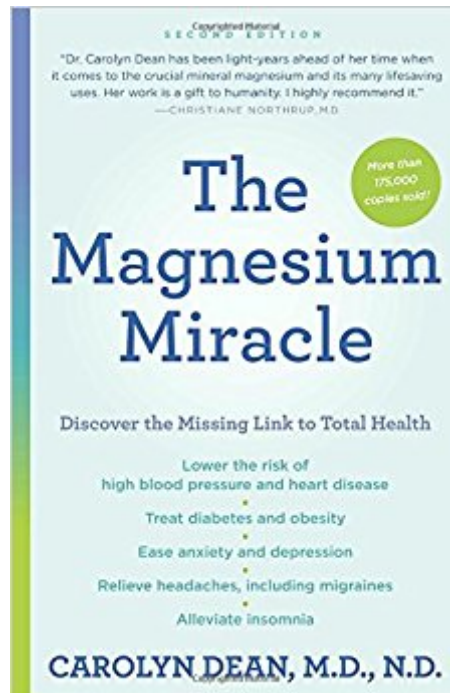




The book was found

The Magnesium Miracle (Second Edition)



Synopsis

Now updated with 30 percent new material, the only comprehensive guide to one of the most essential but often-overlooked minerals, magnesium—which guards against and helps to alleviate heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. Magnesium is an essential nutrient, indispensable to your health and well-being. By adding this mineral to your diet, you are guarding against—and helping to alleviate—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But despite magnesium's numerous benefits, many Americans remain dangerously deficient. Updated and revised throughout with the latest research, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover • new findings about the essential role of magnesium in lowering cholesterol • improved methods for increasing magnesium intake and absorption rate • how calcium can increase the risk of heart disease—and how magnesium can lower it • a magnesium-rich eating plan as delicious as it is healthy • information on the link between magnesium and obesity • vitamins and minerals that work with magnesium to treat specific ailments • why paleo, raw food, and green juice diets can lead to magnesium deficiency. The *Magnesium Miracle*, now more than ever, is the ultimate guide to a mineral that is truly miraculous. Praise for *The Magnesium Miracle* • Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it. • "Christiane Northrup, M.D. • Throughout this volume and with utmost clarity, Dr. Carolyn Dean presents invaluable recommendations—based on the latest magnesium research. Virtually every American can benefit. • "Paul Pitchford, author of *Healing with Whole Foods* • Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life. • "Stephen T. Sinatra, M.D., author of *The Sinatra Solution: Metabolic Cardiology*

Book Information

Paperback: 608 pages

Publisher: Ballantine Books; 2 edition (August 15, 2017)

Language: English

ISBN-10: 0399594442

ISBN-13: 978-0399594441

Product Dimensions: 5.2 x 1.2 x 8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #8,347 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #36 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

• Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it. • "Christiane Northrup, M.D. • Throughout this volume and with utmost clarity, Dr. Carolyn Dean presents invaluable recommendations • based on the latest magnesium research. Virtually every American can benefit. • "Paul Pitchford, author of Healing with Whole Foods • Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life. • "Stephen T. Sinatra, M.D., author of The Sinatra Solution: Metabolic Cardiology

Carolyn Dean, M.D., N.D., is a medical doctor and naturopathic doctor on the cutting edge of the natural medicine revolution since 1979. She holds a medical license in California and is a graduate of the Ontario Naturopathic College and a former board member of the Canadian College of Naturopathic Medicine. Dr. Dean is the author of thirty-three health books and more than one hundred ebooks, including Atrial Fibrillation: Remineralize Your Heart, Invisible Minerals Parts I & II, Death by Modern Medicine, IBS for Dummies, Future Health Now Encyclopedia, and Hormone Balance. Dr. Dean has written nearly a thousand articles and given interviews in various print and online health magazines, radio, and television. She has a weekly radio show, an online blog, and a two-year online wellness program called Completement Now! Dr. Dean is on the medical advisory board of the nonprofit educational site Nutritional Magnesium Association. Her magnesium outreach has won her an award from the Heart Rhythm Society in the U.K. for Outstanding Medical Contribution to Cardiac Rhythm Management.

Dr Dean knows her Magnesium. I couldn't put the book down. Very good information and you she is an expert in her field. I loved it!

Excellent book. Everyone should read it.

Great book, informative. Magnesium is SO IMPORTANT and the majority of people are deficient and are unaware of the deficiency as doctors just prescribe more medications without knowing or caring that most drugs deplete magnesium, causing complex problems that doctors treat with additional drugs. This book answered ALL of my questions concerning prescribed medications and the damaging side effects caused by them.

great book

Not impressed with this book. The author is busy tooting her own horn and using this second edition as marketing hype for supplements in which she has a financial stake . I wasted my money.

[Download to continue reading...](#)

The Magnesium Miracle (Second Edition) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) The Magnesium Solution for High Blood Pressure (The Square One Health Guides) Magnesium: What Your Doctor Needs You To Know: Including: How to Fight Diabetes, Have a Healthy Heart, and Get Strong Bones! Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Advances in Wrought Magnesium Alloys: Fundamentals of Processing, Properties and Applications (Woodhead Publishing Series in Metals and Surface Engineering) Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt, Magnesium, Natural Hair Care) Epsom Salt: The Magic Mineral for Weight Loss, Eczema, Psoriasis, Gout, Garden, Relaxation & Other Applications (+33 DIY Top Health, Beauty & Home Recipes) (Magnesium, Acne, Natural Hair Care) Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] The Miracle Morning for Network Marketers: Grow Yourself FIRST to Grow Your Business FAST (The Miracle Morning Book Series) The Miracle Morning for Network Marketers 90-Day Action Planner (The Miracle Morning for Network Marketing) (Volume 2) The Miracle Morning for Real Estate Agents: It's Your Time to Rise and Shine (the Miracle Morning Book Series 2) The Miracle Morning for Real Estate Agents: It's Your Time to Rise and Shine (The Miracle Morning Book Series) (Volume 2) BOOKS:THE HEALING MIRACLE

PRAYER:Spiritual:Religious:Inspirational:Prayer:Free:Bible:Verses:Top:100:NY:New:York:Times:O
n:Best:Sellers:List:In:Non:Fiction:2015:Free:Sale:Month:Releases:Miracle:for Miracle Girls #2:
Breaking Up Is Hard to Do: A Miracle Girls Novel The Coconut Oil Miracle, 5th Edition 7-Day Detox
Miracle, Revised 2nd Edition: Revitalize Your Mind and Body with This Safe and Effective
Life-Enhancing Program Animal, Vegetable, Miracle - 10th anniversary edition: A Year of Food Life
Animal, Vegetable, Miracle - Tenth Anniversary Edition: A Year of Food Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)