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The Magnesium Miracle Dr Carolyn Dean MD ND

The Magnesium Miracle. Carolyn Dean is a medical doctor and naturopath. She has authored and co-authored over 35 books including The Magnesium Miracle, IBS for Dummies, Hormone Balance, Death by Modern Medicine, and 110 Kindle books.

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Magnesium is so important for general health and doubly so when you have a serious disease (such as Myalgic Encephalomyelitis etc.). It plays important roles in heart health, muscle function, neurological function and so much more. This book talks a lot about how magnesium can help in many different conditions.

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Book Review The Magnesium Miracle by Dr Carolyn Dean

A couple years ago, I was lucky enough to be contacted by the Nutritional Magnesium Association. They offered me a copy of The Magnesium Miracle by Dr. Carolyn Dean. I'd never heard of it before, to be honest, and I didn't know much about magnesium at the time. Halfway into the book I went out and bought my first magnesium citrate supplement.

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The Magnesium Miracle Book Summary By Carolyn Dean, M.D., N.D. Magnesium deficiency triggers or causes the following 22 conditions; the introduction of magnesium, either by a high-magnesium diet, with green drinks, or magnesium supplements, can help alleviate these conditions:

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The Magnesium Miracle Published by Thriftbooks.com User, 11 years ago After reading this book, along with also having first-hand knowledge about the importance of magnesium, which indeed is a "miracle," I cannot understand why more information is not coming forward on this most important nutrient, the missing link in regaining your health.

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The Magnesium Miracle Reviews Legit or Scam

The Magnesium Miracle by Dr. Carolyn Dean and Newsmax is a new health and wellness book that wants to teach people not only the importance of getting adequate amounts of magnesium but also how they can do that.

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