



# **Magnesium - The Miraculous Mineral of Calm - Why a "boring" mineral is suddenly hot property for soothing bodies and calming minds**

*James Lee*

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**Bonus edition - Part 1 of James Lee's best-selling anti-aging book, The Methuselah Project and Part 1 of Lee's brand new book Better Living through Neurochemistry, included as a special free bonus!**

**What do high blood pressure, insomnia, anxiety, tension-type headaches, high cholesterol, insulin resistance, heart arrhythmia, inflammation, osteoporosis, oxidative stress, PMS and restless legs syndrome all have in common?**

*Yes, you guessed it - they all respond to treatment with magnesium therapy.*

Magnesium (as either magnesium citrate or magnesium oil in the form of magnesium chloride) is one of the main substances that has James Lee (Author of "Brain 2.0") excited.

The problem is that magnesium is required for more than 300 biological processes yet a large proportion of the western world is deficient.

Some of the symptoms of magnesium deficiency include - anxiety, restless leg syndrome (RLS), sleep disorders, abnormal heart rhythms, blood pressure abnormalities, muscle spasms, weakness and insomnia. Does this sound familiar?

**In the latest edition of his quick guides to certain promising natural therapies, James Lee looks at everything you need to know regarding magnesium therapy including -**

- What is magnesium and why is it so important for me?
- What are the effects of magnesium in my body and brain?
- What happens when I'm deficient?
- Should I focus on oral supplements (tablets and capsules) or transdermal magnesium therapy (absorbed through the skin)?

- What is the best magnesium supplement available?

\* Please note, if you have a broader interest in the topic of brain health or natural treatments for anxiety and depression, you could alternatively consider Lee's other books "Chill Pills & Mood Food" and "Hack your Brain", which include this guide and much more...

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