

COLLOIDAL MAGNESIUM

Magnesium is essential for many metabolic processes - especially in maintaining correct levels of sodium, potassium and calcium in the body. Magnesium is an important nutrient for the cardiovascular system, heart muscle function and muscle contraction. It is involved in about 300 biochemical processes in the body and is important for body temperature regulation, bone strength, dilation of blood vessels, and in the production of energy. In addition, it helps reduce the risk of forming kidney stones, as it is directly involved in helping the body utilise calcium from dietary sources. It is involved in muscle contraction and is important for nerve function and protein, carbohydrate and fat synthesis.

It is directly involved in many of our bodily functions and processes. A magnesium deficiency may contribute to developing osteoporosis, as it is needed for the absorption of calcium- along with vitamin D, potassium and boron. It is one of the three minerals in Australia that is deficient in our soils, If our soil is deficient in a mineral, the food grown with it will also be. Magnesium ions are essential to all living cells and are the 11th most abundant element by mass in the human body. Magnesium is needed by the body.

A magnesium mineral deficiency may cause the following symptoms:

Nervous anxiety	Sleeplessness	Cluster headaches
Depression	Back pain	Attention deficit disorder [ADD]
Constipation	Hyperactivity	Twitching
Headaches	Migraines	Muscle weakness, cramps and spasms (this one is a definite sign of a magnesium deficiency)
Kidney stones	Crohn's Disease	Adrenal exhaustion/chronic fatigue syndrome
Osteoporosis	High blood pressure	
Diabetes	Premenstrual Syndrome	
Hypoglycaemia	Stiff and aching muscles	

Cravings for chocolate and caffeine (which also causes the body to lose more magnesium).

It greatly increases the transport and bio-availability of other nutrients obtained from foods and helps attract toxins and heavy metals from the body and "flush" them out. (Clinical tests conducted in the U.S and Germany verifies this.)

Many orthodox medications render people magnesium deficient, including HRT and the Oral Contraceptive Pill as well as the fallacy of not using good quality salt. Using magnesium externally can be extremely useful applied directly to the affected area for muscle pain, cramps, workouts and sports before and after.

Magnesium is a component of chlorophyll and therefore found in all green leafy vegetables. Beans, legumes and peas, nuts (especially almonds and cashews) and seeds, broccoli, buckwheat and whole grains. Magnesium is absorbed from these foods via the small intestine. If the small intestine is not functioning correctly as is the case in most people now-days, it is not absorbed.

How to take Colloidal Iron

5ml per day or as recommended

Colloidal-Magnesium is rapidly absorbed orally and the most effective way magnesium can be taken. Within seconds the colloidal particle is absorbed by the blood stream and is in your cells. Many magnesium tablet and powder supplements have been produced synthetically and the body would be unlikely to absorb even 30% of what is being ingested -that's if your liver is functioning well, if it is not then the percentage is less and the already overloaded liver would have to work even harder to break it down. Colloidal supplements simply give immediate results. Magnesium is a great muscle relaxant and therefore stress relief comes with the correct balance.

Please note the following: The information contained in this handout is not to be considered as medical advice, diagnosis or prescriptive in any manner whatsoever. Always seek the advice of your medical professional.