



The **Table of Contents** will give you an idea of what's available in this jam-packed eBook.

How To Change Your Life With Magnesium

Magnesium Begins with Children
Excess Calcium Depletes Magnesium
Magnesium Deficiency Conditions
Magnesium for Muscles
Magnesium and Heart Disease
Why Didn't Tim Russert Take Magnesium?
Magnesium for Anxiety and Panic Attacks
Magnesium for Asthma
Magnesium for Blood Clots
Magnesium for Bowel Disease
Magnesium for Cystitis
Magnesium for Depression
Magnesium for Detoxification
Magnesium for Diabetes
Magnesium for Fatigue
Magnesium for Hypertension
Magnesium for Insomnia
Magnesium for Migraine
Magnesium for Nerve problems
Magnesium in Obstetrics and Gynecology
Magnesium for Our Bones
Signs and Symptoms of Magnesium Deficiency
100 Factors that Indicate Magnesium Deficiency
Where Has All the Magnesium Gone?
Why Medicine Ignores Magnesium
Types and Dosage of Magnesium and Calcium
Magnesium Supplementation Contraindications

Magnesium Miracle Stories

Angstrom Magnesium and Dialysis
Angstrom Magnesium and Lung Whiteout
Loving Angstrom Minerals

Effects of Angstrom Magnesium
Angstrom Magnesium and Arthritis
Angstrom Magnesium and Migraines
Magnesium and Jane's Top Ten Improvements
Magnesium and Alcohol
Magnesium and Anxiety
Magnesium and Arrhythmia
Magnesium and Asthma
Magnesium and Back Spasms
Magnesium and Blepherospasm
Magnesium and Esophageal Spasms
Magnesium and Carpel Tunnel Syndrome
Magnesium and Chest Pain
Magnesium and Diabetes
Magnesium and the Elderly
Magnesium and Heart Palpitations
Magnesium and Insomnia
Magnesium and Kidney Stones
Magnesium and Laryngospasms
Magnesium and Healthy Nails
Magnesium and Neck Pain
Magnesium and Orgasm
Magnesium and Perimenopause
Magnesium and Sciatica

MAGNESIUM for the ATHLETE

Muscle Cramping
Medical Treatment of Cramping

Magnesium and The Athlete Stories

How Magnesium Instantly Made Me A Better Athlete – Ben Greenfield
No Magnesium in the NFL
No Magnesium and Lots of Aspartame
Chalk It Up To Magnesium

MAGNESIUM Q & A