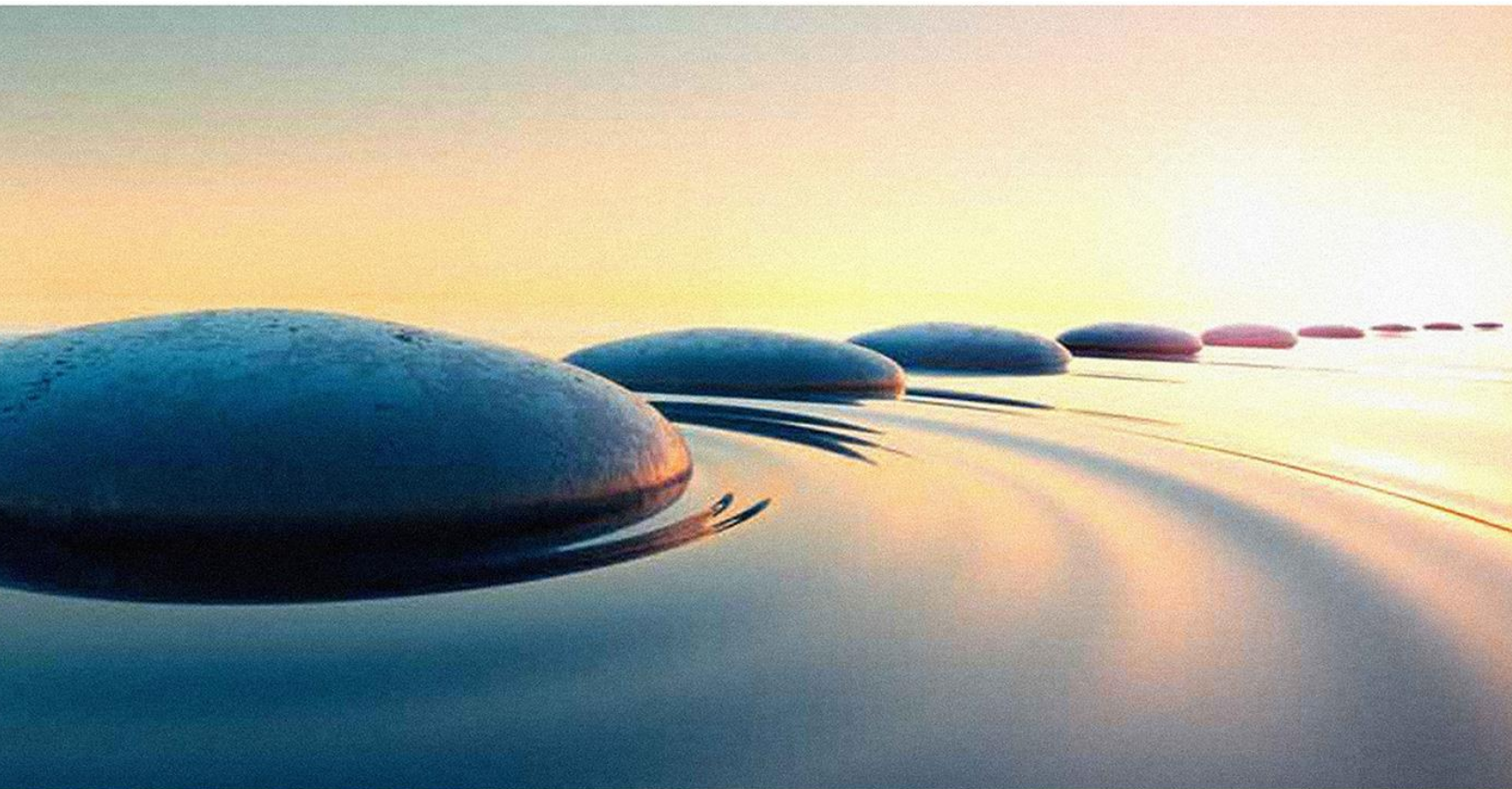


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QUALITY NUTRITION FROM A TRUSTED SOURCE

# THE MIRACLE MINERAL



By Dr. Charles Livingston D.C.

Special Report

# The Miracle Mineral

**All Of The Amazing Facts And Bold Promises You're About To Read  
Are Scientifically-Proven And Medically-Tested**

In this special report:

- **The miracle mineral.** Suzy Cohen R.Ph, known as “America's Most Trusted Pharmacist”, claims it's so important *“without enough of it in your system, you will suffer more disease in your lifetime and die sooner than if you had normal, healthy levels.”* (Yet, shockingly, 80% of Americans are deficient in this!)
- **No luck with NSAIDs like Advil or ibuprofen for muscle cramps and chronic pain?** Now, at last, you can find freedom from pain so you can get back to your life!
- **The amazing migraine cure.** Not only does it stop migraines, but it keeps them from coming back!
- **Easiest way to protect yourself from gallstones.** Just a daily dose of this is all it takes.
- **Bounce back from major depression.** Works better than drugs, has fewer side effects, too.
- **Natural bone builder that really works.** Slow and even reverse the effects of osteoporosis in as little as 30 days!
- **Live a longer, healthier life.** Researchers at the University of Southern California were amazed that a deficiency in this makes you twice as likely to die.
- **PLUS**, as you continue reading this special report to the end you'll be one of a very small number of people to receive exclusive access to a time-sensitive opportunity...

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## This Miracle Mineral Is The Missing Link To Better Health

It's the eighth most abundant mineral on earth. The third most abundant mineral in sea water. And, most importantly, the fourth most abundant mineral found in the human body.

And it can work absolute miracles for your health.

I'm talking about magnesium, **arguably the most important mineral for your health.**

Magnesium has been proven to help:

- Treat and prevent muscle cramps
- Relieve premenstrual migraines, irritability, low mood, cramps and other symptoms of PMS
- Prevent the formation of gallstones in men
- Offer rapid recovery from major depression
- Soothe fibromyalgia and chronic pain
- Improve heart health and lower risk of heart disease
- Contribute to a longer, healthier life

And that's just for starters!

Magnesium was recently identified to have 3,751 binding sites on human proteins [1] and is a cofactor (think of it like a “helper molecule”) in more than 300 biochemical functions of your body including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. [2]

Magnesium helps transport calcium and potassium ions across cell membranes, a process that is essential to nerve impulse conduction, muscle contraction, and a regular, healthy heartbeat. [3]

Magnesium plays a role in healthy bone development. It's also required for the synthesis of RNA and DNA, as well as glutathione, your body's most powerful antioxidant.

It's not a stretch to say magnesium is an all-star player in your overall health.

Suzy Cohen R.Ph, known as “America's Most Trusted Pharmacist”, had this to say about magnesium in a recent article:

*“I feel that magnesium is so important that without enough of it in your system, you will suffer more disease in your lifetime and die sooner than if you had normal, healthy levels.” [4]*

When you begin to explore all of the incredible ways magnesium impacts your health (the list above only scratches the surface) it's little wonder that **research relevant to magnesium has been accumulating for the past four decades at a rate of approximately 2,000 new studies per year.**

We'll look in greater detail at the amazing health benefits of magnesium in just a moment.

But first, I need to bring something that is, frankly, more than a little scary to your attention:

## As Many As 8 in 10 Americans Suffer From Magnesium Deficiency

According to a report published in the *Journal of Nutrition*, an estimated 68 to 80 percent of Americans are magnesium deficient. [5]

This is a relatively recent problem. And it's a much bigger problem than most people, including many physicians, realize.

Just 60 years ago, you would have received all the magnesium you need from the foods you eat. Sadly, that's no longer the case – *even if you eat a diet rich in fruits and vegetables.* You'll see why later in this report.

Right now, I need you to pay especially close attention to the next few paragraphs you're going to read. You see, magnesium deficiency plays a central role in a host of painful and even deadly health problems.

In fact, studies have linked as many as 8 million deaths from sudden cardiac failure in the United States between the years 1940 and 1994 to magnesium deficiency. [6, 7]

Today, the overwhelming majority of Americans are dangerously deficient in this important mineral **and most of them don't even realize it.**

Here's how to tell if you might suffer from magnesium deficiency.

## 15 Symptoms That May Indicate Magnesium Deficiency – Are You At Risk?

Many people may be magnesium deficient and not even realize it. But there are key symptoms to watch for that could indicate you're at risk.

Dr. Carolyn Dean MD ND, a leading magnesium expert and author of the best-selling book *The Magnesium Miracle*, lists 66 different symptoms of magnesium deficiency in her book.

Some of the most widespread symptoms include:

1. Muscle cramps, spasms, and twitching
2. Anxiety, depression, or restlessness
3. Headaches
4. Food cravings (especially for chocolate, carbohydrates, salt, and junk food)
5. Constipation and/or diarrhea
6. Insomnia
7. Irritability
8. Bad short term memory
9. Back pain
10. Heart “flutters” or arrhythmia
11. Leg pain
12. Difficulty concentrating or “brain fog”
13. Fatigue or unusual tiredness
14. Numbness in hands or feet
15. High levels of stress

If you suffer from any of the above symptoms and especially if you suffer from three or more, a magnesium deficiency could be to blame.

## What Causes Magnesium Deficiency?

Probably the biggest reason for our modern magnesium deficiency epidemic is the Standard American Diet.

Most folks eat a diet that contains practically no magnesium: think highly-processed, refined foods made from meat, dairy, and white flour (all of which have low to no magnesium).

“Ah ha”, you say. “But I wolf down lots of fruits and veggies! So I probably get plenty of magnesium in my diet, right?”

Wrong.

Although it's true that magnesium naturally occurs in dark leafy greens like spinach and Swiss chard, nuts, seeds, and whole grains, the sad truth is, **the foods we eat today aren't nearly as healthful as they once were.**

A 2011 article in the magazine *Scientific American* states:

*"...fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today. The main culprit in this disturbing nutritional trend is soil depletion: Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the foods we eat grow. Sadly, each successive generation of fast-growing, pest-resistant carrot is truly less good for you than the one before."* [8]

Does that mean you should give up cabbage and cauliflower and go for candy bars and cake instead? No, of course not.

A diet rich in fruits and vegetables is essential to your good health. But, you should know that chances are good the fruits and veggies you eat don't supply the level of nutrition Nature intended.

And that could put you at risk for magnesium deficiency.

Additional factors that contribute to magnesium deficiency include:

- **Drinking cola** – Your typical 12 ounce can of cola is dripping with a chemical called phosphoric acid. A clear, odorless, colorless syrup, phosphoric acid gives your favorite cola its distinctive tangy flavor. **It also robs your body of precious magnesium.** You see, phosphoric acid contains phosphates, molecules that bind to magnesium, rendering it unusable by the body. [9]
- **Constant stress** – When you're under stress, be it physical or emotional in nature, your body's need for magnesium increases. (Magnesium is THE stress-relief mineral.) The problem is that in today's hurried, hectic society most of us don't experience periodic bouts of stress, *we endure stress as a way of life.* This constant stress drives our body's magnesium supply down and sends our risk for magnesium deficiency soaring. [10]
- **Antibiotics and prescription drugs** – Certain antibiotics, cholesterol medications, anti-anxiety drugs, and painkillers for arthritis contain fluoride (these are known as fluoroquinolone antibiotics and drugs – catchy name, right?) Magnesium binds to fluoride to create magnesium fluoride, which your body is *very* good at flushing out of its system.

When you consider how critical magnesium is to your good health, and given the fact that a truly alarming 80% of Americans are likely deficient in this important mineral, it's only natural to ask:

## “Why hasn't my doctor told me anything about magnesium?”

Make no mistake: Your family doctor is likely *very* familiar with magnesium.

Because magnesium helps your body relax from head to toe (among other benefits) it's regularly used in hospitals for constipation, heart arrhythmias, seizures, and contractions in pregnancy.

Unfortunately, many doctors forget about magnesium when they're sitting across from you jotting down notes as you complain of muscle aches and pains, anxiety, migraines, insomnia, or fatigue.

And that's not your doctor's fault.

The fact is, **accurately testing for magnesium deficiency is exceedingly difficult.**

The most common method for checking magnesium levels is through blood work and a serum magnesium test. Here's the problem:

Your body contains an average of 25 grams of magnesium, with 50 to 60 percent present in your bones and the rest in soft tissues, especially the left ventricle of your heart. [11]

Less than 1% of total magnesium is in blood serum, and your body keeps these levels strictly regulated. In order for your heart to beat (and you to keep on living) your body has to maintain a steady amount of magnesium in the blood at all times.

Your body maintains this delicate balance by pulling magnesium from your bones and tissues whenever magnesium levels in your blood drop. For this reason, **a blood test to determine magnesium deficiency isn't particularly effective.**

Your bones and tissues could be severely depleted of magnesium and the magnesium levels tested in your blood would do nothing to reveal that fact.

And while other tests do exist (including saliva and urine tests) none are perfect. In fact, accurately testing for magnesium deficiency is such a challenge experts agree that no single method is satisfactory. [12]

However, just because it's difficult to test for magnesium deficiency doesn't take away from the fact that this issue presents a real threat to the health of millions of Americans.

(A quick Google search for “magnesium deficiency pubmed” returns 108,000 peer-reviewed papers, clinical studies, and medical references.)

If you're concerned about the risks magnesium deficiency poses to your health (and if you've read this far, then I believe you *are* concerned about the risks), **it's going to be up to you to take matters into your own hands to preserve your health.**



This special report will give you the health-saving information you need to do just that.

## A Widespread But Woefully Underreported Health Issue

According to the National Institutes of Health:

*“Habitually low intakes of magnesium induce changes in biochemical pathways that can increase the risk of illness over time.”*

With magnesium deficiency being such a widespread and underreported health issue here in America, that quote from the National Institutes of Health is certainly cause for concern.

Although magnesium deficiency is likely involved in a wide range of health problems, for now let's focus on four diseases and disorders in which magnesium plays a known role: high blood pressure and cardiovascular disease, migraine headaches, type 2 diabetes, and osteoporosis.

### **High blood pressure and cardiovascular disease**

Because magnesium has a direct effect upon the relaxation capabilities of the cells of the heart, magnesium deficiency can directly and indirectly contribute to high blood pressure and cardiovascular disease. [13]

What's interesting, though, is that in a randomized, double-blind, placebo controlled clinical trial [14] of eighty-two diabetic subjects between the ages of 40 and 75, **magnesium supplementation was shown to significantly reduce both systolic and diastolic blood pressure.**

So while a magnesium deficiency is bad for your heart health, strong evidence exists to suggest that supplementing your diet with additional magnesium may be one of the best things you can do for your heart.

### **Migraine headaches**

No less than the famed Dr. Mark Hyman MD has said:

*“Anything that is tight, irritable, crampy, and stiff – be it a body part or even a mood – is a sign of magnesium deficiency.”* [15]

This is especially true when it comes to migraine headaches. Magnesium deficiency has been linked to factors that promote headaches, including neurotransmitter release and the tightening of blood vessels. [16]

In their evidence-based guideline update, the Quality Standards Subcommittee the American Academy of Neurology and the American Headache Society cited magnesium as being **as effective at preventing migraines as over-the-counter NSAIDs like ibuprofen and**

**naproxen.** [17]

## **Type 2 diabetes**

Magnesium deficiency is associated with insulin resistance and increased risk for type 2 diabetes in both adults and children. [18]

The good news is that a growing body of evidence strongly suggests that magnesium could be instrumental in the reduction of the risk of type 2 diabetes, probably thanks to magnesium's role in sugar metabolism. [19]

## **Osteoporosis**

Earlier in this report you learned that of the 25 grams of magnesium present in your body right now, as much as 60 percent of it can be found in your bones. Simply put, magnesium is *essential* to healthy, strong bones. [20]

Multiple population-based studies have linked magnesium intake to bone density in both men and women. [21] Additional research points to magnesium deficiency as a contributing factor in the development of osteoporosis. [22]

But it's not all bad news! A recent study published in the journal *Biology Trace Element Research* demonstrated that taking a magnesium supplement for just 30 days was able to significantly slow the development of osteoporosis. [23]

Are you beginning to notice a trend?

While magnesium deficiency has been positively linked to high blood pressure and cardiovascular disease, migraines, type 2 diabetes and osteoporosis, **medical evidence proves that healthy levels of magnesium can protect you against these diseases and disorders!**

And just wait until you see more of the evidence-based health benefits of this miracle mineral.

## 7 Amazing Health Benefits Of Magnesium

*“I sometimes think about what supplements I might grab in a house fire, and magnesium is one of them.” – Dr. Kelly Brogan MD*

No wonder Dr. Brogan and other health authorities are so high on magnesium! The many health benefits of magnesium will amaze you. A growing body of medical evidence shows that magnesium can:

### **1. Treat and prevent muscle cramps**

Have you ever been awakened in the middle of the night by a burning pain in your legs or feet? Do frequent muscle cramps prevent you from enjoying some of your favorite activities?

According to many leading medical experts, magnesium deficiency is the major hidden cause of muscle cramps throughout the entire body. [24]

Studies suggest [25] that bringing magnesium levels back into proper balance can effectively treat and prevent painful muscle cramps.

### **2. Relieve PMS symptoms**

Magnesium is a “must have” mineral for women suffering from PMS symptoms, including premenstrual migraines, irritability, fatigue, and cramps. [26]

In one study, a group of women aged 18 to 45 with a regular menstrual cycle were given a 250mg dose of magnesium daily for three months.

At the end of those three months, one in three of the women who participated in the study **experienced relief from PMS symptoms** thanks to supplementing with magnesium. [27]

### **3. Prevent the formation of gallstones in men**

Magnesium has some male-specific health benefits, as well.

Magnesium deficiency is known to cause dyslipidemia (an elevation of plasma cholesterol, triglycerides, or both) and insulin hypersecretion, which can lead to the formation of gallstones in men.

A cohort study of the magnesium consumption of 42,705 U.S. men between the years 1986 and 2002 unearthed some incredible evidence for any man concerned about his risk of forming gallstones.

Let me quote directly from the study abstract:

*“Our studies suggest a protective role of magnesium consumption in the prevention of symptomatic gallstone disease among men.” [28]*

#### **4. Offer rapid recovery from major depression**

Major depression is a mood disorder characterized by a sense of sadness, despondency, pessimism, and decreased activity.

Sadly, it's a not uncommon health issue in our day and age, and a number of experts believe magnesium deficiency may be partly (or even *largely*) to blame.

Encouragingly, a dose of magnesium as small as 125-300 mg has proven to provide rapid recovery from major depression [29], perhaps because of the way magnesium influences brain activity and optimal thyroid function – an underactive thyroid is a documented cause of depression. [30]

#### **5. Soothe fibromyalgia and chronic pain**

Magnesium deficiency is common in patients with fibromyalgia [31], so can supplementing with magnesium help to ease the discomfort of this painful disease?

Medical research suggests that the answer to that question is a resounding “YES!”

A study recently published in *Rheumatology International* investigated the relationship between magnesium levels and fibromyalgia symptoms. [32]

In this study, 60 premenopausal women diagnosed with fibromyalgia were matched with 20 healthy women whose age and weight was similar to their own. These 80 women were then divided into three groups – one of which received 300 mg of magnesium daily.

After 8 weeks of treatment, the women who had fibromyalgia and received a magnesium supplement reported **significantly less back pain and intensity of their fibromyalgia symptoms** than when they started the 8 week program.

#### **6. Improve heart health**

If you want a healthy ticker, then you should make getting more magnesium into your diet a top priority.

In a review of randomized control clinical trial literature, researchers discovered a relationship between dietary magnesium and a lower risk of coronary heart disease in men. [33]

A separate study of 1,160 patients showed that a dosage of 300 mg of magnesium daily produced “very good results” for people suffering from heart arrhythmia. [34]

#### **7. Contribute to a longer, healthier life**

And how's this to close out our list of amazing health benefits of magnesium:

**Magnesium will help you live longer.**

According to a study conducted at the University of Southern California and published in *The Journal of Intensive Care Medicine*, a magnesium deficiency makes you twice as likely to die as other people. [35]

At this point, you're probably eager to learn about ways to up your daily intake of magnesium.

After all, you've discovered:

- As much as 80% of the U.S. population likely suffers from magnesium deficiency...
- Magnesium deficiency has been linked to diseases and disorders like high blood pressure and cardiovascular disease, migraine headaches, type 2 diabetes and osteoporosis, as well as early mortality...
- How magnesium can help to treat and prevent muscle cramps, offer rapid recovery from major depression, improve heart health, relieve PMS symptoms, soothe fibromyalgia and chronic pain, and more amazing health benefits...

Let's look now at how you can up your intake of magnesium so you don't miss out on any of its amazing health benefits.

## Natural Sources Of Magnesium

Earlier in this report you learned that modern farming methods have stripped the soil of a large percentage of its native mineral concentrations – what scientists refer to as the “dilution effect”.

This dilution effect in turn causes the fruits and veggies you picked up at the grocery store last week to be less nutritious than the produce your grandparents ate when they were young. [36]

While it's truly unfortunate that the fruits and vegetables we eat today aren't nearly as nutritious as they *could* be, that doesn't mean they don't deserve a place on your table.

They do!

And a number of fruits and vegetables will provide you with a decent source of magnesium. These include:

- Dark leafy greens like spinach and Swiss chard
- Pumpkin seeds
- Almonds
- Avocados
- Black beans
- Figs

Unfortunately, if you show symptoms of magnesium deficiency or if you simply want to take full

advantage of the many health benefits offered by this miracle mineral, **eating magnesium-rich foods alone probably isn't enough.**

Here's noted magnesium expert Dr. Carolyn Dean MD, ND once more:

*“Magnesium is farmed out of the soil much more than calcium. A hundred years ago, we would get maybe 500 milligrams of magnesium in an ordinary diet. Now we're lucky to get 200 milligrams. People do need to supplement with magnesium.” [37]*

I agree with Dr. Dean that we all need to supplement with magnesium.

Because you're unlikely to receive all of the magnesium you need from your diet, the obvious question is:

## Which Magnesium Supplement Is Right For You?

This question is actually easier to answer than you may realize.

You see, even though there are a number of magnesium supplements on the market (and a couple of varieties offer impressive benefits) the majority come with serious drawbacks. Let's have a look:

### **Magnesium oxide and hydroxide**

This is perhaps the most common variety of magnesium supplement available. You may be familiar with it as one of the active ingredients in Milk of Magnesia.

Multi-billion dollar pharmaceutical and supplement companies love magnesium oxide and hydroxide because it's dirt cheap. Unfortunately, dirt may be a better source of magnesium.

Magnesium oxide and hydroxide is very poorly absorbed [38] and is also highly laxative.

### **Magnesium citrate**

Although magnesium citrate is better absorbed than magnesium oxide and hydroxide, it's even *more* laxative.

If you've ever had a colonoscopy, magnesium citrate is what most doctor's recommend to flush out your bowels in the days leading up to your procedure. [39]

While the laxative properties of magnesium citrate may be great if you're trying to cleanse your colon, it's definitely *not* something you'd want to deal with on a daily basis.

### **Magnesium sulfate**

You've probably purchased it as Epsom Salt. Magnesium sulfate is great for soaking, but is far too laxative to take as a daily supplement.

## Magnesium chloride

Very well-absorbed, but along with magnesium oxide and citrate is one of the forms of magnesium most commonly reported to cause diarrhea. [40]

Another major drawback of magnesium chloride: Because of its unique chemical structure it turns to liquid when exposed to air, making it prohibitive to deliver as a capsule or tablet.

The only option is to choke down a spoonful of it and brace yourself against the bitter, gag-inducing taste.

As you can see, the majority of magnesium supplements available all come with some unpleasant side effects.

In the past, you had little choice but to go with one of these options and hope the side effects weren't *too* bad.

But today, thanks to years of scientific research and an unyielding commitment to make the highest quality magnesium available to everyone WITHOUT any of the negative side effects, you DO have a choice...

## Introducing: IsoMagnesium



A Brand New, Incredibly Pure, Highly Bioavailable Magnesium Formula

## What Makes IsoMagnesium So Unique?

In two words: malic acid.

Malic acid is naturally found in tart-tasting fruits like apples, cherries, and grapes. When it binds to magnesium it becomes magnesium malate – the active ingredient in IsoMagnesium.

So what's the big deal?

Other popular forms of magnesium (like the ones mentioned above) don't naturally exist in food sources, and are often made from crushed rock and other inorganic sources.

### **IsoMagnesium is different.**

Our magnesium malate formula has a high bioavailability which means **more of the magnesium enters your blood circulation when you take it** and *that* means you get to enjoy more of the amazing health benefits of magnesium you've discovered in this report.

But that's not all:

- Every batch of IsoMagnesium is crafted in a hi-tech, multi-million dollar, 80,000 square foot **FDA-inspected** facility in Atlanta, Georgia (so you know you're getting a supplement you can trust)...
- The IsoMagnesium proprietary formula is **incredibly pure** and includes no binders, coatings, additives, or pollutants of any kind...
- IsoMagnesium is **side-effect free** and won't upset your stomach or cause you to make any unexpected trips to the bathroom...
- IsoMagnesium **starts absorbing immediately** and continues to work better and better as you use it over time...
- IsoMagnesium is **so easy to take**: Your dose is delivered in small, easy-to-swallow capsules, NOT messy powders or a foul-tasting liquid...

In my professional opinion, **IsoMagnesium is the purest, safest, and most effective magnesium supplement on the market today.**

I honestly think *everyone* should supplement with magnesium and I wish we had enough IsoMagnesium available to meet anticipated demand.

But this is a unique product and because we refuse to mass-produce it (in order to deliver the highest quality supplement you deserve) supplies are extremely limited.



If you want to be one of the first to get an opportunity to try IsoMagnesium, then I urge you to click the button below.

## **[Click Here To Try IsoMagnesium](#)**

To your health,



Dr. Charles Livingston

P.S. – By now, you're well aware of the many risks of magnesium deficiency (including cardiovascular disease, type 2 diabetes, and severe muscle cramps) as well as how maintaining a healthy balance of magnesium can rush relief from migraines, PMS symptoms, and chronic pain...plus protect you against heart problems, gallstones, premature death, and so much more.

You have no idea how badly I want to get IsoMagnesium into the hands of every man and woman who asks for it. Unfortunately, that just isn't possible.

In an effort to be as fair as possible, IsoMagnesium will be available on a strictly first-come, first-served basis.

This report is being sent to over 70,000 people. And I'll only have 2,000 bottles of IsoMagnesium to offer when it's available. You can do the math.

## **[Save Me Some Bottles Of Iso-Magnesium Before It's Too Late!](#)**

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If you are ill or suspect that you have a medical problem, we strongly encourage you to consult your medical, health, or other competent professional before adopting any of the suggestions in this report or drawing inferences from it.

If you are taking prescription medication, you should never change your diet (for better or worse) without consulting your physician, as any dietary change may affect the metabolism of that prescription drug.

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