



# Magnesium the Miracle Mineral

*Sandra Cabot*

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## **Magnesium the Miracle Mineral** Sandra Cabot

This book looks at many different and common health problems that can surprisingly be relieved by simple and safe supplementation with magnesium.

Magnesium is a mineral that can make a huge difference to your health and yet many people, even in the developed world, have inadequate magnesium levels in their body. This book looks at the many different and common problems that can surprisingly be relieved by simple and safe supplementation with magnesium. Magnesium gives elite athletes the winning edge they would otherwise never achieve, enabling them to conquer world championships.

Magnesium can calm irritable children and balance your nervous system naturally - that's why I call magnesium "THE GREAT RELAXER".

Magnesium can be life saving, as it is known to reduce the risk of sudden death from cardiac catastrophes - this is particularly important for men under stress.

Make sure you are not deficient in magnesium and you may just change your life - yes it's really true - you won't believe the difference magnesium can make to your health!

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