



## The Magnesium Miracle (Second Edition) (Paperback)

By Carolyn Dean

Ballantine Books, 2017. Paperback. Condition: New. Language: English . Brand New Book. 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...



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