



The Magnesium Miracle (Paperback)

By Carolyn Dean

Random House USA Inc, United States, 2007. Paperback. Condition: New. Updated ed.. Language: English . Brand New Book. REVISED AND UPDATED 2014 EDITION 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, featuring an all-new Introduction, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover - newly available magnesium supplements that the body absorbs more efficiently - 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 - recent breakthroughs in magnesium s medical and public perception The Magnesium Miracle, now more than ever, is the ultimate guide to a mineral that is truly...



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