

INTRODUCING TRANSDERMAL MAGNESIUM THERAPY

Marc Circus, Transdermal Magnesium Therapy (page 36) -Transdermal magnesium, which involves absorption directly through the skin, is inexpensive, safe and a do-it-yourself at home technique.

ss -Magnesium chloride is available in both a flake and oil. Magnesium oil is not actually an oil but rather magnesium chloride in a water base. It's referred to as oil because it feels slippery to the touch. The flake is used for either a bath or foot soak. It ensures the best possible absorption rate and quickly reduces any magnesium deficiencies. An average portion for a regular size bathtub is 1 KG per soak and for a foot bath 400 grams per soak. When required, dosages can be increased.

Marc Circus, TMT (page 36) -By using what is called "magnesium oil" either topically or in a soak, massive amounts of magnesium can be absorbed naturally by our bodies. Body pains can be eliminated quickly in a strong soak or through direct application to the skin. Magnesium oil is made up of approximately 31 to 35% magnesium chloride, derived from natural sources and is both moisturizing and hydrating.

Transdermal application of magnesium is actually superior to oral supplements in many ways and is the best practical way magnesium can be used as a medicine besides by direct injection. Used transdermally or intravenously, we have a potent natural substance that penetrates the cells with stunning result on cell biochemistry .This includes the body's ability to heal, overall energy production (ATP), skin integrity, cardiac health, diabetes prevention, pain management, a calming effect on the nervous system, sleep improvement, lowering of blood pressure, are among the general uses magnesium chloride can be put to.

The studies coming out every day provide more evidence of the need to supply adequate magnesium to people of all ages, and in a form that will be easily absorbed.

***What a few can do with intravenous magnesium injections,
everyone can do with transdermal magnesium.***

(page 38) -Intravenous as well as transdermal administration of magnesium will bypass processing by the liver. Both transdermal and intravenous therapy create "tissue saturation," the ability to get the nutrients where we want them, directly in the circulation, where they can reach body tissues at high doses, without loss.

Transdermal magnesium lotions deliver high levels of magnesium directly through the skin to the cellular level, bypassing common intestinal and kidney symptoms associated with oral use. Magnesium chloride has a major advantage over magnesium sulfate because it is hygroscopic and will attract water to it, thus

keeping it wet on the skin and vastly more likely to be absorbed, while magnesium sulfate simply "dries" and becomes "powdery."

(page 198) Magnesium chloride is without doubt a versatile mineral medicine, though as with all forms of magnesium supplementation, it is not easy to calculate the exact dosage. Absorption rates vary considerably from one person to another and from one form of use to another, even with magnesium chloride, which probably delivers more usable magnesium to the cells than any other form. *It is wise, especially if one is seriously ill, to start out with low dosages and build slowly up to higher dosages over a period of a week or two.*

Dr. Carolyn Dean -The Magnesium Miracle (page216) -The following table shows the Recommended Daily Allowances for magnesium in children and adults.

Children 1 to 3 years -80 mg
Children 4 to 8 years -130 mg
Children 9 to 13 years -240 mg

Life Stage	Men	Women	Pregnancy	Lactation
Age 14-18	410mg	360mg	400mg	360mg
Age 19-30	400mg	350mg	350mg	310mg
Age 31+	420mg	320mg	360mg	320mg

The RDA for magnesium is also expressed in mg/kg and is roughly 6 mg per kg (2.2lb) of body weight. This standard helps to determine the magnesium requirements for people of different weights; a fifty-year-old who weighs 300 lbs needs more magnesium than a fifty-year-old who is 100 lbs.

Twenty years of research shows that under ideal conditions approximately 300 mg of magnesium is required to offset the daily losses. If you are under mild to moderate stress caused by a physical or psychological disease, physical injury, athletic exertion, or emotional upheaval, your requirements for magnesium escalate.

Marc Circus, TMT (page 200-202) -Each spray of (full strength) magnesium oil contains approximately 18 milligrams of elemental magnesium. *To get the 300 mg allocation per day, approximately 16 to 20 sprays are required on any part of the body.* Daniel Reid says, "Three to five sprays under each armpit functions as a highly effective deodorant, while at the same time transporting magnesium swiftly through the thin skin into the glands, lymph channels and bloodstream, for distribution throughout the body. Spray it onto the back of the hand or the top of the feet any time of day or night for continuous magnesium absorption. Regardless of where you apply the spray on the body, once it penetrates the surface of the skin,

the body transports it to whichever tissues need magnesium most." All massage therapists should be using magnesium oil for it is always a good idea to combine a massage with a magnesium treatment.

The flake has a higher concentration of magnesium (46% versus 32% for full strength oil) and a full bath portion of 1 kg contains 460,000 mg floating around the water, although a fraction of this will be absorbed. But absorbed it will be for almost everyone experiences the effect of deep relaxation.

(page 283) -The transdermal approach, via baths, footbaths, or topical applications, has the unique added advantage of allowing the body to regulate and administer the magnesium where it is needed, and in what amounts. The body will not "overdose" itself, or work against its best interest. When it has enough, for example from taking a bath where an amount of magnesium chloride has been added, it would simply stop absorbing more. All other methods of supplementation involve educated guesses.

All articles and excerpts are quotes from published material with appropriate information as to its source provided.

**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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