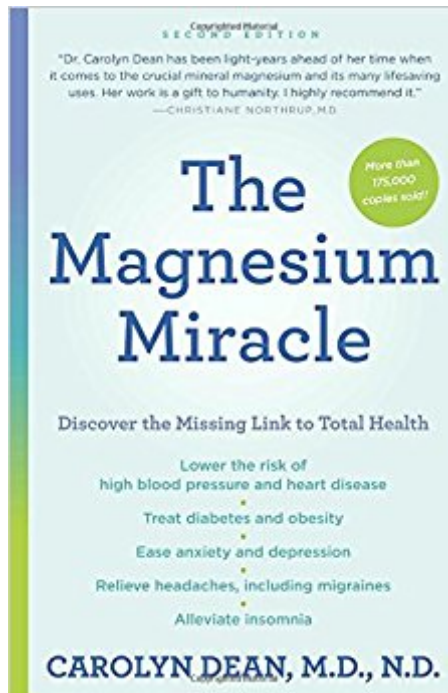




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The Magnesium Miracle (Second Edition)



Synopsis

Now updated with 30 percent new material, the only comprehensive guide to one of the most essential but often-overlooked minerals, magnesium—which guards against and helps to alleviate heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. Magnesium is an essential nutrient, indispensable to your health and well-being. By adding this mineral to your diet, you are guarding against—and helping to alleviate—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But despite magnesium's numerous benefits, many Americans remain dangerously deficient. Updated and revised throughout with the latest research, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover new findings about the essential role of magnesium in lowering cholesterol, improved methods for increasing magnesium intake and absorption rate, how calcium can increase the risk of heart disease, and how magnesium can lower it, a magnesium-rich eating plan as delicious as it is healthy, information on the link between magnesium and obesity, vitamins and minerals that work with magnesium to treat specific ailments, why paleo, raw food, and green juice diets can lead to magnesium deficiency. The Magnesium Miracle, now more than ever, is the ultimate guide to a mineral that is truly miraculous. Praise for The Magnesium Miracle

“Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it.”

—Christiane Northrup, M.D.

“Throughout this volume and with utmost clarity, Dr. Carolyn Dean presents invaluable recommendations based on the latest magnesium research. Virtually every American can benefit.”

—Paul Pitchford, author of *Healing with Whole Foods*

“Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life.”

—Stephen T. Sinatra, M.D., author of *The Sinatra Solution: Metabolic Cardiology*

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“Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it.”
•Christiane Northrup, M.D.
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“Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life.”
•Stephen T. Sinatra, M.D., author of *The Sinatra Solution: Metabolic Cardiology*

Carolyn Dean, M.D., N.D., is a medical doctor and naturopathic doctor on the cutting edge of the natural medicine revolution since 1979. She holds a medical license in California and is a graduate of the Ontario Naturopathic College and a former board member of the Canadian College of Naturopathic Medicine. Dr. Dean is the author of thirty-three health books and more than one hundred ebooks, including *Atrial Fibrillation: Remineralize Your Heart*, *Invisible Minerals Parts I & II*, *Death by Modern Medicine*, *IBS for Dummies*, *Future Health Now Encyclopedia*, and *Hormone Balance*. Dr. Dean has written nearly a thousand articles and given interviews in various print and online health magazines, radio, and television. She has a weekly radio show, an online blog, and a two-year online wellness program called *Completement Now!* Dr. Dean is on the medical advisory board of the nonprofit educational site *Nutritional Magnesium Association*. Her magnesium outreach has won her an award from the Heart Rhythm Society in the U.K. for Outstanding Medical Contribution to Cardiac Rhythm Management.

Dr Dean knows her Magnesium. I couldn't put the book down. Very good information and you she is an expert in her field. I loved it!

Excellent book. Everyone should read it.

Great book, informative. Magnesium is SO IMPORTANT and the majority of people are deficient and are unaware of the deficiency as doctors just prescribe more medications without knowing or caring that most drugs deplete magnesium, causing complex problems that doctors treat with additional drugs. This book answered ALL of my questions concerning prescribed medications and the damaging side effects caused by them.

great book

Not impressed with this book. The author is busy tooting her own horn and using this second edition as marketing hype for supplements in which she has a financial stake . I wasted my money.

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