



A NEW MODALITY FOR THE MAINTENANCE OF HEALTH

# TRANSDERMAL MAGNESIUM THERAPY

*"Dr. Mark Sircus is one of the best health writer  
researchers living! He is truly amazing and  
I want to help him spread his powerful and  
useful medical information."*

DR. GARRY GORDON

**Dr. Mark Sircus, Ac., OMD, DM (P)**

# Transdermal Magnesium Therapy

**R S Bennett**



## **Transdermal Magnesium Therapy:**

*Transdermal Magnesium Therapy* Dr. Mark Sircus, 2011-07-07 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 Magnesium is nothing short of a miracle it has the potential to save you from considerable suffering and pain The information presented here could even save your life Magnesium is the lamp of life and one of the most important keys to overall health When applied in the correct way magnesium offers us a return to strength and vigor When used in the emergency room magnesium can save the day for both heart and stroke patients What you will be introduced to is magnesium oil a natural concentrated form of magnesium chloride that can be applied directly to the skin for intense effect When we are deficient in magnesium over three hundred enzymes in our body are unable to function properly Magnesium deficiency has been scientifically identified as a critical factor in the onset of a wide variety of diseases For various reasons and to varying degree two thirds or more of the population is magnesium deficient Learn how to use this powerful secret to good health in *Transdermal Magnesium Therapy*     [Transdermal Magnesium Therapy Course](#) Galina St George, 2018-12-21 *Transdermal Magnesium Therapy Course* for Clinic and Home Use is part of a Mineral Healing Courses series written by Galina St George who is the creator and owner of Pure Nature Cures School of Mineral and Spa Therapies Magnesium is rightly called the miracle mineral There are few minerals which attract so much attention and instigate so much scientific research The reason is that it not only participates in over 300 biochemical reactions in the body but helps maintain so many bodily functions such as the normal muscle and nerve function steady heart rhythm normal blood pressure healthy immune system and strong bones It also helps maintain the blood sugar at normal levels It plays a vital role in preventing heart disease diabetes cancer osteoporosis and a whole range of other dangerous and debilitating diseases Magnesium deficiency is more common than we realise It can be explained by a number of factors with the main reasons being depletion of soil in minerals worldwide due to intensive agriculture Another factor is a compromised digestive tract which includes a large number of people young and old According to American nutritionists an average adult needs 200mg more magnesium per day than what is obtained from a diet The fact is that the dietary magnesium is not sufficient in providing the body with this important mineral Dr Calolyn Dean lists the following conditions which develop in cases of magnesium deficiency or and require magnesium supplementation Acid reflux Adrenal fatigue Alzheimer s disease Angina Anxiety and panic attacks Arthritis Asthma Atherosclerosis Blood clots Bowel disease Brain dysfunction Bruxism or teeth grinding Cholesterol elevation cystitis Depression Detoxification Diabetes Fatigue Headaches Heart disease Hypertension Hypoglycemia Indigestion Inflammation Insomnia IBS Kidney disease Kidney stones Migraine Musculo skeletal conditions muscle cramps fibrositis fibromyalgia GI spasms tension headaches muscle spasms or muscle contractions in any muscle of the body chronic neck and back pain jaw tension Nerve problems Neuralgia Neuritis Neuropathy burning pain muscle

weakness numbness paralysis pins and needles seizures and convulsions tingling twitching vertigo confusion Obstetrical and gynecological problems PMS dysmenorrhea female infertility premature contractions preeclampsia and eclampsia cerebral palsy sudden infant death syndrome male infertility Osteoporosis Parkinson s disease Raynaud s syndrome Sports injuries Sports recovery Tongue biting Tooth decay <http://drcarolyndean.com> While there are a number of excellent magnesium supplements on the market oral supplementation is not always effective due to our body inefficiency in absorbing it through the digestive tract One of the reasons is that our intestinal tract gets covered by mucus as we grow older or for other reasons This means that we need to find other ways to bring sufficient magnesium to the body on a regular basis There is a fast way of doing it through intravenous injections but it is not an option for most people since it needs a professional to do it However there is another quick and simple method to supplement this very important mineral This method involves applying magnesium salts through the skin The reason it is a hugely effective method is that our skin has the ability to absorb so ions of magnesium penetrate through the skin into the bloodstream and get delivered to the cells needing it This course gives a very detailed explanation of various aspects of magnesium its role in health symptoms and consequences of magnesium deficiency for health and ways to supplement it through the skin The course is for therapists and members of the public However if you want to learn it in more detail or for professional use with an option to get certified you will need to do the online course You will be able to find information on how to enrol at the end of the book Alternatively feel free to contact me for more details or if you have any questions at <https://purenaturecures.com> get in touch

**Transdermal Magnesium Therapy Course: Learn about Health Benefits, Uses and Applications of Magnesium Salts** Galina St George,2018-08-30 Magnesium is rightly called the miracle mineral There are few minerals which attract so much attention and instigate so much scientific research The reason is that it not only participates in over 300 biochemical reactions in the body but helps maintain so many bodily functions such as the normal muscle and nerve function steady heart rhythm normal blood pressure healthy immune system and strong bones It also helps maintain the blood sugar at normal levels It plays a vital role in preventing heart disease diabetes cancer osteoporosis and a whole range of other dangerous and debilitating diseases Magnesium deficiency is more common than we realise It can be explained by a number of factors with the main reasons being depletion of soil in minerals worldwide due to intensive agriculture Another factor is a compromised digestive tract which includes a large number of people young and old According to American nutritionists an average adult needs 200mg more magnesium per day than what is obtained from a diet The fact is that the dietary magnesium is not sufficient in providing the body with this important mineral Dr Carolyn Dean lists the following conditions which develop in cases of magnesium deficiency or and require magnesium supplementation Acid reflux Adrenal fatigue Alzheim

**Healing the Thyroid with Ayurveda** Marianne Teitelbaum,2019-03-26 A comprehensive guide to addressing the growing epidemic of thyroid disease from the perspective of the Ayurvedic tradition Details the author s successful treatment protocols for Hashimoto s thyroiditis

hypothyroidism and hyperthyroidism developed over more than 30 years of Ayurvedic practice Explores the underlying causes of thyroid malfunction the thyroid s connections to the liver and gall bladder and the importance of early detection Also includes treatments for common symptoms of thyroid disease such as insomnia depression fatigue and osteoporosis as well as for weight loss and hair growth In this comprehensive guide for practitioners and those concerned with thyroid health Marianne Teitelbaum D C integrates the ancient medicine of Ayurveda with modern scientific findings to address the growing epidemic of thyroid disease Revealing how the thyroid is the victim of many factors that conspire to create ill health and how many cases of thyroid disease go undiagnosed Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest most reversible stages She outlines the basic principles of Ayurveda including pulse diagnosis a key tool for early detection and explains the successful treatment protocols she has developed over more than 30 years of Ayurvedic practice She details the underlying reasons for thyroid malfunction such as inflammation malnutrition and toxins and how the thyroid is connected with the health of the rest of body including the liver and gall bladder She explores the Ayurvedic treatment of thyroid related conditions such as Hashimoto s thyroiditis hypothyroidism and hyperthyroidism offering guidance on the targeted use of herbs specific dietary recommendations proper detoxification and Ayurvedic recipes She also includes treatments and remedies for common symptoms of thyroid disease including insomnia depression fatigue and osteoporosis as well as for luxurious hair growth and weight loss Based on the treatment of thousands of patients this book also shares success stories of thyroid healing and the scientific studies that support the author s Ayurvedic thyroid protocols Offering an easy to follow yet comprehensive guide Teitelbaum shows that optimum thyroid health as well as overall health are within everyone s reach *Top 10 Fixes For Low Back Pain* , [Liberty & Mental Health](#) R S

Bennett,2014-10-31 Is the government driving people crazy Liberty Mental Health You Can t Have One Without the Other gives ways to restore sanity both to individuals and to government The situation those with mental health problems find themselves in can be considered a microcosm of larger social problems While most complain of how little those on opposite sides of the political spectrum work together often it is their shared view that the rich and powerful must be pampered while their abuses are denied covered up excused and then justified which prevent true reform Washington D C seems to be primarily inhabited by lawyers who constantly offer up scapegoats to explain away failures of policy and law [Sodium Bicarbonate](#) Mark Sircus,2014-12-09 OVER 47 000 COPIES SOLD 1 AMAZON BESTSELLER 5 YEARS IN A ROW What if there were a natural health promoting substance that was inexpensive available at any grocery store in the country and probably sitting in your cupboard right now There is It is called sodium bicarbonate although you may know it as baking soda For years sodium bicarbonate has been used on a daily basis as part of a number of hospital treatments but most people remain unaware of its full therapeutic potential In his new book Dr Mark Sircus shows how this common compound alongwith magnesium potassium and calcium bicarbonates may be used in the alleviation or possibly even prevention of

many forms of illness Sodium Bicarbonate begins with a basic overview of the everyday item known as baking soda chronicling its long history of use as an effective home remedy It then explains the role sodium bicarbonate plays in achieving optimal pH balance which is revealed as an important factor in maintaining good health The book goes on to detail how sodium bicarbonate and its effect on pH may benefit sufferers of a number of conditions including kidney disease fungal infection colds and flu periodontal disease hypertension and even cancer Finally the author explains the various ways in which sodium bicarbonate may be taken suggesting the easiest and most effective method for your situation By providing a modern approach to this time honored remedy Sodium Bicarbonate illustrates the need to see baking soda in a whole new light Safe simple and effective sodium bicarbonate contains powerful properties that may help you balance your system regain your well being and avoid future health problems

*Remedies Unleashed* Barrett Williams, ChatGPT, 2024-07-08

*Remedies Unleashed* Unlocking the Secrets of Health and Wellness with Home Remedies Step into a world where natural ingredients and time tested wisdom converge to bring you unparalleled health and wellness solutions *Remedies Unleashed* is your comprehensive guide to harnessing the power of home remedies designed to enhance your wellbeing from the comfort of your own home Embark on a journey starting with the fundamentals of home remedies Discover their rich historical legacy and the compelling science behind these natural wonders Learn to build your own home remedy kit packed with essential ingredients tools and an expert's approach to safety and storage Transform your digestive health with herbal teas probiotics and effective solutions for common digestive issues Fortify your immune system with potent herbs and DIY elderberry syrup and combat the cold and flu with natural easy to make remedies Stress and anxiety will melt away as you delve into aromatherapy herbal supplements and relaxation practices like breathing exercises and meditation Your skin and hair will glow with DIY masks scrubs and nourishing treatments crafted from nature's bounty Breathe easier with natural expectorants decongestants and steam inhalations and find relief from allergies and asthma Soothe aching joints and muscles with homemade liniments Epsom salt baths and anti inflammatory herbs This treasure trove of knowledge also covers cardiovascular wellness enhancing sleep quality and detoxification Discover heart healthy remedies natural ways to manage blood pressure and cholesterol and DIY methods to ensure a restful night's sleep Dedicated chapters address women's and men's health with natural solutions tailored to unique needs For the little ones gentle remedies for common ailments and toxin free cleaners await Aging gracefully is within reach too with chapters focusing on cognitive health joint and bone support and herbal antioxidants *Remedies Unleashed* concludes with practical DIY recipes for tinctures herbal teas salves and preventative health measures that will seamlessly fit into your daily life Integrate these home remedies to not just treat ailments but to foster a lifestyle of long term wellness Unleash the power of nature's pharmacy with *Remedies Unleashed* and take the first step toward a healthier more vibrant you

**Dominance and Aggression in Humans and Other Animals** Henry R. Hermann, 2017-01-05 *Dominance and Aggression in Humans and Other Animals* The Great Game of Life examines

human nature and the influence of evolution genetics chemistry nurture and the sociopolitical environment as a way of understanding how and why humans behave in aggressive and dominant ways The book walks us through aggression in other social species compares and contrasts human behavior to other animals and then explores specific human behaviors like bullying abuse territoriality murder and war The book examines both individual and group aggression in different environments including work school and the home It explores common stressors triggering aggressive behaviors and how individual personalities can be vulnerable to or resistant to these stressors The book closes with an exploration of the cumulative impact of human aggression and dominance on the natural world Reviews the influence of evolution genetics biochemistry and nurture on aggression Explores aggression in multiple species including insects fish reptiles birds and mammals Compares human and animal aggressive and dominant behavior Examines bullying abuse territoriality murder and war Includes nonaggressive behavior in displays of respect and tolerance Highlights aggression triggers from drugs to stress Discusses individual and group behavior including organizations and nations Probes dominance and aggression in religion and politics Translates the impact of human behavior over time on the natural world

**Recover Like Wolverine From X-Men ,      Hormone Replacement Therapy, Yes Or No?** Betty Kamen,1995 Discusses alternatives to hormone treatments

**Mosby's Handbook of Herbs and Supplements and Their Therapeutic Uses** Steven Bratman,Andrea M. Girman,2003 This pocket sized reference provides quick information on 145 herbs 20 supplements and 75 conditions Extremely thorough it offers reliable references and a unique system that rates the current knowledge of therapeutic efficacy for each herb or supplement used in a particular treatment Features an appendix on clinically tested brands

Textbook of Interventional Cardiology Eric J. Topol,1999 The 3rd Edition of this respected resource provides a comprehensive detailed up to date and clinically oriented discussion of all aspects of percutaneous coronary revascularization More than 60 international pioneers and leaders in the field offer practical evidence based guidance on treating a full range of coronary lesions They discuss the very latest techniques devices and adjunctive therapies and offer critical appraisals of emerging therapeutic approaches

Magnesium at Home Galina St George,2021-04-23 First of all I would like to say that this book is NOT meant to be an exhaustive study of magnesium There are other excellent books on the subject that achieve this goal by Dr Carolyn Dean Dr Mark Sircus Dr Mildred Seelig as well as some of the websites mentioned here such as mgwater com My goal was to sum up the benefits uses and applications of magnesium salts and supplements I also wanted to show how magnesium salts could be used to help with the 25 most common health conditions Think of it as a practical guide to help you learn more about magnesium and how you can benefit from using it to help yourself family and friends I have been researching the benefits of using minerals for health for over a decade My focus has been on learning how magnesium chloride Epsom Himalayan salts as well as clays mud zeolite and diatomaceous earth can help humans and animals deal with common health problems and maintain health youth and vitality I have also been using the wonderful nature s gifts

extensively for myself and my clients Magnesium has always been my favourite mineral One reason for it is its versatility because it can help us with so many problems It has certainly helped me my family friends and clients in many ways Joint pain loss of energy frequent infections high blood sugar level high blood pressure insomnia stressed mind leg cramps tired aching feet stomach cramps constipation wrinkles chest pain skin outbreaks and many other problems have been helped by using magnesium I have had people writing to me to say how their lives have changed as a result of using magnesium salts The goal of this book is to show why I am so passionate about magnesium and why it takes a special place among all the other minerals what happens when we are deficient in it and how to correct the deficiency in a home environment As I am writing this I have a bottle of magnesium oil on a bookshelf it is always with me In this book I have listed 25 common problems which will benefit from magnesium supplementation I have limited myself to this number simply because if I listed all of the conditions which require magnesium for healing I would have to write a thick volume While the list here is non exhaustive it covers the issues which have touched me or people I know at least once in a lifetime This is the reason for the selection While do I cover the subject of oral and intravenous supplementation methods in this book my focus is on how to supplement magnesium transdermally i e through the skin I have been developing treatments and writing courses on the subject of transdermal magnesium supplementation for some time since I believe that it is the safest and fastest method to top our bodies with this vital mineral If you want to learn more about the procedures and courses visit <https://purenaturecures.com> To read more about magnesium visit my blog <https://magnesiumoil.org.uk>

**Physicians' Desk Reference Companion Guide** ,2005      **Magnesium** Sky Pankhurst,2015-09-22 Are You Ready To Transform Your Life With The Miracle Of Magnesium Harness the magnificent power of magnesium and have abundant energy a calm mind and perfect health Day by day through the non stop stresses of life environmental pollutants constant over working and occasional bad eating habits you are losing more and more of the single most important macro nutrient to your body Magnesium All though it is one of the most ignored components of optimal health and wellbeing it is vital to every organ and function in your body In fact even a slight magnesium deficiency can drastically impact your life in countless negative ways With this book you will be able to quickly recognise the signs and symptoms of magnesium deficiency and treat it quickly and effectively so that you can start living your life to the fullest every single day You deserve health You deserve your dream body You deserve happiness You deserve to achieve all your goals So let this magical mineral help you get what you deserve Here Is A Preview Of What You ll Learn Exactly Why You Need Magnesium The Benefits Of Magnesium For Your Body And Mind The Signs And Symptoms Of Magnesium Deficiency What Causes Magnesium Deficiency Sources Of Magnesium Everything You Need To Know About Transdermal Magnesium Therapy Magnesium And Your Mental Health How To Make Your Own Magnesium Body Butter FREE MAGNESIUM RECIPE BOOK WITH BREAKFASTS LUNCH DINNER AND DESSERTS Buy your copy today Tags Magnesium magnesium deficiency how to cure magnesium deficiency transdermal magnesium therapy magnesium recipes



epsom salt miracle magnesium magnesium ebook magnesium guide magnesium benefits minerals macronutrients magnesium magnesium chloride the magnesium miracle magnesium for depression magnesium for weight loss magnesium for anxiety **USP DI.** United States Pharmacopeial Convention,1982 **Clinical Pharmacy** ,1993 Far Infrared Magnesium Wrap Course for Clinic & Home Use Galina St George,2018-12-21 Far Infrared Magnesium Wrap was the first treatment I decided to create a course for when I realised how powerful transdermal magnesium applications were when they were combined with the far infrared technology I did the first treatment on a Yoga instructor called Joe in the middle of a cold and rainy December day She came a long way and was stressed because of a long drive She was also shivering with cold Luckily the blanket had already been warmed up so the first thing she did was to take a long deep sigh of relief and sheer pleasure Imagine yourself being cold stressed and tired being put on a soft warm bed I think we can all relate to the pleasure it brings However this was only the beginning of a 2 hour pampering experience Joe s tired body was given an hour long magnesium oil massage to which put her to sleep halfway through She was then put on a sheet soaked in magnesium chloride solution wrapped up in it and covered with the top part of the far infrared blanket In her own words it felt like being wrapped in a warm cocoon Here is what she wrote Imagine yourself being scrubbed and massaged gently but deeply to ease your aches and pains then being placed in a warm cocoon for an hour or so You are deeply relaxed your mind is so relaxed that you are falling asleep You are feeling so wonderful that you want it to last and last Joe said to me that it was just what she needed Being a Yoga instructor can be tough on the muscles and joints To add to that she had a hard time with her business so was feeling very stressed The treatment addressed both her mental and physical problems by bringing profound relaxation and a feeling of pure bliss Apart from the psychological benefits of being cared for her body was warmed through on a very deep level with far infrared which also helped to speed up the delivery of magnesium ions to all the body cells Magnesium is the 4th most abundant element in the body We need it for over 300 body processes It takes part in the formation of neurotransmitters hormones muscle and bone tissues It takes care of the normal muscle and nerve function steady heart rhythm normal blood pressure healthy immune system and strong bones It also helps to maintain blood sugar at normal levels It plays a vital role in preventing heart disease diabetes cancer osteoporosis and a whole range of other issues Among other things magnesium deficiency in many people has led to a rise in obesity diabetes chronic fatigue depression anxiety heart attacks cancer and many other physical and mental problems The big issue with magnesium is that while food is seen as the best way to keep its levels stable our food has become poor in magnesium due to the soil growing food becoming impoverished due to extensive agriculture methods I have read many research pieces which show how magnesium poor soil contributes to a rise in heart disease and cancer What can we do Many of us take magnesium supplements However not everybody can benefit from oral supplementation First of all as we age our intestinal tract becomes clogged with all sorts of mucus which makes absorption of nutrients much less effective so much of oral magnesium just passes through the body

Second you need to take it for a substantial period of time in order to reduce the deficiency Third there is always a risk of taking too much which at best can cause diarrhoea and at worst affect the kidneys especially in people with kidney problems This makes a very good case for transdermal supplementation The skin is a wonderful organ which can regulate what comes into the body and how much Far Infrared Magnesium Wraps are a very fast way to reduce magnesium deficiency bringing a whole range of benefits with it Moreover far infrared technology is in itself very powerful in promoting magnesium ion absorption softening the tissues and facilitating sweating which helps to remove toxic waste You can read about all the other benefits of magnesium salts and far infrared when you go through the course modules The course is aimed both at therapists and members of the public who want to help improve their health I hope that having read the book you will decide to enrol on the online course and get certified to offer the treatment to your clients Please get in touch with me regarding enrolment details and any questions you might have Check [PureNatureCures.com](http://PureNatureCures.com) for more information      **Excerpta Medica** ,1989

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