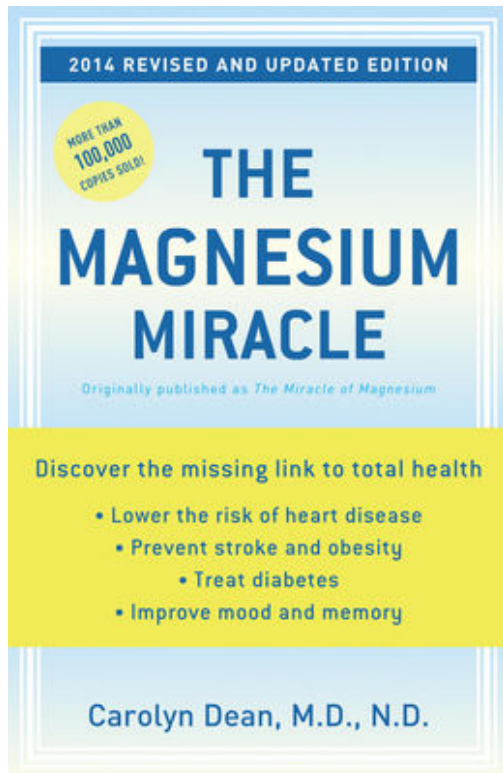


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Magnesium is an essential nutrient, indispensable to your health and well-being. By adding this mineral to your diet, you are guarding against—and helping to alleviate—such threats as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But despite magnesium’s numerous benefits, many Americans remain dangerously deficient. Updated and revised throughout with the latest research, featuring an all-new Introduction, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover

- newly available magnesium supplements that the body absorbs more efficiently
- how calcium can increase the risk of heart disease—and how magnesium can lower it
- a magnesium-rich eating plan as delicious as it is healthy
- information on the link between magnesium and obesity
- vitamins and minerals that work with magnesium to treat

specific ailments

- why paleo, raw food, and green juice diets can lead to magnesium deficiency
- recent breakthroughs in magnesium’s medical and public perception

The Magnesium Miracle, now more than ever, is the ultimate guide to a mineral that is truly miraculous.

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From the Trade Paperback edition.

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