books, if you care about your health.

As I posted on a one star comment elsewhere, I agree that he needs to give a better plan of action, but I would still give this book a much better rating simply because of the enormous amount of desperately needed information he includes. He sounds out a battle cry that desperately needs to be sounded and he does give you places to look for more information. The number of conditions he

connects to magnesium deficiency are amazing and he always gives more sources. I think the book would be too large if he went into more detail. It is a bit technical for the average Joe, but anybody can get an amazing amount of desperately needed information here. If you are struggling with Cancer, heart disease, high blood pressure, stroke, diabetes, MS, arthritis, Alzheimers, ADD/ADHD, or have a child with Autism, you really need this book. You will be amazed what little old Magnesium can do. Like a lot of things, it has been hiding in plain sight all these years. If only we/they had listened; how many lives could have been saved?

If anything I am giving this book five stars because it got me to order some magnesium chloride, which I have used to treat head aches and different aches and pains quite successfully. Got some aches on your ear? Rub some magnesium chloride on it. Bumped your knee on something? Put some magnesium chloride on it. It works! It is great at pain relief! Want to relax late at night? Take a hot shower and rub some magnesium chloride into your skin and for even more get a deep massage. It makes a difference. Because of the information in this book, If I am around anyone who has a heart attack, I am pouring a bottle of this stuff on them (while the ambulance is on its way of course). Because apparently emergency medicine uses magnesium all of the time to help with heart attacks. There is a large list of things that magnesium helps with according to this book. I am not entirely sure how valid all of the information is, but a lot of it is interesting and I will be trying some things out if the circumstances arise. Also I recommend that if you use magnesium oil to wash your hands afterwards. I learned the hard way that if you keep using it without washing it off of your hands your hands can become extremely dry and the skin can just scale off you (it gets pretty bad). Washing your hands afterwards completely remedies this. Also don't touch keyboards and computer screen while you have magnesium oil on your hands.

I can't write enough to do this book justice. Read this book and see if it doesn't heal and save your life or someone you love! This book along with 3 others, I believe, have given me the self-healing breakthrough I've sought for over 4 decades of research, study, paths walked with traditional and alternative approaches of every kind imaginable...and many hundreds of thousands of dollars spent. A life long search for mind/body/spirit healing has come together in the last 6 months with this book and a small handful of others. I'm on it. Already notice a BIG difference and it's only been 1 week. Dare I be excited? I believe so. My graduate degree is in medical research methods - I read hundreds of books and so I look very closely and dig very deeply into my health research. This one is excellently presented with clarity and researched integrity. I am grateful for this book and this

author's life work. Thank YOU - this very well may have just healed my body and opened my life where I'd lost hope.

One of the most informative books I have ever read!! When my brother was diagnosed with AFIB last spring, he consulted with a number of the top cardiologists in NY. His regular MD is also highly respected. He was put on the typical Meds & had cardioversion. Next on the list was ablation. My reaction was no to the Meds, & the ablation. With the excellent care & advice of top cardiologists, & toxic Meds, his health was on a downward spiral. I searched online for weeks for everything related to AFIB. Thru EXA Test of minerals, & RBC Magnesium test, & Dr. Carolyn Dean's book, The Magnesium Miracle, we had already discovered that magnesium & potassium deficiencies were the issue. Until I found this book, we worked on increasing magnesium & potassium, thru diet, oral supplementation, Epsom salt baths, & twice a week IVs. Then I read this book. The information has literally been life changing. Magnesium oil was added to the protocol. Subsequent testing every 3 months (on a cellular level), has documented the life saving increase, & healthy ratios, in mineral levels. Fast forward, today he feels better than he can ever remember. For me, I am a health coach, & have taken oral magnesium for years. The addition of magnesium oil, has improved my health too. I use it EVERYday. I have recommended magnesium oil to my family, friends, & clients. There are a few contraindications noted in the book. One of my daughters, & a close friend can't use it - it lowers BP too much. They just take oral magnesium. This book should be REQUIRED reading for all MDs & anyone who wants to be healthy.

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