



GO Be-Calm Magnesium



Every single cell in the human body demands adequate magnesium to function, or it will perish. Strong bones and teeth, balanced hormones, a healthy nervous and cardiovascular system, well-functioning detoxification pathways and much more depend upon cellular magnesium sufficiency. Soft tissue containing the highest concentrations of magnesium in the body includes the brain and the heart - two organs that produce a large amount of electrical activity, and which can be especially vulnerable to magnesium insufficiency.

Magnesium - the "Miracle Molecule"

A deficiency in this critical nutrient makes you twice as likely to die as other people, according to a study published in *The Journal of Intensive Care Medicine*. It also accounts for a long list of symptoms and diseases - which are easily helped and often cured by adding this nutrient.

Yet up to half of Americans are deficient in this nutrient and don't know it.

It is an antidote to stress and is considered one of the most powerful relaxation minerals available. It can help improve your sleep as well.

Think of magnesium as the relaxation mineral. Anything that is tight, irritable, crampy and stiff - whether it's a body part or even a mood - is a sign of magnesium deficiency.

This critical mineral is actually responsible for over 300 enzyme reactions, and is found in all of your tissues - but mainly in your bones, muscles, and brain. You must have it for your cells to make energy, for many different chemical pumps to work, to stabilize membranes and to help muscles relax.

That is why the list of conditions related to magnesium deficiency is so long. In fact, there are over 3,500 medical references on magnesium deficiency! Magnesium deficiency has even been linked to inflammation in the body and higher CRP levels.



Magnesium Deficiency

Anxiety and Panic Attacks

Asthma

Blood Clots

Bowel Disease

Cystitis

Depression

Detoxification

Diabetes

Fatigue

Heart Disease

Hypertension

Hypoglycemia

Insomnia

Kidney Disease

Liver Disease Leading to Liver Failure

Migraines

Musculoskeletal Conditions

Nerve Problems

Obstetrics and Gynecology

Osteoporosis

Raynaud's Syndrome

Tooth Decay