TOP 5 Forms of Magnesium
Hello!

I’m Wendy Myers, FDN, CHHC. I founded the health websites Liveto110.com and Mineralpower.com.

I am a functional diagnostic nutritionist located in Los Angeles, California, certified in Hair Mineral Analysis and other functional medical labs for the purpose of designing customized Mineral Power detox programs for clients so that they may regain energy, increase brain function, improve adrenal and thyroid function, correct mineral imbalances or deficiencies, and ultimately reach a healthier state of being.

I founded my websites Liveto110.com and MineralPower.com to provide my clients and readers with the tools necessary to live a long, healthy, happy life.

I center my philosophy around the understanding that the root cause of disease stems from nutrient and mineral deficiencies and the accumulation of toxic metals and chemicals in the body so prevalent in our toxic world. These issues are addressed with my healing and detox program Mineralpower.com.
You need to take magnesium every single day. I take several forms per day because different forms perform different functions in the body. Choose between these top 5 forms of magnesium.
Nearly two-thirds of the population worldwide eats a diet that is deficient in magnesium (8). The latest government study shows a staggering 68% of Americans do not consume the recommended daily intake of magnesium.

(11) Magnesium is needed for more than 300 biochemical reactions (9) and 600 enzymatic reactions in the body. (10) So many vital bodily processes rely on magnesium, including:

- Maintaining a healthy sleep cycle
- Maintaining a healthy heart rhythm
- Relaxation of blood vessels
• Relaxing and activating muscles and nerves
• Creation of ATP (adenosine triphosphate), the energy molecules of your body
• Proper formation of bones and teeth
• Regulation of blood sugar levels
• Digestion of proteins, carbohydrates, and fats
• Serving as a cofactor for RNA and DNA
• Catalyst for neurotransmitters like serotonin
• Hormone regulation

Magnesium Deficiency Symptoms

Here are some of the symptoms associated with magnesium deficiency:

• Anxiety
• Arterial spasm of coronary arteries
• Behavioral disorders and mood swings
• Diabetes
• Fatigue
• Heart attacks
• Hypertension
• Impotence
• Insomnia
• Irritability
• Kidney stones
• Muscle tremors or twitching
• Numbness and tingling
• Osteoporosis
• Peroxynitrite damage that can lead to migraine headaches, multiple sclerosis, glaucoma or Alzheimer’s disease
• PMS symptoms
• Poor digestion
• Psychiatric problems and psychological symptoms such as apathy, apprehension, decreased learning ability, confusion, and poor memory
• Recurrent bacterial or fungal infections due to low levels of nitric oxide or a depressed immune system
• Restless leg syndrome
• Tight muscles and cramps
• Tooth cavities

“Magnesium deficiency appears to have caused 8 million sudden coronary deaths in America during the period 1940-1994. . . . The needless drag on the US economy from magnesium deficiency exceeds $86 billion per year. . . . the American rate of death from magnesium deficiency is likely to be above the benchmark average because the American diet is particularly magnesium deficient; American beer contains only a fraction of the magnesium contained in European beers; American bottled water contains only 10% as much magnesium as bottled water in the rest of the world; and American processed foods and snack foods are magnesium-deficient because processing often removes magnesium.” ~ Paul Mason
If you want to optimize your mitochondrial function, metabolism, heart health, and blood pressure, while also reducing your risk for type 2 diabetes and cardiovascular disease, the simplest thing you can do is supplement magnesium.

Here are the best forms of magnesium:

1) **Magnesium Glycinate**

Magnesium glycinate (magnesium bound with glycine, an amino acid) is one of the most bioavailable forms of magnesium, and also the least likely to induce diarrhea. It is the safest option for correcting a long-term deficiency as it raises red blood cell magnesium. Pure Encapsulations is a great supplement brand.

2) **Magnesium Malate**

Magnesium malate is a fantastic choice for people suffering from fatigue, since malic acid is a vital component of enzymes that play a key role in ATP synthesis and energy production. It’s also helpful for detox. Malic acid in this form of magnesium is known to cross the blood-brain barrier and bind to aluminum. I recommend [Jigsaw Magnesium](https://www.jigsawmagnesium.com).
3) **Magnesium Threonate**

Magnesium threonate is the only form known to readily cross the blood-brain barrier and penetrate the mitochondrial membrane to improve brain function. This form optimizes magnesium levels in the brain, enhancing memory and cognitive function. I personally take [Life Extension Neuro-Mag](https://www.lifescience.com) every day.

4) **Magnesium Chloride**

Magnesium chloride has an impressive absorption rate and is a great form of magnesium to take for detoxing. It can aid kidney function and can boost a sluggish metabolism.

One of the highest quality magnesium chloride supplements that has 10 times the absorption rate of other magnesium chlorides is [EASE by Activation Products](https://activationproducts.com). Unlike other spray or magnesium oils, this product will not make your skin itch.

3) **Magnesium Citrate**

Magnesium citrate is a combination of magnesium carbonate and citric acid that is inexpensive and highly absorbable. It is commonly used to induce a bowel movement, and thus is not recommended for those with loose stools.

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**Absorb Magnesium in the Bath**

Magnesium Sulfate, commonly referred to as Epsom salts, is ideal for raising magnesium levels.

The ideal concentration for using Epsom salt baths to raise magnesium status is approximately 500 grams, or 2 cups, of Epsom salt dissolved in 15 gallons of water - the amount that can fit in a standard-sized bathtub. Ideal amount of time spent soaking is 15 minutes, two to three times per week.
Forms of Magnesium to Avoid

Magnesium Oxide

Also referred to as “Magnesia”, magnesium oxide is commonly used therapeutically as a laxative and relief for acid reflux.

This type of magnesium has very low bioavailability (only 4%). This is a cheap form of magnesium found in almost all cheap supplement brands. Avoid.

Magnesium Glutamate and Aspartate

Avoid these two forms of magnesium completely.

Glutamic acid and aspartic acid are components of the dangerous artificial sweetener aspartame, and both of them become neurotoxic when unbound to other amino acids.


6 Dr. Axe. “Should You Be Taking Magnesium Supplements?” Article accessed 2/18/16.


8 Metallomics. 2013 Sep;5(9):1170-83

9 Austin J Nutr Food Sci. 2014 Nov 18;2(10)

How to Customize Supplements to YOU

The future of supplementation entails testing to customize supplements to exactly what your body needs. With customized supplementation, you heal your body and can achieve your highest level of health and functioning. The goal is a state of health where one feels their best. This is exactly the goal of my program MineralPower.com.

I don’t believe in a one-size fits all program. Your body chemistry is one-of-a-kind. And so should your supplements and detox program. With MineralPower.com, you get the exact supplements needed for YOU.

Mineral Power is a precise approach to supplements. A multivitamin is the shotgun approach to supplementation. With MineralPower.com, you get the sniper approach – exactly what you need to put your body back into balance.

My goal with TheMedicinalSupplementsSummit.com, my detox and healing program MineralPower.com, and my website Liveto110.com, is to illustrate how to live a healthy lifestyle within the context of our modern toxic environment, while navigating the health myths fed to us by many manufacturers and the pharmaceutical companies.

Click Here

Try Mineral Power Today and feel the difference!

Please enjoy $100 off a Mineral Power program with the coupon code MSS110
Join us for the Medicinal Supplements Summit, an unprecedented online event September 12 – 19, 2016! This online summit is dedicated to educating consumers on healthy supplementation and the latest in supplement customization testing.

The Medicinal Supplements Summit is sure to be a great health tool for anyone looking to heal their body, improve their wellness, become more informed about supplements, or simply find out the latest news coming out of the supplement world.

I’m so passionate about proper supplementation and helping you make those little distinctions and recommendations so you can take the right supplements for you as an individual to experience the optimal health you deserve.

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Did you know?

Of the 54,000 dietary supplement products sold today, only a third have some level of safety and effectiveness that is supported by scientific evidence. Many supplements, even organic ones, are contaminated with toxic metals like lead, cadmium and arsenic? You could be taking supplements that are actually doing more harm than good!

The Experts

I was able to bring together over 35 like-minded health professionals dedicated to helping you HEAL.

We are so blessed to welcome an exciting lineup of leading health experts, supplement manufacturers, best selling authors, and doctors to the summit. They have so much wonderful knowledge to offer YOU and I can’t wait to share it!
Here is the complete list of our illustrious speakers for the Medicinal Supplements Summit!

The highlights from the summit are from speakers like:

1. Mike Adams - Naturalnews.com
2. Dr. Daniel Amen - Danielamenmd.com
3. Andrew Saul - Doctoryourself.com
4. Katie The Wellness Mama - Wellnessmama.com
5. Dr. Peter Osborne - Drpeterosborne.com
6. Jimmy Moore - Livinlavidalowcarb.com
7. Dr. Tom O’Bryan - Thedr.com
8. Ben Greenfield - Bengreenfieldfitness.com
9. Amy Myers - Amymyersmd.com
10. Dr. David Jockers - Drjockers.com

Join Us!

Save the date - September 12-19th - and join us for this life-transforming event! My hope is that you and your family experience abundant health. It all begins with taking the right supplements for YOU.

Mark your calendars and join us for the Medicinal Supplements Summit September 12-19th, 2016!

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