

Week 33 (2019)

Cramps & Much More!

I have just arrived back home after my family visit to Mallorca. My first night's sleep was disturbed by leg cramps that prompted me to use my Magnesium Spray.....it is an important example of how much everyone needs to supplement with magnesium (especially traveling by plane) to ensure we are getting enough.

I eat the most magnesium-rich diet on earth, including spinach and all the other leafy greens, seeds, avocado, almonds, black beans (pasta), cacao (real chocolate) and bananas (though restricted amount), yet I still need to supplement with magnesium spray.

The fact is we would need to eat double the amount of these foods to simply get the same amount of magnesium from food that was available when I was born near 73 years ago.

Everyone needs to supplement with magnesium. I have a simple reminder if we forget: our leg cramps.

So it is worth repeating:

Magnesium is critical for just about everything in the body.

So says the European Body for allowing health claims. They have recently allowed (grudgingly) the claim that magnesium is essential for:

- A reduction of tiredness and fatigue
- A contribution to electrolyte balance
- A contribution to normal muscle function
- A contribution to normal energy-yielding metabolism
- A contribution to the normal functioning of the nervous system
- A contribution to normal protein synthesis
- A contribution to normal psychological function
- A contribution to the maintenance of normal teeth
- A contribution to the maintenance of normal bones
- A role in the process of cell division

Do any of these, ring any bells?

In addition to these, I regularly have feedback from customers who have seen health improvements with their heart rhythm, better sleep, relaxation, healthier-looking skin, relief from aches, spasms and much more.

I truly believe that magnesium is the 'beautiful mineral', as it is described in Chinese medicine. It is as essential to the body as water and air and is implicated in hundreds of biochemical reactions.

Natural health practitioners have always known that amongst minerals, magnesium is the most life-giving available, central to energy manufacture, balance, and regulation.

Norm Shealy, M.D., Ph.D. a famous medical doctor said: "Virtually every known disease is associated with magnesium deficiency, including asthma, hypertension, cancer, diabetes, migraine, allergies, heart problems, and depression."

Magnesium has been hailed as the panacea of our age and its deficiency is our silent epidemic. The fact is that magnesium deficiency is an epidemic in humans and probably animals too.

Since 1950 alone the magnesium in our foods has reduced by 30-80% depending upon whether you believe the official line of governments or the independent scientists. The other great cause of magnesium deficiency is mal-absorption caused by unhealthy digestive tracts and probiotic deficiency.

Why Do I supplement with 'Sub Derma' Magnesium Oil?

I first convinced myself of the superiority of sub-dermal magnesium oil a few years ago when I first came across it. I had suffered from leg cramps for more years than I care to remember. It only struck in the mornings as I awoke and stretched to get out of bed. I had taken the best magnesium supplement money could buy for all of those years and yet no change. It only took one application on my calves and feet and hey presto it was gone. As long as I apply it 2-4 times per week I am good.

It proves to me that sub-dermal magnesium absorbs better than the best magnesium capsules and in the correct quantities can be quickly effective.

Sub-dermal means absorbing through the skin. Magnesium capsules decrease the overall absorption because they have to pass through the gastrointestinal tract. The skin meanwhile, is a living breathing organ with tremendous potential for re-mineralising the body. When the magnesium is absorbed through the skin it is then carried by the circulatory system around the body.

I was fascinated to recommend it to sufferers of Atrial Fibrillation (Afib) as it is well known that this is due to a magnesium deficiency. The first person was a personal friend and within days his Afib cleared up, to his and his doctor's amazement. Google 'magnesium and heart' if you need to know more!

It is nice to have the official European authorities endorsing the multitude of different conditions that magnesium help. In fact, I believe it is one of those things that must become an everyday essential; one bottle of the oil goes a long way.

What is Ancient Magnesium?

It is made from the most pristine source of minerals laid down 250 million years ago. The Zechstein Sea was a concentrated inland salt-water sea, with many of the characteristics of the Dead Sea today. The striking difference between the Dead Sea and the Zechstein Sea is the fact that the Zechstein Sea was laid down in an age prior to man's industrialization and pollution of the seas.

Though the Zechstein Sea itself no longer exists today, the Zechstein salt beds are a perfectly preserved snapshot of pure magnesium chloride as it existed in its natural state, millions of years ago. It is guaranteed free of impurities, and the only Genuine Zechstein™ magnesium chloride is in Ancient Magnesium products. This unadulterated pure magnesium chloride is drawn from the ancient Zechstein seabed from approximately 2km beneath the surface of the earth. It is free from any impurities such as Mercury, Lead, Arsenic and fluoride as it is processed under GMP, ISO 9001, and ISO 14001 quality control standards.

Many say magnesium is the most powerful medicine obtainable anywhere in the world. Its pure healing power and versatility of its use make it a 'must-have' in every medicine cabinet and in every doctor's dispensary.

Don't forget the European Body for allowing health claims recently agreed that it is essential for:

- A reduction of tiredness and fatigue
- Contributing to electrolyte balance
- Contributing to normal muscle function
- Contributing to normal energy-yielding metabolism
- Contributing to the normal functioning of the nervous system
- Contributing to normal protein synthesis
- Contributing to normal psychological function
- Contributing to the maintenance of normal teeth
- Contributing to the maintenance of normal bones
- A role in the process of cell division

Which Ancient Magnesium should I choose?

There are a range of products but our 3 favorites in the ULTRA Range should cover it for most of you...

ANCIENT MAGNESIUM OIL 'ULTRA' is my personal favorite and recommendation for aches and pains, muscle problems and especially more serious health conditions such as Afib, as mentioned in this eBlast. It is stronger than the other two products below so if you need a big boost in magnesium, go for this. This oil comes with MSM so that the magnesium and other trace minerals absorb better and to a much deeper level. There is, of course, an additional benefit gained solely from the MSM, which is that it is a critical mineral in the body, particularly for healthy skin, hair and nails (and not everyone with sensitive digestive tracts can take it orally). This is the one that I now use for my cramps and to keep my athlete's foot clear. Simply spray this onto your body and rub in.



[Click Here For Magnesium Oil Ultra 100ml](#)

ANCIENT MAGNESIUM LOTION 'ULTRA' is my wife Anne's favorite because not only is it great for the magnesium benefits but the additional ingredients are great for the skin too (such as the MSM, jojoba, squalane, coconut oil and too many other organic goodies to list here!). The fact is she uses this as an all-over 'super body lotion' to give great results and to deliver all of the magnesium a woman in her 60's needs. It is light enough to be used as a daily moisturizer whilst still delivering therapeutic levels of magnesium. Apply the desired amounts to hands, face or body.



[Click Here For Magnesium Lotion Ultra 200ml](#)

ANCIENT MAGNESIUM BATH FLAKES 'ULTRA' (with MSM) are especially useful for children and elderly people – lie back and literally let the body soak in the magnesium. That's not to say us youngsters in our 60's/70's/80's/90's and beyond can't also enjoy a relaxing 'spa night' in a hot bath with these crystals! Try them and enjoy whatever your age. Either empty them into a warm bath or a footbath, relax and soak for around 30 minutes!



[Click Here For Magnesium Bath Flakes Ultra 750g](#)