

## **Magnesium Oil for new members**

**Magnesium oil**, almost all Lymies are magnesium deficient, both the Lyme and Bartonella pathogens consume magnesium from us daily, thus making us deficient.. We need to use high doses of magnesium to resolve this deficiency and thus when accomplished, we also resolve some Lyme symptoms as some are actually magnesium deficiency symptoms.. Only Injections or Transdermal (Mag Oil) can be used to resolve a deficiency.

**It is important for Lymies to use a pure magnesium oil, the purist comes from the ancient Zechstein seabed in Europe, this is a 250 million year old underground sea bed with NO current day pollutants.**

**Swanson by far is the low cost provider of this mag oil... There is a link below to buy...**

**>>>>>Most Lymies are magnesium deficient because both the Lyme and Bartonella pathogens consume magnesium from us daily. Taking high amounts of magnesium oil for a while can end the deficiency... .. Instructions on how to use are listed below..**

[http://bodyecology.com/articles/magnesium\\_deficiency.php#.UDqbDkKsBOg](http://bodyecology.com/articles/magnesium_deficiency.php#.UDqbDkKsBOg)

Because magnesium is the most versatile mineral in your body and participates in over 300 hormone reactions!

This workhorse of a mineral plays many roles in your body, including:2

- Gives rigidity AND flexibility to your bones
- Increases bioavailability of calcium
- Regulates and normalizes blood pressure
- Prevents and reverses kidney stone formation
- Promotes restful sleep
- Helps prevent congestive heart failure
- Eases muscle cramps and spasms
- Lowers serum cholesterol levels and triglycerides
- Decreases insulin resistance
- Can prevent arteriosclerosis and stroke
- End cluster and migraine headaches
- Enhances circulation
- Relieves fibromyalgia and chronic pain
- Treats asthma and emphysema
- Helps make proteins

Encourages proper elimination  
Prevents osteoporosis

Magnesium is a magnificent mineral and imperative for good health. But a poor diet of processed foods and a stressful lifestyle (as well as Lyme and Bartonella) can lead to mineral deficiencies, including magnesium. If you ARE deficient in magnesium, you may notice a wide range of symptoms.

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### Magnesium Deficiency Symptoms

Because magnesium is active in so many different processes in your body, magnesium deficiency symptoms are varied and can include:

- Insomnia
- Anxiety, hyperactivity, restlessness
- Constipation
- Muscle spasms, twitches, soreness
- Difficulty swallowing
- Back aches
- Headaches
- Chest tightness and difficulty breathing
- Heart palpitations
- High blood pressure
- Extreme fatigue
- Osteoporosis

<https://www.youtube.com/watch?v=3wtUn1gWgaw>

**Magnesium is a very important supplement for Lymies, the bacteria consumes it daily and we need to replenish daily... Every Lymie most likely needs mag oil daily.... Dr. Kl...hardt says only IV or transdermal magnesium should be used by those with Lyme, mag oil is applied transdermally as oral magnesium feeds spirochetes and helps form biofilms.**

### HOW DO I KNOW IF I NEED MAGNESIUM TREATMENTS?

Magnesium deficiency is not easily diagnosed, which is why so many people operate with low-level chronic deficiencies unaware of the long term effects on their health, or the cause of symptoms such as eczema, allergies, headaches,

anxiety and chronic pain — all of which may signify chronic magnesium depletion.

The most common laboratory test for assessing magnesium status is serum magnesium, which is known to inconsistently represent actual total-body or intracellular magnesium content (content inside the cells). In a study published by the American College of Nutrition, it was noted that as many as 50% of cases of magnesium deficiency are not recognized, due to statistical errors in the normal range set for serum magnesium testing.<sup>9</sup>

Researchers suggested both changes in the way that serum magnesium tests are evaluated, as well as a more proactive stance by the medical community on providing magnesium therapy for patients whose symptoms or diagnoses stood to benefit. These included:

ADHD	Cluster headaches
Chronic fatigue syndrome	Cramps
Depression	Abdominal pain
Epilepsy	Osteoporosis
Diabetes mellitus	Asthma
Tremors	Stress-dependent disorders
Parkinson's disease	Tinnitus
Arrhythmias	Ataxia
Hypertension	Confusion
Migraines	Preeclampsia
Circulatory disturbances (stroke, cardiac infarction, arteriosclerosis)	Weakness <sup>9</sup>

In addition, dietary habits and other risk factors can play a part in magnesium status. Conditions and circumstances of high risk groups include:

- Low stomach acid, common in older adults
- Low magnesium diets, processed foods and sodas
- Soft water sources
- Active calcium supplementation
- Certain prescription and over the counter medications
- Stress, surgery, and chronic disorders such as diabetes
- Diarrhea and vomiting for any reason
- Excessive use of alcohol
- Crohn's disease, celiac sprue, and any disorder of the digestive or intestinal function
- Kidney disorders

- Genetic magnesium absorption disorders
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>>>Dr. Shealy's book on magnesium revealed studies on magnesium chloride that had been both sprayed on the entire body and used in a footbath. Sixteen individuals with low intracellular magnesium levels were brought in and were asked to do a 20 minute foot soak in conjunction with spraying their entire body once daily. Intracellular Magnesium Tests were done on all participants to document their deficiency and another test was done a month later. Twelve of the sixteen individuals, which equates to 75%, had substantial improvements in their intracellular magnesium levels.

The application of magnesium chloride to the skin is very well tolerated, gets absorbed very quickly, and is inexpensive.

Test results before and after 4 weeks of foot soaks and daily body spraying:

<b>Electrolyte Name</b>	<b>Before</b>	<b>After</b>	<b>Ref Range</b>
Magnesium	31.4	41.2	33.9 - 41.9
Calcium	7.5	4.8	3.2 - 5.0
Potassium	132.2	124.5	80.0 - 240.0
Sodium	3.4	4.1	3.8 - 5.8
Chloride	3.2	3.4	3.4 - 6.0
Phosphorous	22.2	17.6	14.2 - 17.0
Phosphorous/Calcium	4.2	8.6	7.8 - 10.9
Magnesium/Phosphorous	1.4	2.3	1.8 - 3.0
Magnesium/Calcium	4.2	8.6	7.8 - 10.9
Potassium/Calcium	17.6	26.1	25.8 - 52.4
Potassium/Magnesium	4.2	3.0	2.4 - 4.6
Potassium/Sodium	39.1	30.5	21.5 - 44.6

Just a few of the positive results that have been reported from the utilization of transdermal magnesium chloride:

- Aids in hypertension.
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- Massaged into arthritic joints will frequently render almost instant reprieve from pain.
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- Sprayed into the mouth a number of times per day will invigorate the medulla elongate, and stimulate enamel on the teeth.
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- Magnesium oil in a hot bath will impart a very relaxing soak while delivering a vast amount of magnesium to your cells. Great for restless legs.
- Assists in the prevent on of strokes and aids in recovery.
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- Improvement in insomnia.
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- Cardiac health
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- Overall energy production (ATP)
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- Helps maintain memory function.
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- Magnesium is crucial for the removal of toxins and heavy metals
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- Helps build bones and make proteins.
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- Sprayed on wrinkled skin will, in due course, begin to smooth them out
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- Calming effect on the nervous system.
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- Assists diabetes by enhancing insulin secretion, facilitating sugar metabolism. Without magnesium, insulin is not able to transfer glucose into cells.
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- Restores magnesium levels lost through chemotherapy, and reduces the risk of colon cancer
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- Improvement in autistic individuals
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- Asthma (both histamine production and bronchial spasms increase with Magnesium deficiency)
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- Cystitis - Bladder spasms are exacerbated by magnesium deficiency
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- Prevents Premenstrual Syndrome & cramping pain during menses
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- Tooth Decay - Magnesium deficiency perpetrates an unhealthy balance of phosphorus and calcium in saliva, which damages teeth

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- Magnesium assists in the relaxation of spastic blood vessels that cause pain and numbness of the fingers and extremities
- Magnesium has been utilized in treating central nervous symptoms of vertigo and confusion
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- Musculoskeletal conditions such as fibrositis, muscle spasms and pains, eye twitches, muscle pains and fibromyalgia
- Anxiety and panic attacks are helped by keeping adrenal stress hormones under control
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- Increases DHEA levels, which is the bio-marker for aging. DHEA has been referred to as the, Master Hormone, and when produced at sufficient levels, will induce the production of all of the other hormones whose depletion can be associated with many symptoms of aging.

But also Magnesium Oil, which is actually MAGNESIUM CHLORIDE, we benefit from the following, no oral magnesium is this beneficial:

Has 80 trace minerals in it.

A powerful immune stimulant.

Increases white blood cells.

Helps white blood cells destroy 3 times as many microorganisms.

Has preventative effects for cancer.

Helps produce stomach acid (Lymies are low in stomach acid).

Helps with insomnia.

Helps with migraine headaches.

And we can take it in very high doses without it causing diarrhea.

## **WHERE TO BUY**

**KEEP IN MIND, YOU ARE GOING TO BE USING AT LEAST 2 OUNCES DAILY FOR A WHILE**

**This is the correct kind of Magnesium Oil to use, comes from the ancient 250 million year old Zechstein seabed in Europe that is 2-miles underground, so no current day pollutants exist, very important for those of us with Lyme disease.**

<http://www.swansonvitamins.com/swanson-ultra-dr-barbara-hendels-magnesium-oil-3-8oz-bottles-liquid?otherSize=SWU481>

<http://www.swansonvitamins.com/swanson-ultra-dr-barbara-hendels-magnesium-oil-3-8oz-bottles-liquid>

<http://www.swansonvitamins.com/swanson-ultra-dr-barbara-hendels-magnesium-oil-64-fl-oz-1-9-l-liquid>

**These supplements are necessary when using magnesium oil:**

**Vitamin B6, 25 - 50 mg daily and Zinc, 30 mg daily and since copper should be taken with mag oil... If you take a B-complex, the B6 may already be in there. When you supplement ZINC, you also need to supplement COPPER.. this is taken as for each Zinc 15 mg, take Copper 1 mg... So for Zinc 30 mg, you would take Copper 2 mg..**

<http://www.swansonvitamins.com/swanson-ultra-p-5-p-pyridoxal-5-phosphate-coenzymated-vitamin-b-6-40-mg-60-caps>

<http://www.swansonvitamins.com/SW203/ItemDetail?n=0>

<http://www.swansonvitamins.com/SW223/ItemDetail?n=0>

## **HOW TO USE MAGNESIUM OIL**

**NOTE: You may use magnesium oil in high doses as long as you do not have kidney disease. Any excess the body does not use, will be excreted through the kidneys..**

**STARTING TO USE MAG OIL:**

**If you apply magnesium oil 1 hour before bedtime, it greatly helps with sleep.**

**Apply the mag oil (foot soak and skin spray), allow to 45 - 60 minutes for it to absorb, shower it off, go to bed.. Note that smaller dose can absorb in 20 - 30 minutes, but for now, stay with 45 minutes.**

### **FOOT SOAK**

**Use this method full strength, 100%.**

**You can also use mag oil in a foot bath, probably at full strength.. Start with 1/2 ounce (100% strength, not cut) in a bucket or pan, then add warm, not hot water, just enough to cover your feet.. If you tolerate 1/2 ounce okay, continue to scale up to 1 ounce then to 2 ounces This is an adult dose, 3360 mg of elemental magnesium chloride per ounce daily, this method is used from 2 - 5 months, until the magnesium deficiency symptoms are greatly improved, then drop to 1/2 ounce (1680 mg) daily, unless higher dosing is still necessary.**

**Let the magnesium deficiency symptoms above be your guide, as they start to improve, you can slowly lower the dose. Once you feel you no longer have a magnesium deficiency, doing a foot soak with 1/2 ounce daily or 100 skin sprays of 100% strength should be good going forward.. The body only absorbs what magnesium it needs any extra is excreted by the kidneys**

### **SKIN SPRAY**

**It is necessary to use a foot soak, for a while, to get high amounts of magnesium in us to end any magnesium deficiency most Lyimes have. Also using a skin spray (40- 50 SKIN sprays) with a foot soak is more beneficial.**

**If it still stings at 50%, you can cut it further, but 50 seems to be where most can stand it.. Then over time, you will cut this less, next time maybe 60% strength and eventually you will be up to 100% as the skin gets accustomed to it..The goal for most Lymies is 100 sprays daily (once the magnesium deficiency is resolved), some will use even more. KIDS use less..**

**To cut mag oil, pour out 1/2 of the bottle into a clean container, store in the fridge for later use... Then fill the spray bottle with**



**distilled or reverse osmosis water, shake and spray.... Each uncut spray is 12.5 mgs, so at 50% it would be 6.25 mg. If you do not have a water distiller, you can buy a gallon of distilled in the grocery store for about \$2.**

**Over time, you start to increase the strength to 60 then 70 and on up to 100%... It took me 10 months to get from 50% to 100%, but everyone is different, so scale up to more mag oil, less water only if it does not sting your skin..**

**One way to apply mag oil, spray several times into a cupped palm of your hand, then rub into you skin... I would suggest one or two arms the first night or two, then add two legs for a night or two, chest and belly can also be used. Allow to stay on for 20 - 30 minutes, then either shower off or wipe off with a wet towel.. The body consumes what it needs, takes about 20 minutes (I always allow 30 minutes)... You can use more than one dose daily, just be sure to wipe off or shower off the previous dose first as it will prevent a new dose from absorbing into the skin.**

**Another way I use it (time permitting) is to apply 10 sprays on to each arm, wait 30 minutes, wipe off, apply a second coat.. I do this 6 times, which is 120 sprays.. When using the skin sprays with a foot soak, 30 - 40 sprays is good enough.. This will help condition your skin and will eventually allow you to use 100% strength mag oil.**

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Take care,

Jim

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Rife, M.M.S - M.agnesium oil - Essia.c tea - Supplement.s  
I have NO financial interest in anything I discuss.

Disclaimer: THERE IS NO MEDICAL ADVICE HERE!

This list is the 1st Amendment in action. I am not an expert, I do share my many years of experiences and knowledge I have learned from others, both on group and privately. The things you will find here are for information and research purposes only. I am sharing information I believe in. If you act on ideas found here, you do so at your own risk. Self-help requires intelligence, common sense, and the ability to take responsibility

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