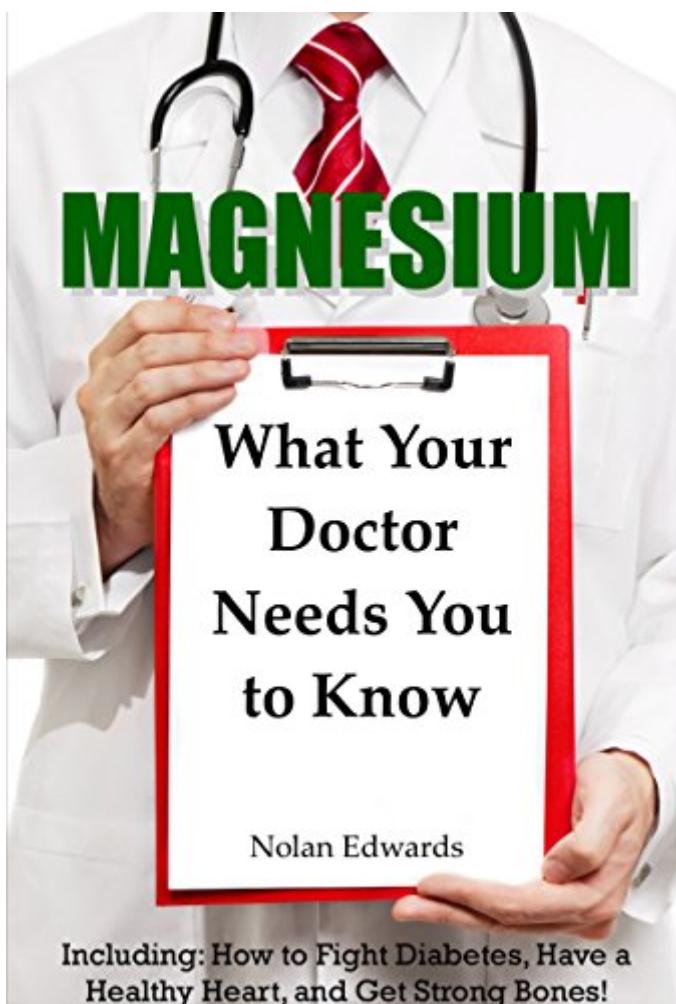


The book was found

# **Magnesium: What Your Doctor Needs You To Know: Including: How To Fight Diabetes, Have A Healthy Heart, And Get Strong Bones!**



## **Synopsis**

NEWLY REVISED EDITION!\*NEW\* BONUS CHAPTER NOW INCLUDED!Do you struggle with irritability? Headaches? Inability to sleep or insomnia? Osteoporosis? Diabetes? Hyperglycemia? Hypoglycemia? Your thyroid? Spasms or muscle soreness? A high level of stress? Sensitivity to noise? Difficulty in concentrating? Kidney stones? Gut disorder? Constipation? Lack of appetite? Hypertension? High blood pressure? Nerve dysfunction? Joint pain? Epilepsy? PCOS? Painful PMS? Memory loss? Depression? Chances are you are one of MILLIONS who suffer from one or more of these conditions. In today's world, more than 80% of people have a deficiency in magnesium, almost all of which are misdiagnosed. Magnesium deficiency can cause a number of unpleasant side effects and impact your feelings of overall well-being as it is an imperative mineral that affects your nervous system. To cope with daily life, we actively decrease the mineral density in our bodies as a way to boost our nervous system. Learn the detailed explanation of the causes, effects and remedies to many physical and mental disorders that all find their root in magnesium. So, do you have enough magnesium? Do you know how much you actually require during different phases of your life? Find out for yourself by reading this informational book!Chapter 1: IntroductionChapter 2: Magnesium and Your BloodChapter 3: Magnesium and InsulinChapter 4: Magnesium and Your EnergyChapter 5: Magnesium and HormonesChapter 6: Magnesium and MusclesChapter 7: Magnesium and NervesChapter 8: Magnesium and BonesChapter 9: List of Common Disorders Associated with MagnesiumChapter 10: Magnesium and Your DietNEW BONUS CHAPTERBibliographyScroll up to the top and click: Buy Now!

## **Book Information**

File Size: 2273 KB

Print Length: 76 pages

Page Numbers Source ISBN: 1511790857

Publication Date: April 13, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00W382GCM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #41,047 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7  
inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins  
#8 inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins &  
Supplements #10 inÃ  Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic >  
Holistic Medicine

## **Customer Reviews**

This book was a pleasant and educational surprise. I have been a medical professional for over 4 decades, following 6 years of medical education in college and then OJT education. However, I learned much from this book about magnesium, things never touched upon in my professional life. I appreciate the author putting this information together in this book and providing references. Useable, important information that deserves more attention. I will be altering my magnesium supplement type and dosage since reading this book with the expectation that some symptoms will diminish and or disappear.

This is the second, and by far the lesser, of the books I have read on magnesium and the role it plays in a person's health. While there is some good information, the book is very brief and contains no details on many of the claims. In addition, the book could use a good proof reader and editor. Save your money and buy one of the other, much more comprehensive books about magnesium available.

My Dr recommended taking magnesium because I take GERD medicine. I learned a lot reading your book. I noticed changes in my bodies energy levels. Thanks for the informative book.

Worthless.

Enjoyed finding out that there is not just one form of Magnesium. At the drug stores. They took me to the salts. No Not those! They didn't know there was multiple forms of magnesium. Of course here there is only one.....

Wonderful Seller; Will order from again :0)

Very well written, very understandable. I ordered Magnesium Chelate after finishing the book.

Well not bad book but it lacks couple things: like working mechanism and more examples for therapy. Also with insulin and magnesium dont get it how insulin can transport magnesium from blood to cells was searching on internet but I haven't found out anything about that

ÃƒÂ  Ã„ÃœÃ  ^

[Download to continue reading...](#)

Magnesium: What Your Doctor Needs You To Know: Including: How to Fight Diabetes, Have a Healthy Heart, and Get Strong Bones! Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Cure diabetes : Diabetic

No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for LifeÃ¢â€šâ€œ Naturally Diabetes de la A a la Z (Diabetes A to Z): Lo que necesita saber sobre la diabetes &#151; en terminos simples (What You Need to Know about Diabetes &#151; Simply Put) (Spanish Edition) Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)