Magnesium: The Master Mineral

“Magnesium . . . injected during a heart attack or stroke to save your life - can be used for a wide variety of disorders. It is the medical miracle we have been waiting for. It is the first medicine that you should stock in your medical cabinet. It is as necessary as the air we breathe in an easily assimilated natural form.

Hundreds of billions of dollars and millions of lives would be saved if magnesium was supplemented and used widely as a food, or as a medicine. Magnesium brings new life and energy to the cells whenever it is applied. If your Magnesium is sufficient, your odds of having heart complications are greatly reduced.”

Mark Sircus, AC, OMD
Author; Transdermal Magnesium Therapy

“Some 350 enzymatic processes within your body rely on Magnesium. It is not completely clear what long-term damage is being done to the body by having low levels of Magnesium. The problem of measuring accurate amounts of Magnesium in the body is difficult because intracellular Magnesium is what needs to be measured. Those who’ve stoked, had the lowest levels of ionized Magnesium when they stoked out.”

BURTON M ALTURA
New York State University, Science Center

What if you had the words to use to share one of the simplest, easiest to implement and benefit from – products?

Here’s some info so that you can . . .

If I told you that there was one simple-to-use, easy-to-implement, totally affordable supplement that could:

1. Regulate blood sugar and glucose levels
2. Support your best heart health
3. Improve cellular energy production
4. Calm anxiety, relax muscles
5. Deepen sleep patterns
6. Restore balance
7. Boost energy
8. Improve sleep
9. Eliminate more pain and symptoms than ANY OTHER THING on earth

Would you want to know more?

NOW?
And, what if I told you that our modern-day lifestyle and environment have really put extra stress on our bodies, depleting this amazing nutrient that’s known as a Master Mineral, causing significant deficiencies, to the status of a health crisis!

Here’s some of the contributing lifestyle and environmental drains we experience. See if you can find your own contributing factors on this list. . .

- Prescription & over-the-counter meds: Almost all meds lead to depletion in Magnesium.
- Conventional meats, eggs & dairy: Growth hormones and high-grain feeds result in severe nutritional deficiencies, especially Magnesium.
- Soil depletion: Our soils have been depleted from the acidic build-up, enzymatic die-off and overuse of chemical-ized fertilizers. Our fruits and veggies aren't mineral-rich any longer, which results in nutritional deficiencies for humans and animals.
- Toxins, Pesticides & GMOs: Magnesium is crucial for supporting the detoxification of our bodies. With the overload of toxins our body has to process moment to moment, magnesium is more important than ever.
- Sugars & alcohol: Sugar and alcohol consumption increase the excretion of Magnesium through our urine as it struggles to buffer the effects on our body. Our lifestyles bring in large amounts of sugar and alcohol, rapidly depleting our Magnesium.
- Heavy Metal toxicity: Fish, processed food packaging, dental fillings, vaccinations, and so many other sources of heavy metals create very serious health challenges. Magnesium is a key buffer against these toxins and is depleted by our body’s toxicity. Mounting evidence suggests that deficiency in Magnesium also leads Alzheimer’s, MS, Parkinson’s, and other neurological diseases.
- Calcium overload: Calcium is far too high in our diets today. Studies clearly show that calcium overload blocks proper Magnesium absorption in our bodies.
- Fluoride in our water: Fluoride binds with Magnesium, rendering it unavailable for use by our body, unavailable for life-sustaining processes.
- Acid rain: Causing chemistry change in the soil, acid rain leads to abnormal acidity over Mother Earth, resulting in Magnesium depletion in crops.
- Wheat & grains: Our grains have been so refined and genetically modified, the originally high source of Magnesium is lost in the refining process. Scary isn’t it?

So many factors in our lifestyle contribute to depletion of this amazing nutrient that Health Care practitioners actually refer to as the Master Mineral.

You obviously now know that I’m referring to the Master Mineral known as Magnesium – and before we get into the details, me tell you a little more about what it can do for you.

See if any of these health issues (caused by deficiencies) describe health issues you experience:

<table>
<thead>
<tr>
<th>Anxiety and/or depression</th>
<th>Insomnia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digestive issues</td>
<td>Blood sugar imbalances or diabetes</td>
</tr>
<tr>
<td>Acid reflux or GERD</td>
<td>Occasional muscular weakness</td>
</tr>
<tr>
<td>Headaches or Migraines</td>
<td>Heart palpitations</td>
</tr>
<tr>
<td>Irritability or anxiousness</td>
<td>Muscle spasms</td>
</tr>
<tr>
<td>Feeling lethargic or run down</td>
<td>Muscle cramps</td>
</tr>
</tbody>
</table>
Short term memory gaps  
Angina  
Constipation  
Fatigue after eating a meal  
Fibromyalgia  
Deep sleep problems  
Kidney stones  
Painful menstrual cramps  
Poor circulation

Muscle twitching  
Obesity  
IBS  
Irritable bladder/cystitis  
Breathing & asthma challenges

Are any of these health challenges describing YOU?

Believe it or not, these are only a few . . . there are more.

Imagine that each of these symptoms can be remedied with one simple-to-use, totally affordable supplement.

• Would you stock your cupboard with it?
• Would you be sure to use it every morning, and every evening?
• Would you make sure you took it with you on vacation?

Here’s what one member of our Tribe posted on FaceBook:

I started taking magnesium and really didn’t notice too much, so I started slacking off, but then my migraines, anxiety and fibromyalgia started giving me trouble, so I thought, well that must have helped, even though I didn’t notice, so I started taking it faithfully again.

When I go on vacation and forget, fibromyalgia and headaches come back. But I used to get trigger point injections for migraines, take migraine pills, which make me unable to do anything for 2 days. Then my husband started using it for restless legs, and had relief almost immediately.

No injections or migraine pills for 3 years now!

Many people may already be aware of the value of supplementing with magnesium, but they might not know that most forms of magnesium on the market are sub-par. The magnesium capsules, tablets, powders or bath flakes that they’ve been picking up at the health food store aren’t getting the job done.

Here are some of the reasons why many supplements just aren’t effective:

1. Low bio-availability – they’re not absorbable
2. They may be actually harmful to the kidneys
3. They cause digestive upset and diarrhea
4. Some can actually cause dehydration
5. Magnesium oil can actually be irritating to the skin

In addition, consider the following:

6. Some supplemental sources of magnesium are from impure industrial waste
7. In many cases, the wrong (poorly bio-available) source of magnesium is used
In addition, consider the following (cont’d):

8. Purity of the product is compromised.

9. Many capsules, tablets and powders contain a significant amount of fillers

10. The percentage of bio-availability/absorbability ranges from 3-4% to 20-30%

Dismal, huh?

You already know that goDésana products are the Best of the Best – let me tell you why, in this case I consider goDésana Magnesium BeCalm to be so. . .

• The product is ionic in form – making it highly bio-available.

• The small particle size makes it easily taken up by the cells & blood stream so it doesn’t have to be processed and absorbed through the digestive system, which can often lead to big (not-so-fun) digestive upsets when other commercial magnesium supplements are used.

• NO animal products

• NO artificial sweeteners

• NO flavored fillers

• NO GMO

• NO gluten

• NO casein, soy or dairy.

I think you’ll agree – for a Master Mineral that’s responsible for so many bodily functions, and can make so much of a difference in your body, quality matters. You want the best of the best, right?

Here are more crucial health needs your body has for the best of the best magnesium supplementation:

• May reduce chances of heart disease and heart issues

• Address bleeding gums

• Raise DHEA, increase life-span

• Reduces bad breath and body odor

• Supports production, function, and transport of Insulin

• Activates enzymes that control digestion and absorption of proteins, fats & carbs.

• Supports absorption of calcium, prevents “calcification”

• Aids the heart muscle and ability to control valves.

• Neutralizes toxins from stress-induced adrenaline & cortisol
• Regulates potassium and sodium balance inside heart muscle cells.
• Prevents muscle spasms
• Calms myocardial infarction
• Helps the brain recover from trauma.
• Protects the brain from toxic chemicals
• Keeps Calcium balanced
• Reduces lactic acid from exercise, which causes post-exercise pain.
• Magnesium is used up during exercise – replaces magnesium loss
• Magnesium deficiency causes severe heart complications in healthy athletes
• Relaxes muscles
• Relieves tension and pain
• Eliminates muscular spasms
• Relaxes blood vessels
• Supports healthy blood sugar levels either in cases of diabetes or hypoglycemia
• Softens skin
• Can prevent headaches
• Can eliminate migraines
• Reduces stress and anxiety
• Deficiency can cause panic attacks
• Boosts production of serotonin - the “feel good” brain chemical.
• Supports adrenals
• Crucial detoxification of mercury and heavy metals

Pretty amazing that one simple nutrient can be such a powerful catalyst for so many health issues, right?

Here’s what I suggest:

Invest in yourself and order the pH Balance Foundation Pack.

It will save you $23 plus no shipping, which would be around $10-$12 or so. And with that savings, invest in an extra bottle of Magnesium BeCalm so you’ll have plenty on hand for you and your family. It’s only $40 per bottle.

Sound good?

Ready to uplevel your health & vitality?