

## AGEING ISSUES – DATA SHEET

***The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.***

- With the advancing years, aches and pains together with other health & welfare issues increase.
- Magnesium deficiency tends to compound over the years, increasing vulnerability
- Increased magnesium deficiency increases homeostatic imbalance, risks of diseases and reduces ability to deal with stress possibly leading to shortening life.
- Research has confirmed that magnesium deficiency alters cellular functions, reduces their capacity to replicate themselves and may promote age-related diseases.
- At an older stage, stress and chronic anxiety/worry increases, which increases magnesium loss making replacement more important.
- Magnesium deficiency plays a role in senility. Magnesium is deficient in people who have Alzheimers or Parkinsons disease
- Stress contributes to cardiovascular disease including strokes and heart attacks.
- In a study of nursing home residents, low magnesium levels were significantly associated with two conditions that plague the elderly, calf cramps and diabetes mellitus.
- Ageing leads to reduced kidney efficiency and thereby reducing the ability to control the magnesium balance. Furthermore, for many people there is a heavy consumption of prescribed drugs, which depletes magnesium.
- Chronic pain from a variety of conditions reduces appetite, the wish to exercise and leads to a poorer diet. Magnesium supplementation helps in relieving both chronic and acute pains.
- Magnesium allows calcium into a nerve cell, which ensures transmission through these nerve cells to and from the brain.
- French researchers were aware that with ageing, the body tissues have three times more calcium than magnesium.
- Individuals reaching a hundred years of age have higher total body magnesium and lower calcium levels than most elderly people.

- Magnesium relaxes skeletal muscle fibers whereby calcium contracts them. Too much calcium and not enough magnesium lead to twitches, spasms and possibly convulsions.
- Oral intake for many elderly could be problematic. The side effects (loose stools) and inefficient retention makes this method less favorable.
- Transdermal applications are much easier and much more efficient, as the skin acts as its own agent without side effects and much higher retention.
- Applying magnesium chloride oil to the skin of an elderly person is much easier and comfortable than feeding supplements or drugs orally.
- Magnesium oil applied to the skin stimulates production of DHE, the anti-ageing hormone.
- Medical doctors agree, "Many people needlessly suffer pain because they don't get enough magnesium." They say that magnesium supplementation lessens pain and spasms, reduces fatigue and improves sleep.

#### **Sourced reference material:**

##### Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

##### Articles

- *Magnesium Chloride for Health & Rejuvenation* by Barbara Bourke & Walter Last
- *What's all the buzz about Magnesium Oil* by Chris Jennings
- *History of Magnesium Chloride* by Raul Vergini M.D.

##### Many websites and web postings

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**Medical data (in these data sheets) is for informational purpose only.  
One should always consult a medical physician or specialist MD prior to using any nutrient or food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:  
SEASOURCE, 5378 Line 11, Cookstown, Ontario, L0L 1L0, Canada,  
Telephone: 705-458-4544 – Toll free : 866-458-4544  
e-mail: [info@zechmag.ca](mailto:info@zechmag.ca)**

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