

THE MAGNESIUM SOLUTION

by Jane B. Todaro

(This article has not appeared elsewhere.)

Do you suffer from chronic leg pain, constant tightness throughout the muscles of your body, and/or agonizing restless leg syndrome?

If you do, you're not alone. Probably millions of people in the industrialized world do. For decades, I did. I had also developed severe stiffness in my lower back, and, for several months, seemingly inexplicable pain on the bottoms of my feet. If you, too, are plagued with any of these maladies, chances are great you're suffering from a severe magnesium deficiency, as I was. Try as you might telling doctors about your symptoms, you'll probably get no real help. Unfortunately, most doctors are not well educated in the health impact of mineral deficiency and, if they don't ignore your complaints entirely, will simply write prescriptions for something as basic as a lack of magnesium.

What exactly *is* magnesium? It's a trace mineral of vital importance to human health. Some researchers even think it is the single most important mineral in the human body. Magnesium is involved in at least 325 enzymatic actions of the body. The highest concentrations of magnesium are found in the heart and brain. Our very thoughts are dependent upon magnesium. Magnesium deficiency has been linked to most major maladies of the day, including cancer, cardiovascular disease and heart attack, stroke, high blood pressure, Alzheimer's disease, Parkinson's disease, diabetes, osteoporosis, alcoholism, irritable bowel syndrome, metabolic syndrome, lyme disease, PMS, menstrual pain, menopausal symptoms, and even the eye disease keratoconus.

Calcium has received infinitely more attention as a vital mineral and a daily supplement than has magnesium, but it's *magnesium* that most people are lacking. Calcium is the mineral at work in muscle contraction; magnesium is the mineral necessary for muscle relaxation. Both are necessary for the contraction-relaxation phase to occur. Calcium needs magnesium to work effectively. Without adequate magnesium, uncontrolled contraction, or muscle spasming, occurs, the process at work in painful muscle tension and restless leg syndrome. Without magnesium to keep calcium in check, overcalcification, which is the cause of, or at least linked to, many diseases, often results. Without sufficient magnesium, nerve cells cannot give or receive messages, leading to nervousness, irritability, and the inability to relax. Research has even shown that magnesium is more important than calcium in preventing bone loss. Blood tests for magnesium are useless, as only one percent of the body's magnesium is found in the blood. And, unlike other minerals and nutrients, magnesium is not stored in the body. That's why you need a constant, daily supply. And vigorous exercisers are more at risk for magnesium deficiency, as exercise uses up magnesium.

Why is it that in this day and age in this country most people are lacking in this basic, vital mineral? Although food processing and preparation account for some of the problem, the big reason is modern-day agricultural practices. For most of the last century, farmland in this country has been drastically overworked. Crops have not been rotated properly, and thus minerals, including magnesium, have been depleted from our soil. The problem has been further aggravated by the use of fertilizers lacking magnesium but heavy with potassium and phosphorous, inhibiting plants' ability to uptake what little magnesium may be left in the ground. Even eating organically grown fruits and vegetables doesn't guarantee getting adequate amounts of magnesium. Our water supply is also depleted of magnesium because of modern filtration processing. And oral magnesium supplements, unfortunately, are very poorly absorbed by the body and often contain unhealthy contaminants.

What to do? The answer I found is magnesium oil, which isn't really an oil at all, but rather a supersaturated magnesium chloride solution in a water base. It's either sprayed onto the skin or sprayed into a cupped hand and rubbed into the skin. The transdermal solution is extremely well absorbed by the body and, as long as the user isn't suffering from conditions such as kidney failure, myasthenia gravis, or an extremely low heart rate, is very safe to use, producing no side effects other than tingling or fleeting irritation.

Magnesium oil can easily be obtained from various Internet websites. It's usually advised that you rub the oil into your arms and legs, but it can be rubbed just about anywhere on the body, with care to avoid the eyes, as well as other sensitive areas. Using it twice a day on the limbs, as well as a daily footbath, is recommended for an initial load-up regimen. After that, usually one treatment a day is enough.

I experienced an enormous reduction in my severe muscle pain and restless leg syndrome the evening of the first day I used the magnesium chloride solution. Within the first week of using it, the difference I felt throughout my body when magnesium allowed my muscles to relax and nerves to function properly was nothing short of amazing. I no longer felt as though I were locked in a box within my own body. The pain on the bottoms of my feet immediately lessened dramatically, and then disappeared entirely, as did the stiffness in my lower back. The oil I found on the Internet in September 2009 just may well be the solution, so to speak, that millions of us have needed to obtain relief from our unrelenting pain and tension, as well as possible protection against a great many diseases. It seems what we were looking for could best be described as simply the miracle of magnesium.

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