



THE AMAZING DISCOVERY

*Find out how
a major discovery
has to do
with your wellbeing.
Find out inside*

When should you supplement your diet with Magnesium?

- Stress
- Fatigue
- Nervousness
- Trouble sleeping
- Restless sleep
- Brittle bones
- Constipation
- Pre-menstrual syndrome
- Muscle spasm, cramps
- Quivers

One or more of the above symptoms is a sign of a contraction situation, and this is when magnesium turns out to be very valuable.

Magnesium: the most important mineral in the body

Magnesium activates over 300 different biochemical reactions in your body, all necessary for your body to function properly. All other major minerals are dependent upon magnesium being present in order to function. This includes calcium, potassium and sodium. Of these, magnesium is by far the most important. "Contrary to common belief, magnesium deficiency is very common even among those who supplement it regularly." One of the reasons for this, is that the stress of modern lifestyle depletes magnesium reserves far more rapidly than was previously realized.

Calcium, a major mineral, needs magnesium in order to assimilate into the body. Calcium, however, should never be taken on its own, otherwise it will pull magnesium out of body parts in order to assimilate. This creates a magnesium deficiency and the person will feel worse. This occurs with people who drink milk. Milk is about 8 calcium for 1 magnesium and it will create a magnesium deficiency.

Excess calcium in the body will result in calcium deposits such as gallstones, kidney stones, calcium deposits on joints. All of these have been known to disappear after taking extra magnesium, especially the drink form.

What depletes magnesium?

Calcium and magnesium work together. However, **unbalanced diets** and modern stresses whether chemical, environmental or mental, quickly deplete magnesium reserves, which is often depleted faster than calcium reserves. This often causes a magnesium deficiency and the resultant symptoms of internal stress even when the person takes magnesium supplements. Extra magnesium can often mean the whole difference between a stressed body and a completely relaxed one. Magnesium is a basic nutrient. **A magnesium deficiency can severely affect many physiological functions to a point that the above symptoms will show up.** Thanks to the intake of magnesium as a drink, you can effectively prevent a series of problems and symptoms located in different body parts. Magnesium activates an enzyme located in all cell membranes. This enzyme controls the balance of sodium and potassium, keeping the sodium in the fluid outside the cells and potassium inside the cells. Such a balance is essential for normal water balance, nerve cell activity and cellular energy production. Without sufficient cellular magnesium, potassium will be rapidly excreted from the body creating a potassium deficiency and resulting in fatigue, heat exhaustion and weakness.

Magnesium: helpful for many diseases

Pre-menstrual syndrome is basically a magnesium deficiency. Handle the syndrome with the water-soluble magnesium and the symptoms disappear. Too much calcium and not enough magnesium can result in the calcification of the female body parts. The magnesium in water will gradually dissolve the solidified calcium and help assimilate it or expel it from the body if the calcium is not needed. Magnesium and calcium work together to control muscle action. **Calcium tenses (tightens) the muscles, magnesium relaxes the muscles.** With insufficient magnesium the muscle stay tense, causing a cramp in the muscle. This could happen when you have too much calcium and too little magnesium. Stay alert for any need for extra magnesium or better yet take some on a regular basis.

Fatigue

Magnesium deficiency is one of the main causes of fatigue and chronic fatigue. These will often clear up on taking the magnesium drink.

Nervous system & insomnia

Magnesium is essential for the proper functioning of the nervous system. Without sufficient magnesium the nerve cells can not give or receive messages, and become excitable and highly reactive. This causes the person to become highly sensitive and highly nervous. Noises will seem excessively loud and person will jump at sudden sounds like a door slamming and will generally be nervous and on edge. Magnesium deficiency can cause insomnia, waking up with muscle spasms, cramps, tension and feeling uncomfortable. Most of these will disappear on

drinking magnesium. The magnesium drink is a breakthrough magnesium product providing the highest effectiveness possible.

Safety

Magnesium is totally safe. If you take too much of it the body will flush it out. The worst that can happen is that you will get diarrhoea. It has no other side effects. Just follow the indications on the container and you will supply your body with the needed amount of magnesium.

Magnesium for an healthy heart

As we all know, heart is a muscle that continuously contracts to circulate the blood in our body. Being it a muscle, a magnesium deficiency can adversely affect heart contractions, thus altering the physiological functions it is supposed to perform. This is because there is insufficient magnesium to relax the heart ready for next contraction.

The importance of magnesium

Magnesium is so crucial, it is necessary for every major biochemical process such as digestion, protein synthesis, cellular energy production, and glucose metabolism. As we already know, it is key to the proper utilization of calcium and potassium and many other nutrients.

What can cause a magnesium deficiency?

So the big question now is what can cause a magnesium deficiency? This is a very important point that would be crucial to understand. The

following items are magnesium depletors. Learn them well and apply accordingly. The more dominant they are in your life, the more magnesium your body will need to get. **These items dramatically speed up the depletion of your body's magnesium storage**, and make it necessary for much more magnesium to be consumed. They are: coffee, sugar, diuretics, drugs of all types, low thyroid, stress and a high calcium diet. That's right, a high calcium diet. Does it mean calcium is bad for you? No, not at all. But if you burn out more magnesium than calcium (which is very often the case) you better get enough magnesium as excess calcium can cause very many symptoms. These are: calcium deposits in the joints, gallstones, kidney stones and in extreme cases calcification of the brain and other body organs and parts. But the most significant problem of all would be a magnesium deficiency which could then cause restless, sleep problems, tension, more stress, pre-menstrual syndrome and much more. Magnesium and calcium must be in the correct proportions for your own needs, otherwise the calcium becomes a pollutant in the body causing heart disease, arthritis, hardening of the arteries, senility, osteoporosis, and calcification of organs and tissues. Differently put, excess calcium can become a real problem. Excess magnesium, on the other hand, is not of any concern. Magnesium is best taken as a drink in hot water solution (better if the water has a fixed residue lower than 50 mg/liter). In this form it assimilates fast into the body.

Magnesium in food

Magnesium is found in a wide variety of foods, particularly in fresh green leaf vegetables, being it a basic element of chlorophyll molecule. Magnesium is found also in oily seeds (sunflower seeds...), nuts, almonds, hazelnuts, pistachios, dates, peanuts, bananas, figs, apples, peaches, apricots, whole wheat germ, whole cereals, millet, corn, soy, legumes, butter beans, garlic, fish, broccoli and Jerusalem's artichoke. It must be

said, however, that this essential mineral is low in all refined foods and in foods treated with chemical fertilizers and pesticides.

Symptoms of deficiency

Muscle spasms, muscle cramps, muscle jerks, muscle tics, eye tics, hiccups, are all caused by a magnesium deficiency. Take sufficient water-soluble magnesium and they will disappear.

Peter Gillham

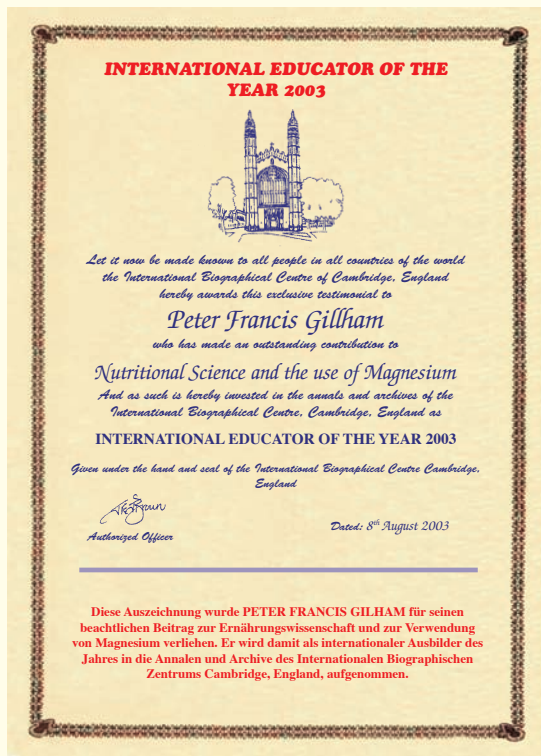
- You can ask for more information or for more copies of this brochure by calling: +39 (0)2 2700727

© 2000 by Peter F. Gillham

All rights reserved

No part of this brochure can be reproduced or used in any form and through any means, electronic or mechanic, including photocopies, recordings or information preservation and retrieval systems, without permission of the copyright owner.

The data contained in this publication are not intended to replace in any way the advices or indications by an health professional, and this brochure is proposed as an informative guide and has no prescribing or diagnostic purposes.



About the author

Peter Gilham is a pioneer in nutritional research and a leading researcher on magnesium (he is studying it since nearly 30 years). His advanced research resulted in many breakthroughs as covered in his *Miracle Nutrient* book. Peter explains why most magnesium products don't work, and how they can cause chronic symptoms by perpetuating magnesium deficiency. His researches were always aimed at workability, by first finding out what works and then by finding out what works even better. Born in Australia, his interest for nutrition started in 1968. Peter's research led him to develop his water-

soluble magnesium powder, which has proved to correct magnesium deficiency almost overnight.



Peter Gilham;
nearly 85 years old, in very good shape!

References

1. Hentrotte JG. Type A behavior and magnesium metabolism. *Magnesium* 1986 ; 5:201 - 210.
2. Frustaci A, Caldarulo M, Schaivoni G, Belloci F, Manzoli U, et al. Myocardial magnesium content, histology, and antiarrhythmic response to magnesium. *Lancet* 1987; 2:1019.
3. Rasmussen HS, Norregard P, Lindeneg O, MacNair P, Backer V, et al. Intravenous magnesium in acute myocardial infarction. *Lancet* 1986; 1:234 -236.
4. Shwechter M, Hod H, Marks N, Behar S, Kaplinsky E, et al. Beneficial effect of magnesium sulfate in acute myocardial infarction. *Am J Cardiol* 1990; 66:271 -274.
5. Seller RH. The role of magnesium in digitalis toxicity. *Am Heart J* 1971 ; 2:551 -556.
6. England MR, Gordon G, Salem M, Chernow B. Magnesium administration and dy-srhythmias after cardiac surgery. A placebo-controlled, double-blind, randomized trial. *JAMA* 1992; 268:2395-2402.
7. Wener J., Pintar K, Simon MA, Motola R, Friedman R, et al. The effects of prolonged hypomagnesemia on the cardiovascular system in young dogs. *Am Heart J* 1964; 67:221 -231.
8. Motoyama T, Sano H, Fukuzaki H. Oral magnesium supplementation in patients with essential hypertension. *Hypertension* 1989; 13:227-232.
9. Dyckner T, Wester PO. Effect of magnesium on blood pressure. *Br Med J* 1983; 286:1847 - 1849.
10. Henderson DG, Schierup J, Schodt T. Effect of magnesium supplementation on blood pressure and electrolyte concentrations in hypertensive patients receiving long-term diuretic treatment. *Br Med J* 1986; 293:664.
11. Cappuccio FP, Markandu ND, Beynon GW, Shore AC, Sampson B, et al. Lack of effect of oral magnesium on high blood pressure: a double-blind study. *Br Med J* 1985; 291:235-238.
12. Alyura BT, Altura BM. The role of magnesium in etiology of strokes and cerebrovaso-spasm. *Magnesium* 1982; 1:277-291.
13. Galland LD, Baker SM, McLellan RK. Magnesium deficiency in the pathogenesis of mitral valve prolapse. *Magnesium* 1986; 5:165- 174.
14. Fernandes JS, Perira T, Carvalho J., Franca A, Andrade R, et al. Therapeutic effect of magnesium salt in patients suffering from mitral valvular prolapse and latent tetany. *Magnesium* 1985; 4:283-290.
15. Cox IM, Campbell MJ, Dowson D. Red blood cell magnesium and chronic fatigue syndrome. *Lancet* 1991; 337:757-760.
16. Clague JE, Edwards RHT, Jackson MJ. Intravenous magnesium loading in chronic fatigue syndrome. *Lancet* 1992; 340:124 - 125.
17. Deulofeu R, Garson J, Gimenez N, Corachan M. Magnesium and chronic fatigue syndrome. *Lancet* 1991; 338:641.
18. Brilla LR, Haley TF. Effect of magnesium supplementation on strength training in humans. *J Am Coll Nutr* 1992; 11:326 -329.
19. Brilla LR, Wenos DL. Perceived exertion to endurance exercise following.

Version Juni 2007

**ON THE MARKET
SINCE NEARLY 30 YEARS**



The natural anti-stress



Natural Point supports also the humanitarian programs run in Africa and India by the charity association Libera Condivisione.

Magnesio Supremo
The original high bioavailability
Magnesium Citrate drink

Show the Magnesio
Supremo Code

**Available in 150 gr bottles
at best herbalist's, drugstores
and specialized shops. Price € 15,70.**



A902085986

Natural Point srl
Via Apelle, 8 - 20128 Milano
Tel. 02.27007247 - Fax 02.26005099

www.naturalpoint.it