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Community Reviews. A lack of sufficient magnesium also causes calcium to be drawn out of the bones, and the calcium is mistakenly redirected to the blood vessels and the kidneys instead. This causes hardening of the arteries and kidney stones. Magnesium must be taken in the proper relationship to calcium.

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First ed. published in 2003 under title: The miracle of magnesium. REVISED AND UPDATED 2014 EDITION Magnesium is an essential nutrient, indispensable to your health and well-being. By adding this mineral to your diet, you are guarding against—and helping to alleviate—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma.

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I've very excited to announce that the Revised and Updated edition of The Magnesium Miracle launches March 7, 2014. Since first published, over 100,000 copies have been sold, which means that likely about a million people's lives have been positively affected.

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