

Week 20 (2016)

I Ached This Morning!

I jumped out of bed this morning at my usual 6am waking call and I ached. Not because I am aged 70 and not because I was doing anything different (physically) yesterday. I ached because I have not applied my Magnesium Oil 'Ultra' for about seven days. It's as simple as that.

I have used topical Magnesium Oil for over ten years and Magnesium Oil 'Ultra' with OptiMSM for around three years since it was introduced. The problems I have personally solved are many including: Cramps, Athlete's Foot, a rash around my ankles in the winter and aching tensed muscles (especially the neck) – all symptoms of a magnesium deficiency.

As a recap, Magnesium has many health benefits including: support for heart conditions (AFIB), reducing tiredness and fatigue, normal muscle function, more energy, normal functioning of your nervous system, helping to maintain normal bones & teeth, helping the problems I had and many, many more....I really could go on!

So Why Did I Ache This Morning?

Simply because I had not applied my Magnesium Oil with OptiMSM for over seven days. For various reasons my routine has changed over the past two weeks and I missed applying it every day or so. I wanted to share this story to show that in spite of a great diet we are still magnesium deficient and various deficiency symptoms can start to reappear within 7 days. It is important to make the link with these symptoms and magnesium deficiency and you can see them disappear after just 7-14 days of applying magnesium oil.

Why With OptiMSM?

I raved over the original Ancient Minerals Magnesium Oil but it was so powerful it did have a 'little sting' and some of you had to wash it off after 30 minutes or dilute it with water (some complained!). I personally solved it with Magnesium Oil 'Ultra'.

The 'Ultra' Oil contains a patented form of MSM (OptiMSM) that has been shown in published studies to dramatically improve the absorption of anything it is mixed with. It also substantially improves the absorption of Magnesium Oil. OptiMSM already has a large range of studies in its own right including: joints, liver, healthy skin and immune health.

This is the magnesium also recommended specifically by both Dr Mark Sircus and Daniel Reid, magnesium experts.

"Of all the sources we've tried, Ancient Minerals is the one that delivers the fastest, most potent therapeutic benefits. It contains essential elements that no longer exist in ocean water today, and is totally free of any toxic contaminant."

Daniel Reid

I believe it improves the usefulness of Magnesium Oil by up-to 400% and it does not sting! I can state that the winter just gone, for me, is the third for having neither an outbreak of athlete's foot nor the rash around my ankles. I still use the Oil 'Ultra' daily on my legs, neck and chest muscles (chest muscles for my successful heart valve recovery plan, for which magnesium is essential). I just broke my routine these last seven days!

I have also started to use the Ancient Minerals Magnesium Lotion 'Ultra' on my face as part of my recent plan to keep and improve my skin's youthfulness.

Bath Flakes 'Ultra' are a good alternative for your personal spa time, especially for bathing children with emotional problems and elderly people with lower leg/feet problems. Using this in one of the footbath spas is a perfect and easy way to get magnesium and MSM into the lower limbs. Poor circulation and lack of magnesium is the cause of many foot and lower limb problems.

"I often get asked which is best?!" I can say I personally believe any from the 'ULTRA range'. They are all great and all have specific benefits.

[Shop here](#) for **Magnesium Oil Ultra** 125ml

[Shop here](#) for **Magnesium OIL Ultra**, 237ml

[Shop here](#) for **Magnesium Lotion Ultra**

[Shop here](#) for **Magnesium Flakes Ultra**



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Remember... Serious disease needs serious adherence to a plan. More health information can be found by downloading my [eBooks](#).

MORE INFO ON ANCIENT MINERALS:

Ancient Minerals takes its name from its ancient and pristine source, the ancient Zechstein Sea, a geological formation in Northern Europe from the Late Permian Era. For 250 million years Genuine Zechstein magnesium salt has been protected deep within the Zechstein Seabed at a depth of 1600-2000 meters beneath the earth's crust, isolated from the impurities of the modern world.



While it is possible to extract magnesium chloride from various ocean water and inland brine sources, it's important to question the purity of any product derived from sea water that has been exposed to industrial pollutants — similar to concerns regarding the mercury content of fish.

Ancient Minerals magnesium oil utilizes only Genuine Zechstein magnesium chloride, the purest and most pristine source of natural magnesium chloride in the world, extracted in a preserved state from an ancient time millions of years prior to our modern age. There are no added ingredients except those found naturally occurring in the deep underground deposits of this pristine source.