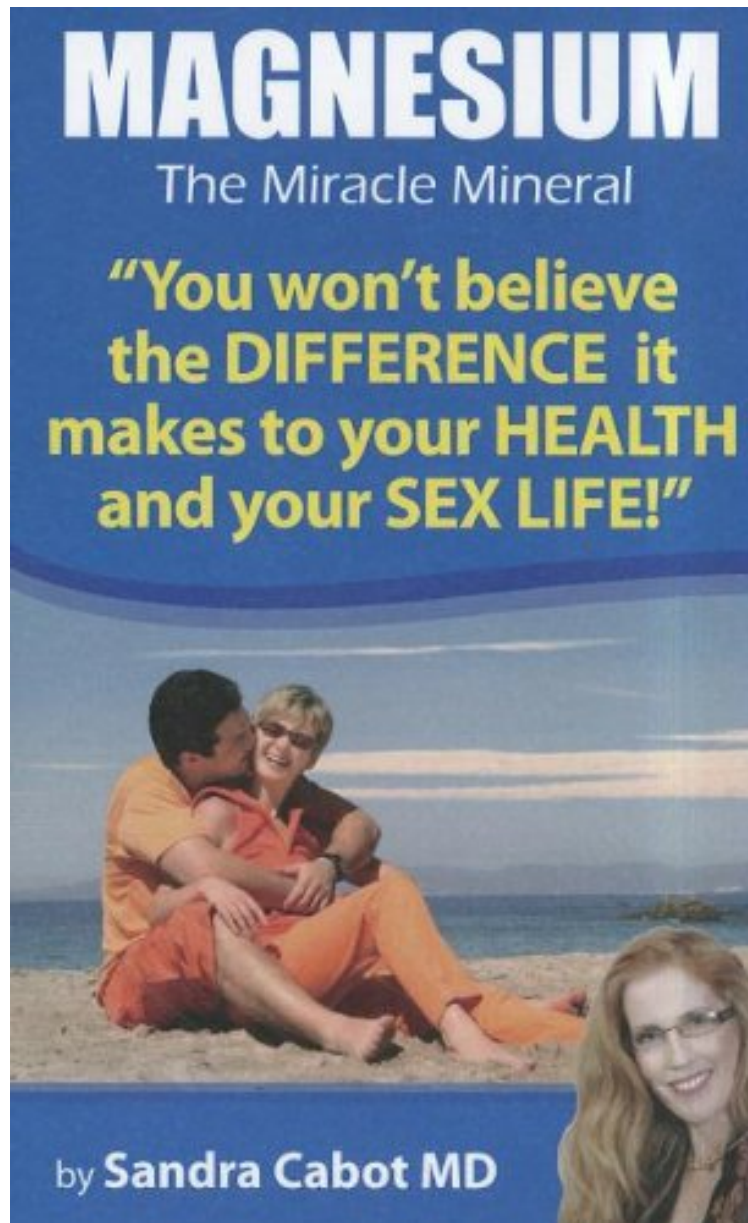


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Magnesium: The Miracle Mineral

Sandra Cabot

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#2277909 in Books Sandra Cabot 2004-01-01 Original language: English PDF # 1 8.00 x .40 x 5.201, .30 #File Name: 098293364996 pages Magnesium The Miracle Mineral | File size: 60.Mb

Sandra Cabot : Magnesium: The Miracle Mineral before purchasing it in order to gauge whether or not it would be worth my time, and all praised Magnesium: The Miracle Mineral:

6 of 6 people found the following review helpful. saved my life! By The Awakenor excellent book it's hard to find information of what the miracle of magnesium do for your body. I feel like I've gained back 20 years into my life

taking elemental magnesium. I used to have prehypertensive blood pressure, after taking the elemental magnesium my blood pressure went down to 120 over 80 within a week. I used to wake up stiff now I wake up fluid. I have an incredible energy and vigor back into my life. 2 of 2 people found the following review helpful. I was amazed at how much our bodies need magnesium. By J. Lund I bought this book after someone told me I probably was in a magnesium deficit. I was amazed at how much our bodies need magnesium. It affects many of our bodily functions. This book explains all in an easy to understand way. 3 of 3 people found the following review helpful. An informative and easy-read book. By Joy H from NZ Never thought I would be able to read a whole book on a topic such as this, but I found it to be incredibly informative and easy to read. Something I will refer to over and over through time, as well as recommend to friends to read. Especially to friends who I can see would benefit tremendously from adding in Magnesium to their diets (sufferers of fibromyalgia, depression and anxiety). I have started taking magnesium and the biggest or most noticeable effect is that I found that I'm a lot more relaxed, I don't seem to "sweat the small stuff" as much as I normally would! :)

You won't believe the difference that magnesium will make in your health and your sex life.

About the Author Dr. Sandra Cabot is a medical doctor with extensive clinical experience; she treats patients with hormonal imbalances, chronic diseases, and weight problems. She began studying nutritional medicine while she was a medical student and has been a pioneer in the area of holistic healing. She graduated in medicine with honors from the University of Adelaide, South Australia, in 1975. She worked as a volunteer in the largest missionary Christian hospital in India, tending to the poor indigenous women.