



Magnesium Miracles

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Discover Miracle Products

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Introduction WHY MAGNESIUM?

Learning to deal with stress is essential for maintaining a healthy immune system and overall health. The more stress we experience, either physical or emotional, the more magnesium the body requires to function smoothly. A powerful choice for protecting your heart and mind from excessive and overwhelming stress is appropriate nutritional support. Researchers have found that several parts of the brain, as well as all major and minor biological processes, play a key role in fear and anxiety. The longer the body has to deal with excessive stressors, the more likely chemical imbalances will occur. We believe that one of the best strategies for stress relief is to keep your body suitably saturated with magnesium.

The most important aspect in magnesium saturation for anxiety is to use a form of magnesium that is non-laxative so you can take enough of it to make a difference in your health. This is one of the reasons we believe that transdermal magnesium provides the most effective method of delivery. It is easily absorbed, is not processed and lost in digestion and therefore you can use it excessively without a laxative effect.

Another vital aspect of successful magnesium saturation is to be a daily (or multiple times daily) user. It is important to commit to long term use in order to achieve your desired results. Magnesium is not a drug that will suppress your symptoms; it is a necessary nutrient that makes your body function properly. It is critical that we get enough magnesium into our system to ensure that all body processes are working properly, and to have adequate magnesium stored in reserve. Most people are operating on a magnesium deficit and restoring proper magnesium levels will not happen overnight. It may take days or even weeks (pending how deficient you are) before you notice that you are more relaxed and sleeping more deeply.

Magnesium is one of the most vital mineral nutrients available and requires replenishing daily. Words of wisdom from some of the leading experts:

- “Nothing short of a miracle mineral in its healing effect on a wide range of diseases, as well as its ability to rejuvenate the aging body.” **Walter last**
- “Magnesium is essential for the survival of our cells but takes on further importance now where our bodies are being bombarded on a daily basis with heavy metals and radiation.” **Dr Fisher**
- “Most doctors are wary of supplements that come with promises and miracle stories.

Fortunately, magnesium comes with scientific evidence that dwarfs the evidence presented for so many top-selling prescription drugs.” – **Dr Jay S Cohen MD**

Miracle Mist™



Magnesium Chloride Promotes:

- Deeper & longer sleep
- Relief from inflammatory discomforts
- Reduction in headaches
- Relief from muscle spasms and cramps
- Reduction in stress & anxiety
- Rescue Remedy for burns and injury
- Improved energy levels
- Less muscle damage & faster muscle recovery for athletes
- Fat burning

DO I NEED MORE MAGNESIUM?

Most people need more magnesium, due to soil erosion and water treatment it is now impossible to eat your way out of a magnesium deficiency. “Virtually every known disease is associated with magnesium deficiency, including asthma, hypertension, cancer, diabetes, migraine, allergies, myocardial (heart) and depression.” – **Dr Norman Shealy MD., Ph.D**

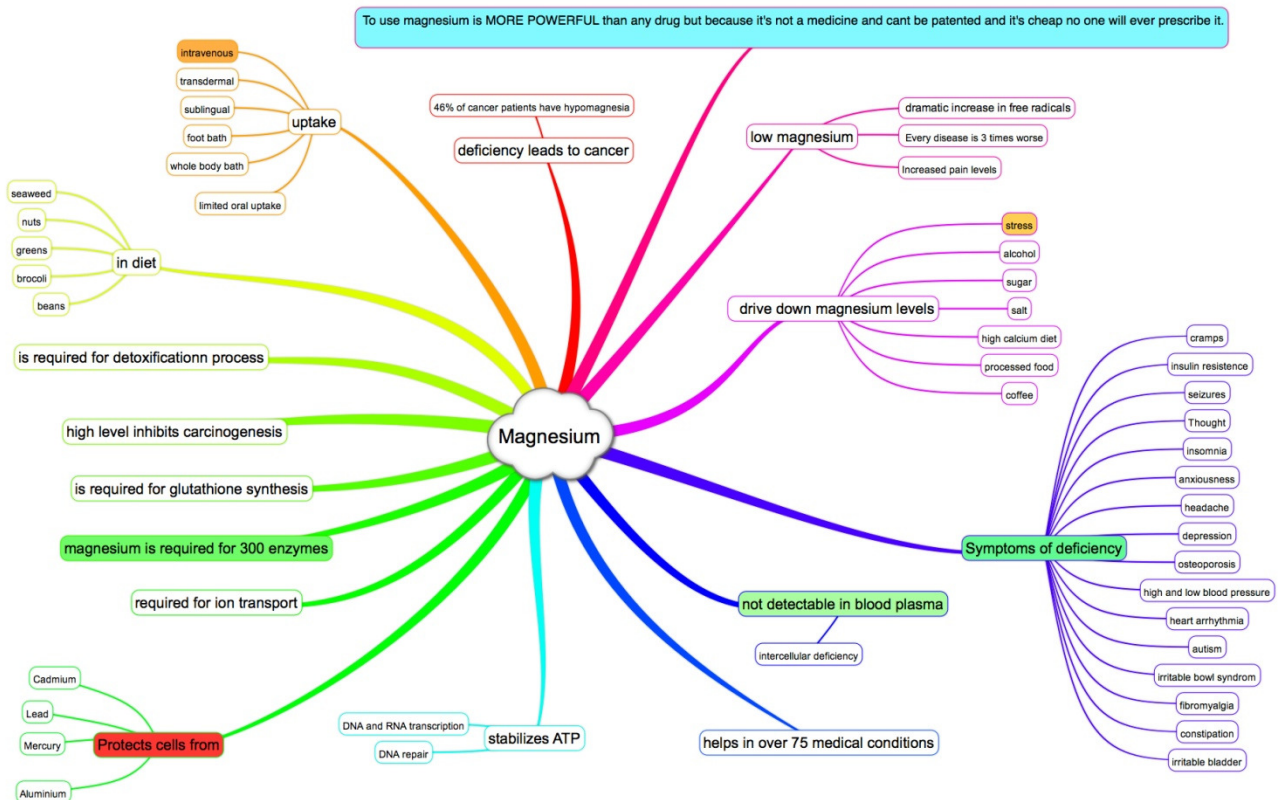
For anyone over 70, and for those taking care of elderly parents, this is an important message. According to extensive reports, about 70 to 80 percent of people over age 70 are not getting adequate daily magnesium. Considering the importance of magnesium in the organization and function of the immune system and bone health, this is a significant concern. In addition, prescription drugs deplete the body’s magnesium levels and those who use them are at risk.

Magnesium is a key component in hundreds of chemical reactions in the body. Without it, our bodies cannot create adequate amounts of energy (ATP) required for the immune system to function properly. It can be very difficult to source enough magnesium through the diet, especially for older adults who have problems chewing, swallowing, and digesting. Miracle Mist transdermal magnesium provides an easy solution!

WHAT IS ATP

Adenosine triphosphate, or ATP, is the body's main source of energy. There are thousands of mitochondria in each individual human cell, converting the nutrients you consume into usable energy. This energy is stored as ATP, an energy-carrying molecule that requires magnesium in order to transform it into its active and usable form by the body.

Magnesium is more than an essential nutrient when it comes to your energy-levels; it is a requirement.



Factors that deplete magnesium:

- stress, nervousness and anxiety
- heavy exercise
- eating wheat, flour, sugar and processed foods
- drinking alcohol, coffee, soda pop
- birth control pills
- taking prescription drugs or calcium supplements
- heavy metal toxicity
- fluoridated, chlorinated and softened water

Signs of magnesium deficiency include:

- constantly feeling tired, sleepless nights
- aches and pains
- inability to lose weight
- lacking concentration and poor memory
- trouble with fertility
- cannot cope with stress

WHAT IS MIRACLE MIST™ ?

Miracle Mist™ magnesium oil is a premium quality liquid concentration of raw magnesium flakes sourced from an ancient mineral deposit at the Dead Sea.



The Dead Sea is legendary for an extremely high content of salts and minerals that endow its waters. It is famous for its curative powers and therapeutic qualities recognized since the days of Herod the Great, more than 2000 years ago.

MIRACLE MIST™ provides a magnesium mineral matrix formula in ionic solution. Ingredients are carefully selected for quality, purity and potency to provide your body, skin and cells with essential core minerals. Our Dead Sea premium grade magnesium chloride is harvested by utilizing natural solar energy that evaporates the water, naturally concentrating the salt to a level much higher than you will typically find in other brands.

In addition, we use only pure distilled water as our base – NOT TAP WATER

PURE & FORTIFIED

MIRACLE MIST™ is fortified with pure distilled MSM crystal (methylsulfonylmethane) and a touch of boron.



Distilled &
pure MSM
Crystal

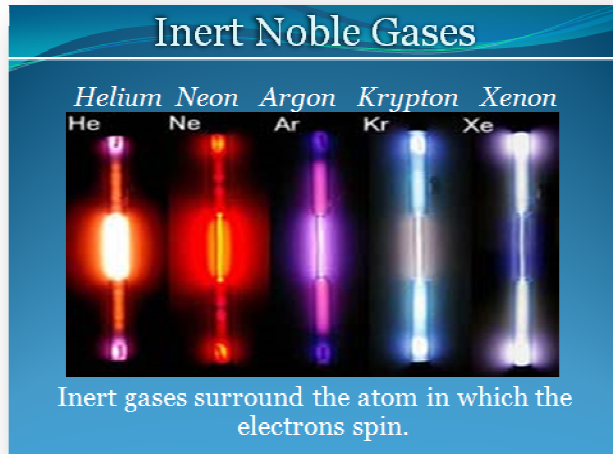


Pure Sodium
Tetraborate
(Boron).

MSM is an organic sulphur natural food supplement, essential for the health of all body systems; including younger looking skin, healthy hair and nails. It is critical to the formulation of connective tissue and widely used to alleviate inflammation and arthritic pain. MSM is also a powerful carrier that can open the cells to allow the magnesium to reach deeper tissues more quickly – so it is faster acting. The mineral boron is added to our formula because it provides the foundation that enables the body to hold and retain all minerals. This addition creates longer lasting benefits. Boron is also an essential trace mineral noted for its hormonal regulating factors, alkalizing benefits, decalcification of joints and so much more.

DYNAMICALLY ENHANCED

MIRACLE MIST™ is an amazing Dynamically Enhanced transdermal magnesium formula. Using a proprietary advanced technology, our Tesla Scalar Vortex generator, produces Infrared - Quantum Sound with a whole range of Solfeggio frequencies including 528 Hz & Inert Noble Gasses, each gas is known to provide specific information and beneficial resonant health effects. This energy provides the incredible benefit of strengthening DNA bonds and cleansing the blood, especially when carried into cells utilizing scalar enhanced supplements.



This proprietary process amplifies nutritional quality by generating molecular coherence and structure. Dynamic Enhancement results in ionic particles that increase bioavailability, is more effective and fast acting, while supporting the acceleration of repair at the deepest level of your cellular matrix. This process is revolutionary in the advancement of health products. This development has taken several years to perfect and produces an extraordinary result.

WHY WE USE 528HZ FREQUENCY FOR DYNAMIC ENHANCEMENT?

Just as with any form of nutrition, wholeness is the key. Presenting the body with the precise frequency required to achieve coherence is far more effective than delivery of a broad range of frequencies that are not specific to individual needs.



Biochemist Steve Chemiski found that the 6 sided clear clusters that support the DNA double helix vibrate at the specific frequency 528 Hz. Restoring DNA to its original, near-perfect state through resonance of the essential vibrational effect is followed by profound benefit: increased life force energy, clarity of mind, awareness, activation of creativity and ecstatic states like deep inner peace.

TRANSDERMAL - SKIN ABSORPTION Absorption through the skin (transdermal) is the fastest and safest way to increase magnesium levels. Most magnesium in oral supplements is lost through the digestive process, is often in a form that has poor bioavailability and can create a laxative effect before the body has even absorbed enough of it.

With transdermal application the body instantly absorbs what it requires.

Transdermal Absorption of Magnesium Works Better Than Oral Supplements

<p>Daily Body Requirement 450-500mg</p> <p>Average intake from food 200m</p>	<p>Oral Supplements Good For Daily Maintenance 100-200mg</p> <p>Transdermal Magnesium helps to rebuild body's magnesium reserves >500mg</p> <p>Skin Absorption As Per Needed</p>
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Transdermal Absorption Route

Transdermal has greater potency over oral because magnesium supplements can produce a laxative effect before the body has absorbed enough

Miracle Mist™ provides immediate benefits and is the quickest way to restore your magnesium levels.

RESCUE REMEDY

Not only is it amazing for fast pain relief, it is astounding for burns. Use immediately on burns to avoid blistering and pain. Apply repeatedly as needed.

For any injury the sooner Miracle Mist is applied the better the result. Apply immediately to an injury to help reduce inflammation and bruising. Apply repeatedly as needed.

Did you know that magnesium is essential for head injury to avoid brain swelling? I believe every mother with a toddler needs to have a bottle on hand! Magnesium chloride can also alleviate “growing pains” in children. It will sting on an open wound but magnesium is known as a wonderful antiseptic too.

CONDITIONS THAT MIRACLE MIST™ CAN ASSIST:

- relief of pain & swollen joints
- burning fats and carbohydrates
- better sleep & awaken feeling refreshed
- increasing happiness & wellbeing
- balancing hormones & increasing DHEA (anti-aging hormone)
- boosting energy & reducing fatigue
- relief of depression, anxiety & irritability
- prevention of heart disease & cancer
- detoxification & neutralization of toxins
- reverse signs of aging
- stronger bones, teeth & hair
- smoother softer skin & rid blemishes
- increase sexual energy & erectile function
- instant relief of muscle cramps & spasms
 - calms the central nervous system
- repair nerve damage & relieve sciatic pain
 - increase muscle tone & stamina
- improve digestion & absorption of nutrients
 - improve healing time from injuries
- boosting immune system & fight infections
 - reducing migraines & headaches
- lowering blood pressure & cholesterol
- regulation of insulin & blood sugar levels
 - relief from burns & injury
- increasing lifespan & quality of life

MIRACLE MIST™ HELPFUL HINTS

- Applying Miracle Mist onto a muscle cramp can provide instant relief.
- Massaging Miracle Mist into sore aching muscles and joints will often give quick relief from pain; including arthritic and fibromyalgia pain.
- Using a hot wet compress on top of the application enhances absorption.
- Use twice daily on wrinkled skin and you'll be amazed as your skin smoothes and the wrinkles fade away! Many have found that with regular application their age spots disappeared too.
- Rubbing Miracle Mist daily into scar tissue will often cause the tissue to return into normal tissue. Customers are also thrilled to discover that with twice daily application skin tags will eventually drop off.
- Regular spraying of Miracle Mist on sun-damaged skin will rejuvenate the skin.
- Rinsing your mouth with Miracle Mist in water can disinfect, freshen breath, improve gum tissue strength and whiten teeth too.

SUGGESTED AREAS OF APPLICATION

HEADACHE

base of skull, neck and carotid artery, under ears

SHOULDER

back of neck, arm pit, shoulder

ASTHMA

across the chest

BLOOD PRESSURE

along the entire spine

WRIST, ELBOW, FINGERS

to the areas of concern, back of neck, between shoulder blades

SCIATICA

coccyx, lower spine and along the nerve path

MUSCLE CRAMPS

directly to the area behind knees, calf muscles, soles of feet

ATHRITIS

generously to the areas of concern

DIFFICULTY SLEEPING

spine in the morning (relax central nervous system), behind knees and feet before bed

HYPERACTIVE CHILDREN

soles and top of feet

MIRACLE MIST™ QUESTIONS & ANSWERS

Q: Why is magnesium known as the Miracle Mineral?

A: Magnesium chloride is well known as the miracle mineral due to its healing effect on such an array of diseases as well as in its ability to rejuvenate the aging body. There are more than two hundred published clinical studies that document the body's requirement for magnesium and numerous examples of miraculous 'cures' from the use of this vital mineral. Magnesium deficiency has been scientifically identified as a critical factor in the onset of such a vast range of disease, from heart disease, diabetes, hypertension, inflammation and stroke, to Alzheimer's, autism, cancer and many more.

Q: Why is transdermal application important?

A: Transdermal application allows us to bypass the digestive system and go directly to where the body can utilize magnesium most by absorbing through our skin – the largest organ. Doctors have estimated that at least two-thirds of the population is magnesium deficient and according to Director International Medical Veritas Association, Dr. Mark Allan Sircus, “it is almost impossible to eat your way out of a magnesium deficiency” and it could take “over a year to get your magnesium levels back to normal with oral supplementation”. Miracle Mist can help reverse this deficiency because transdermal application can restore normal magnesium levels in the cells within as little as a month. In addition there is never an issue with taking too much as the body will only absorb what it needs.

Q: How does Miracle Mist relieve pain?

A: Magnesium is well known for relieving pains and sufferings caused by arthritis, rheumatism, psoriasis, eczema, angina, headache and the generalised bone aching once considered as “growing pains” in children. Straight away it relaxes muscles and tissues, increases circulation to flush away inflammation. In addition to skin rubs you may also use hot packs with cloths soaked in Miracle Mist. **RESCUE REMEDY:** I always invite people to consider Miracle Mist as a rescue remedy – if you bump, knock and bruise or burn yourself apply Miracle Mist immediately to avoid painful bruising & swelling, it can also take the sting out of burns and reduce or eliminate blistering. It is also effective as an antiseptic and alleviating the pain from an insect bite.

Q: I have high blood pressure can Miracle Mist relieve it?

A: All muscles, including the heart and blood vessels, contain more magnesium than calcium. If magnesium is deficient, calcium floods the smooth muscle cells of the blood vessels and results in higher blood pressure, arterial spasm, angina and heart attack. A proper balance of magnesium in relation to calcium can prevent these symptoms. We have found best results by applying Miracle Mist down the spine.

Q: Why do I get a 'burning' sensation when I spray it on?

A: If you feel a 'burning' or stinging sensation when first applying Miracle Mist it can be related to a few possible factors. It has been stated that if you have damaged skin or are significantly deficient in this essential mineral, the greater the reaction. This is normal and generally subsides, however if you feel uncomfortable, leave the magnesium on for as long as possible or at least 30 minutes and then shower or wash off.

Alternately:

Option 1: Apply to your feet (thickest skin) twice daily for 1 week to raise magnesium levels in the body. After one week you will be able to apply anywhere on the body without the burning sensation.

Option 2: You can dilute Miracle Mist up to 50% with distilled, filtered or spring water. Over time, with regular use, the magnesium will heal the skin tissues, stinging will subside, and you can begin to use the product at full concentration.

Option 3: Many people with sensitive skin find that the Miracle Mist Lotion is more gentle because it is in an apricot kernel oil & Shea Butter base. This has become my personal favourite, as it is fast absorbing, soothing and provides a wonderful moisturizing effect while still providing a therapeutic level of magnesium & MSM.

Q: Can Miracle Mist help with weight loss?

A: Magnesium is an essential in forming your adenosine triphosphate (ATP), the energy on which our bodies run; additionally the secretion and action of insulin require magnesium. Magnesium also helps the body digest, absorb and utilize proteins, fats and carbohydrates. So, it is not surprising that many people report weight loss once their magnesium levels begin to normalise.

Q: How does Miracle Mist calm the nervous system and relieve headaches?

A: It is well understood that magnesium is vital for the health of the brain and nervous system. Magnesium has a calming effect on the nervous system and it is frequently used to promote good sleep. But more importantly, it can be used to calm irritated and over-excited

nerves. Because of its strong relaxing effect, magnesium helps not only to have a better sleep but is also useful in overcoming headaches and migraines. It really is the feel good mineral.

Q: How does Miracle Mist magnesium oil help fight infection?

A: During World War 1, Dr Pierre Delbet was searching for a solution that could cleanse wounds but not damage tissue as traditional antiseptics did. In 1915 he found that magnesium chloride not only worked as an antiseptic, but was also harmless to body tissue. He was successful in reversing infections and avoiding amputations for the soldiers.

Q: How does Miracle Mist relieve depression?

A: Richard H. Cox, Ph.D., C. Norman Shealy, M.D., Ph.D. Roger K. Cady, M.D., Diane Veehoff, R.N., M.S.W., Ph.D., Mariann Burnett Awell, Psy.D., Rita Houston, L.P.N.

Abstract: Magnesium levels were tested in a total of 457 patients suffering either chronic primary depression or chronic pain with depression. The magnesium load or tolerance test is considerably more reliable than serum, red blood cell, whole blood, or white blood cell magnesium levels. Virtually all significantly depressed patients are deficient in magnesium. Clinicians should consider the potential of therapeutic benefit from magnesium replacement therapy in chronic depression. Although magnesium deficiency has been reported in depression, this association is not widely recognized.

Q: I have serious sciatica – can Miracle Mist help?

A: Massaging Miracle Mist into areas affected by neuralgia (sciatic pain etc) can be very effective in relieving the pain and discomfort. Regular application can help repair nerve damage. Most doctors are not aware that magnesium chloride has been proven to regenerate nerves. Medical evidence from Department of Neurosurgery in Taiwan shows that magnesium can repair nerve damage.

Abstract: Magnesium (Mg) supplements have been shown to significantly improve functional recovery in various neurological disorders. First, a high Mg diet significantly increased plasma and nerve tissue Mg concentrations. In addition, Mg supplementation improved neurobehavioral, electrophysiological functions, enhanced regeneration marker, and reduced deposits of inflammatory cells as well as expression of inflammatory cytokines. The conclusion: Magnesium supplement promotes sciatic nerve regeneration and down-regulates inflammatory response.

Q: I have insomnia can Miracle Mist help?

A: Magnesium helps regulate melatonin, a hormone that's essential for normal sleep cycles. Charles Poliquin, a Canadian strength coach who has trained a range of Olympic athletes, explains that most individuals he tests show up as magnesium-deficient. He notes that hard training and stress increase the rate at which the body uses up magnesium reserves. Poliquin identifies that magnesium deficiency remains one of the most common causes of poor sleeping patterns.

Dr. Mark Allan Sircus states, "Magnesium is a crucial factor in the natural self-cleansing and detoxification responses of the body and it *certainly helps people sleep better than any pharmaceutical*. Nothing will de-stress one's cells faster than raising one's cellular magnesium levels."

Q: How long will Miracle Mist stay fresh once opened?

A: There is no expiry to the shelf life of Miracle Mist Spray; magnesium chloride does not deteriorate with time, in fact it is a natural preservative. Additionally, all Miracle Products have all been stabilised with a pure scalar vortex device using "Miracle" 528 Hz frequency for enhanced durability and superior performance. Miracle Mist Lotion has a "Best Before" date stamp as the natural cream base will alter consistency over an extended period of time.

Q: I heard that I could use Miracle Mist for radiation detox – is this true?

A: According to Austrian physician Dr. Leslie Fisher, who has conducted research within his own clinics and the Department of Psychiatry, Austin Hospital, Melbourne; magnesium protects cells from aluminium, mercury, lead, cadmium, beryllium and nickel, which explains why re-mineralization is so essential for heavy metal detoxification and chelation as well as radiation protection. Magnesium is essential for the survival of our cells but takes on further importance now where our bodies are being bombarded on a daily basis with heavy metals and radiation. Without sufficient magnesium, the body accumulates toxins and acid residues, degenerates rapidly, and ages prematurely.

Q: Can Miracle Mist magnesium whiten teeth?

A: Our personal experience has shown a dramatic increase in the whitening of teeth and repair of receding gum line! Use either full strength or slightly diluted in distilled or spring water. According to Dr. Sircus it is magnesium, not calcium that helps form hard tooth enamel, resistant to decay. He further states, "Magnesium chloride is the ultimate medicinal

mouthwash and is highly recommended for periodontal disease and for strengthening the teeth.”

Q: I love the Miracle Oils and have noticed a tremendous increase in energy since I started using the Miracle Mist mag – but I am breaking out in a rash of little blisters under my breasts and in my armpits. Is this a detox reaction?

A: It has been our experience that the people who are the most deficient in magnesium are also more likely to have the sort of reaction that you are describing. This is a detox response as your body is attempting to cleanse. I believe that this reaction under the breasts can relate to wearing bras that impede proper circulation, resulting in toxic build-up in the lymphatic system. There are options available to you. You could dilute the Miracle Mist even as much as 50/50 with either distilled or spring water. If you still continue to have a reaction, consider applying to your feet, morning and night to increase your magnesium levels this way.

Q: My sister told me that Miracle Mist could help with Autism, is this correct?

A: Based on the following information it seems obvious that magnesium deficiency is a significant factor in autism, ADD and ADHD. From the article: *The effect of Magnesium Deficiency on Brain Function: Autism Spectrum Disorder, Neurology, Genetics and Remedial Solutions* - Robin Burn

Published information suggests that a Magnesium deficiency in the electrolyte serum, resulting from a magnesium deficient diet, or a diet high in sugar, salt, and saturated fats, can have an effect on neural efficiency- neuronal homeostasis-, leading to conditions on the Autism Spectrum Disorder. In their publication, echoing the implications of magnesium deficiency of Hartwig, adding that using positive emission topography as observed by Zilbovicius et al on primary autistic children, revealing a significant decrease in cerebral blood flow localised at the temporal lobes level, taken together the fact that Magnesium was shown to increase blood pressure, Mousain-Bosc et al (2006) hypothesized that intercellular magnesium depletion could be responsible for some central activity disorders observed in autistic children. Additional studies done by researchers in Poland (Starobrat-Hermelin 1997) revealed that 95% of children diagnosed with ADHD are seriously magnesium deficient, and with oral supplementation of magnesium for six months, the symptoms were significantly reduced.

Consider that these doctors used oral supplementation, and it is now known that transdermal application is far more effective and provides quicker results. Miracle Mist is now being

used successfully by parents to assist children diagnosed with Autism, ADD and ADHD by addressing their magnesium deficiency, soothing nerves and anxiety.

Q: Does Miracle Mist protect against heavy metal poisoning?

A: Magnesium protects cells from aluminium, mercury, lead, cadmium, beryllium and nickel.

"Every known illness is associated with a magnesium deficiency," and further states, "magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient." - Dr Shealy

MAGNESIUM CHLORIDE VS. EPSOM SALT

We are often asked to compare magnesium chloride to Epsom salt. Epsom salt baths tend to dehydrate skin and can leave it feeling dry and even itchy; whereas magnesium chloride is ideal for skin care!



Magnesium Chloride (MgCl₂)

Magnesium Sulphate (MgSO₄)

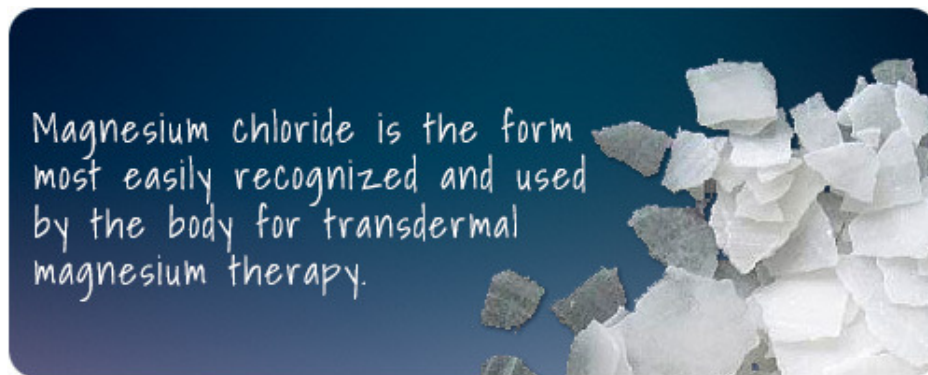
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Even more importantly, testing shows that magnesium chloride is better absorbed and retained by cells than Epsom salt (magnesium sulphate).

Magnesium Chloride holds alkalinity in the body up to 3 times longer than Epsom Salt.

This would explain in part why the effects from Epsom Salt baths do not last long and why you need less Magnesium Chloride in a bath than Magnesium Sulphate (Epsom salt) to get better results.

According to Daniel Reid, author of The Tao of Detox, Epsom salt is rapidly excreted through the kidneys and therefore difficult to assimilate.



DO YOU WANT YOUNGER SMOOTHER LOOKING SKIN?

Using Miracle Mist daily leaves the skin silky smooth and well hydrated. It is also known to assist the rejuvenation of sun damaged skin and promoting youthful glowing skin. In addition, many people have reported vanishing of stretch marks and cellulite. Regular foot massage ensures that your heels don't build up with hard cracked skin.



For the rapid relief of stress, muscle pain, cramps, fatigue, and insomnia, also to relax and balance the nervous system, enjoy Miracle Mist today!

The magnesium chloride used in MIRACLE MIST™ has been analysed in an Australian lab and shown to be compliant to Food Codex specifications. Please note: Although our magnesium is compliant to Food Codex specifications it is not sold for food use, but for cosmetic use.



Enjoy Your Magnesium Miracles Everyone!

<https://miracleproducts.shop/>

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