

FIBROMYALGIA – CHRONIC FATIGUE SYNDROM

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.

- If your body does not have enough magnesium to help dissolve calcium, you will end up with various forms of calcification. This translates into stones, muscle spasms, fibositis, Fibromyalgia and calcifications of the arteries.
- Magnesium deficiency is common in chronic fatigue syndrome and Fibromyalgia sufferers and magnesium supplementation is an important part of the treatments.
- Magnesium deficiency is known to exacerbate all the symptoms of CFS and Fibromyalgia.
- Fibromyalgia is a chronic pain syndrome that is partially due to a backup of the body's lymph system, created over a long period of time. The cause is a slowdown of the metabolism, which often goes hand-in-hand with magnesium deficiency.
- Mark London – Magnesium is important for people with Fibromyalgia. The chances are almost 100% that a person with Fibromyalgia has a magnesium deficiency.
- Magnesium deficiency promotes excessive muscle tension, leading to muscle spasms, tics, restlessness and twitches. This is due to an imbalance of the ratio of calcium to magnesium, as calcium controls contraction, while magnesium controls relaxation.
- Because magnesium has the ability to regulate nerve functions, sub levels will result in Fibromyalgia symptoms.
- Dr. Carolyn Dean – Using magnesium and treating yeast overgrowth can result in overall improvements of CFS and Fibromyalgia of about 70-80%
- A buildup of lactic acid in the muscles causes pain and can be treated with regular magnesium supplementation.
- Magnesium oil or gel should form the cornerstone of therapy for CFS of Fibromyalgia.

- Magnesium oil has the ability to increase the body's production of DHEA, a hormone that has beneficial effects on memory, stress, sleep and depression and naturally enhancing its effect will be very helpful for CFS and Fibromyalgia.

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

**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:
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