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AGED MGO: Information Sheet

Introduction

The **Life Force AGED MGO** is an aged Magnesium Oil.

This Magnesium Oil is hand-made by Life Force and is derived from seawater and components of seawater, eg. Dead Sea salts, Magnesium Chloride, etc. Life Force Global Pty Ltd makes the Magnesium Oil using a unique technique developed for **Life Force Brand**. This involves a specially designed recipe and brewing technique using a copper pot based on sacred geometry.



This enables a high concentration or density of trace minerals to be held in the solution in a colloidal form. There is no other Magnesium Oil that compares with the colloidal and trace mineral density of the **Life Force AGED MGO (Magnesium Oil)**. The concentration of trace minerals and ORMUS in colloidal form increases with age (see photo below as age and mineral transformation increases from Left to Right).



This is the pure form and colour of magnesium oil, while other products on the market are clear and deficient in available trace minerals, specifically within the platinum group of minerals.

Since the **Life Force AGED MGO** Magnesium Oil is derived from seawater it contains over 89 trace minerals and other organic compounds in this liquid form, and is one of the **most absorbable forms of magnesium and other trace minerals for the human body**. One of the therapeutic benefits of bathing in seawater is the natural minerals found in seawater such as magnesium. These minerals are absorbed through our skin from the seawater helping restore our mineral levels and contributing to our well-being. When the Magnesium Oil is applied it **feels like oil** to massage into the skin, however it is not *true* oil as in an essential oil derived from a plant.

The human skin is a significant living organ that is very efficient at detoxification. The skin is also a major pathway for remineralisation of the body and this is why the topical application of the **Life Force AGED MGO** Magnesium Oil is so beneficial to human health.

AGED MGO is Magnesium Oil that has been aged over 6 months on the fine, residual sediments of the base magnesium oil and ORMUS and subsequently has a high Calcium (20 times greater than the other Magnesium Oil in the market) and Strontium (21 times greater) alliance for bone building, along with increased Iron, Manganese and Lithium levels

Benefits of application to the skin

Apart from water, oxygen, and food, magnesium may just be the most important element for human health. Magnesium is an essential mineral responsible for carrying out over 300 vital biochemical reactions, including protein synthesis, energy production, bone formation, cell creation, activation of B vitamins, the function and relaxation of muscles, as well as the function of the heart, kidneys, adrenals, brain, and nervous systems. Dr. Norman Shealy, a leading authority on pain management, asserts: *"Every known illness is associated with a magnesium deficiency. Magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient."*

A benefit of rubbing magnesium oil onto the skin is that it can be applied where it is needed. For example, arthritis/rheumatism sufferers may experience relief by rubbing a few drops of magnesium oil onto the desired area, just prior to going to bed. The magnesium will then be absorbed over 1-2 hours and can offer excellent relief. Similarly, if someone is suffering from muscle cramping, rubbing magnesium oil directly onto the skin over the cramping area can eliminate or dramatically reduce the symptoms. Magnesium chloride quickly passes through the skin and works immediately to reduce body pain. Also, Magnesium increases circulation, relaxes muscles and can be very calming - all the prerequisites for having a good sex life

The key benefits of Magnesium Oil, particularly from a foot massage, include:

- Restores magnesium at the cellular level
- Increases circulation
- Encourages healthy skin tissue and organ function
- Relieves psoriasis, eczema and other skin conditions
- Facilitates a safe and continuous detoxification
- Relieves stress through the supply of natural lithium
- Calms nerves and improves sleep
- Supports muscle function, and relieves joint aches or pains
- Supports the immune and hormonal systems (including thyroid)

How much magnesium oil should you apply to the skin

The **Life Force AGED MGO** is suitable for all ages, including children, as a topical application.

When applying the AGED MGO to the skin, use a small amount initially and increase with small amounts to cover the selected area. Ensure you spend several minutes rubbing it in really well so that the maximum amount is absorbed where it is needed.

One measured teaspoon (5 ml) of magnesium oil equates to 400mg of elemental magnesium. Rubbing 1 teaspoon in to the skin would be ample for most people. However if you wish to rub higher amounts into the skin, that is OK since the body will absorb only what it needs. The oil may be applied anywhere on the body, although it can cause a slight burning sensation on delicate skin for some people, eg. Avoid the eyes.

It is always a good idea to try a small amount as a test when the product is first used, as some people have extremely sensitive skin. If the magnesium oil causes a burning or stinging sensation then this can be an indicator of a lack of magnesium in the body. There is the option then to dilute the magnesium oil to 50-50 or more with water until such time as the stinging eases, or washes off after 20 minutes.

Regardless of how and where you wish to apply the magnesium oil initially it is best to start with the feet which are less sensitive, and then later to more sensitive areas on the hands and spine. Also, it can be placed under the armpits as an effective deodorant, however try a small amount initially.

For bathing applications, place 50ml (10 teaspoons) into the bath and soak your whole body aiming for about 30 minutes. This may be the best introductive approach for people with sensitive skin or where the magnesium oil stings with direct application to the skin.

Some people take the Magnesium Oil orally when dissolved in water at a rate of about 5-10ml of Magnesium Oil to 1 litre of water. This approach is sometimes used in the very beginning when there is a deficiency of magnesium. After your magnesium levels stabilise, you have more choice as to whether to apply magnesium oil on the skin or take magnesium oil orally.

Remember that any magnesium taken orally is not absorbed as well as via skin application. It is recommended to regularly apply the Magnesium Oil topically (transdermally) for best results. Keep the Magnesium Oil readily available to quickly reverse a deficiency if cramps occur or arthritis flares up.

One of the reasons orally consumed magnesium of any kind (eg. as a tablet) is less effective, is because the body tends to eliminate some of it via the bowels. On the other hand, topically applied Magnesium Oil is absorbed directly into the muscles and other tissues, and bypasses the bowel. An advantage of this form of application is that the body knows how much to absorb, and it appears to adjust its rate of absorption depending upon its immediate needs.

How much magnesium oil can you take orally?

When you supplement orally with Magnesium Oil, take around 2/3 of a teaspoon of Magnesium Oil. Remember to dilute the Magnesium Oil in a container of water. It is desirable not to drink it straight as you would a medicine. You can dilute the oil in water so that your digestive system is able to absorb it over time. Dilute 2/3 of a teaspoon of Magnesium Oil by adding it to around 1-1.5L of water, and drink that throughout the day. Alternatively, you can put 3-4 drops of magnesium oil into your drinks during the day such as water, tea, coffee etc. to achieve a total intake of 2/3 teaspoon per day. Anyone needing to take more than this amount (ie. 250mg magnesium per day) can get the extra magnesium by applying it to the skin for topical or transdermal absorption.

Life Force AGED MGO technical data

Laboratory analysis of the Life Force AGED MGO produced the following results.

Test	Units	Other Band	AGED MGO
Magnesium	%w/v	8.72	8..86
Magnesium chloride	% w/v	34.1	34.7
Potassium	%w/v	1.1	1.2
Sodium	%w/v	1.3	1.4
Calcium	mg/l	135	2690
Strontium	mg/l	1	21
Iron	mg/l	0.4	12
Lithium	mg/l	8	9
Manganese	mg/l	8	9
Zinc	mg/l	0.5	0.7
Copper	mg/l	0.5	0.5

*Notes: The **magnesium chloride** level is a very good level for magnesium oil. Importantly, the levels of **calcium and strontium** in **AGED MGO** are also at good levels as these two elements are a critical alliance in **bone building**. **Lithium** can increase the synthesis rate of brain serotonin by approximately 80%. Moreover, lithium can also increase the levels of brain tryptophan by around 70%, suggesting that this may be the mechanism by which lithium stimulates serotonin synthesis.*

Magnesium alliance with calcium

Magnesium regulates the entrance and utilisation of calcium in the cells. Without magnesium, calcium remains in the body unused. This will result in calcium deposits in the joints (aggravating arthritis), gallstones, kidney stones, and in extreme cases calcification of the brain and other body

organs. This loss of calcium utilisation results in loss of memory and loss of ability to reason and eventually the termination of life. All of these conditions have frequently been known to disappear after extra magnesium enters the body.

The **Life Force AGED MGO** is a unique product that provides a very good base for the synthesis of magnesium, calcium, strontium, lithium and other important elements in human health. Also, magnesium is an extremely important mineral the body requires for cellular health (along with sodium and potassium). It supports healing, regeneration and maintenance of all living cells. It soothes your nervous system (providing deeper rest), and is essential for the production of amino acids that are critical for virtually every chemical reaction in your body.

So how is AGED MGO made?

AGED MGO liquid can be made from a combination of seawater, concentrated seawater, magnesium chloride flakes and sea salt or it can be made from one or several of these ingredients. In Japan this magnesium rich product is used as a coagulant for making tofu from soybeans. In more recent years people have become aware that the skin is capable of absorbing a wide range of minerals and this facilitates a *slow release* over a longer period.

There is a general view that applying magnesium oil to the skin (ie. as a topical or transdermal application) is far superior to taking oral supplements of magnesium. Applying magnesium oil directly onto the skin will raise magnesium levels in the body in the areas where it is needed.

Magnesium oil rubbed into the skin delivers high levels of magnesium to the body whilst bypassing the digestive system and thereby avoiding any intestinal and kidney symptoms that may be associated with magnesium tablets that are taken orally. One of the biggest benefits of the application of Magnesium oil via the skin is that the intestines may not be affected, thus allowing high amounts of magnesium to be safely administered without a laxative effect.

Not a Medicine

This product is a topical supplement and **not a medicine**. Similarly, the use of this product is not medicinal and no claims are made here as to the medical benefits of the product.

Disclaimer

The information in this paper is for educational and research purposes only and it should not be used to diagnose or treat any disease or illness. This product makes no therapeutic claims, either expressed or implied that this information and/or product will cure or alleviate disease or illness, replace prescription medication, or supersede sound medical advice. Remember - consult with your qualified practitioner.

People who use this product or participate in trials of the product do so by choice.

Product Performance

The product can achieve the outcomes described in this application note when the product is used in accordance with the prescribed directions and advice. Further information is at www.lifeforceglobal.com.au or e-mail (info@lifeforceglobal.com.au)

Product Storage and Handling

All **Life Force** formulations should be stored (where possible) at room temperature and in a space that is out of direct sunlight. Most of the formulations have a useful storage life of 18-24 months.

Contact for Information

Life Force has a range of products to address microbial balancing, including product supplements. These products are described at www.lifeforceglobal.com.au. This includes the **Applications Note** for product ranges and general information on microbial balancing and case studies.