



## Magnesium Deficiency: Weight Loss, Heart Disease and Depression, 13 Ways That Curing Your Magnesium Deficiency Can Rejuvenate Your Body (Vitamins and Minerals Book 2)

By Ryan J S Martin

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.More than 300 processes in the body, including burning fat, converting sugar into energy, relaxing muscles, falling asleep, and just feeling happy, are all, in one way or another, regulated by magnesium. More than half of Americans, and some estimates put this number at as high as 80 , don t get enough of this powerful mineral every day. This deficiency causes all sorts of problems with our muscles, bones, nerves, and brains. Magnesium Deficiency: 13 Ways that Curing Your Magnesium Deficiency Can Rejuvenate Your Body, Including Battling Weight Loss, Heart Disease, and Depression takes you through the latest research and answers these questions: What is the link between magnesium and type II diabetes? How has magnesium been used to treat anxiety and depression? Does magnesium deficiency contribute to heart disease? Are low magnesium levels adding extra weight to your frame and sabotaging your efforts take it off? Can more magnesium in your diet eliminate headaches and PMS? Will a magnesium supplement alleviate symptoms of Alzheimer s and Parkinson s? Doctors who have studied magnesium feel...



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