

Magnesium Miracle Carolyn Dean

Carolyn Dean

The Miracle of Magnesium Carolyn Dean, M.D., N.D., 2007-12-18 More than seventy-five years ago, medical scientists declared magnesium to be an essential nutrient, indispensable to life. When this mineral is part of your diet, you are guarding against—and helping to alleviate—health threats such as heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. But while research continues to reaffirm magnesium’s irreplaceable contribution to good health, many Americans remain dangerously deficient. In *The Miracle of Magnesium*, Dr. Carolyn Dean, an authority on this mineral who has used it with dramatic success in her own practice, explains the vital role that magnesium plays in the control of many serious ailments—from painful muscle spasms and bladder problems to traumatic brain injury and complications of pregnancy and childbirth. Inside you will discover • How diets and lifestyles can create a dangerous magnesium deficiency • Which magnesium-rich foods keep your vital organs healthy and which to avoid • Why other nutrients, including calcium, need magnesium to become potent • What vitamins and minerals work with magnesium to treat specific ailments • Why prescription medicines, such as birth control pills, can deplete magnesium • Which magnesium supplements are best for you Whether you need help with a serious health problem or merely want to protect the good health you already enjoy, *The Miracle of Magnesium* will answer all your questions. It may even save your life. Praise for *The Magnesium Miracle* “Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life.”—Stephen T. Sinatra, M.D., author of *The Sinatra Solution: Metabolic Cardiology* “Clearly written and packed with information . . . a comprehensive and well-referenced guide to the myriad benefits of magnesium.”—Carolyn DeMarco, M.D., author of *Take Charge of Your Body: Women’s Health Advisor* “Throughout this volume and with utmost clarity, Carolyn Dean presents invaluable recommendations—based on the latest magnesium research. Virtually every American can benefit.”—Paul Pitchford, author of *Healing with Whole Foods: Asian Traditions and Modern Nutrition* “Physicians and therapists have paid scant attention to this very important element, which is also involved in maintaining our good health. The massive evidence is here in this important book on magnesium. I am pleased to have been taking magnesium for so many years.”—Abram Hoffer, M.D., author of *Putting It All Together: The New Orthomolecular Nutrition* From the Trade Paperback edition.

The Magnesium Miracle (Second Edition) Carolyn Dean, M.D., N.D., 2017-08-15 Now updated with 30 percent new

material, the only comprehensive guide to one of the most essential but often-overlooked minerals, magnesium—which guards against and helps to alleviate heart disease, stroke, osteoporosis, diabetes, depression, arthritis, and asthma. 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, this amazing guide explains the vital role that magnesium plays in your body and life. Inside you will discover • new findings about the essential role of magnesium in lowering cholesterol • improved methods for increasing magnesium intake and absorption rate • 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

The Magnesium Miracle, now more than ever, is the ultimate guide to a mineral that is truly miraculous. Praise for The Magnesium Miracle “Dr. Carolyn Dean has been light-years ahead of her time when it comes to the crucial mineral magnesium and its many lifesaving uses. Her work is a gift to humanity. I highly recommend it.”—Christiane Northrup, M.D. “Throughout this volume and with utmost clarity, Dr. Carolyn Dean presents invaluable recommendations—based on the latest magnesium research. Virtually every American can benefit.”—Paul Pitchford, author of Healing with Whole Foods “Dr. Carolyn Dean has the best credentials for bringing solutions to those suffering from the hidden magnesium disorders that affect most of us. This book needs to be read by anyone wishing to improve their quality of life.”—Stephen T. Sinatra, M.D., author of The Sinatra Solution: Metabolic Cardiology

Magnesium: the Missing Link to Total Health Carolyn Dean, 2023-06-28 What if you could ask an internationally recognized medical doctor, What am I missing that will increase my wellness right now? Magnesium: The Missing Link to Total Health provides the answer. Discover: the top twelve reasons supplementing magnesium supports increasing overall wellness and longevity? how many traditional diagnoses could very well be magnesium deficiency in disguise? the importance of magnesium as a partner/co-factor with other essential vitamins and minerals? why appropriate magnesium dosing and absorption support immediate, intermediary, and long-term health benefits? the latest research on magnesium as the foundation of wellness Then, learn to apply and share this proven advice in your own life and with your family and loved ones. Magnesium: The Missing Link to Total Health not only is an information rich resource. But it is a journey anyone can take to learn critical information about the importance of magnesium as the missing link to total health.

Guide to Healing Chronic Pain Karen Kan, 2013-06-10 Are you trying to get relief from chronic pain without drugs or surgery? Have you been diagnosed with a so-called incurable pain condition such as herniated discs, arthritis, multiple sclerosis, migraine, nerve damage, or fibromyalgia? This unique natural pain relief guide integrates mind, body, and spirit in

the healing process, and can help you discover multiple natural pain relief strategies you can use to heal your pain - with or without your doctors consent; use cutting-edge energy tools to quickly reduce or eliminate pain symptoms within minutes; reduce and reverse the inflammation in your body caused by stress, toxins and trauma; rewire your brain and nervous system in order to reactivate your bodys innate healing potential; harness the power of the mind to remove obstacles to healing; and reconnect with your Spirit and Higher Self so that you can experience healing as a joyful journey. Guide to Healing Chronic Pain is an absolute must-read not only for anyone suffering from chronic pain, but also for anyone wanting to stay perfectly healthy for the rest of his or her life. In the book, Dr. Karen Kan has set a new precedent of health care for Western physicians to follow in the twenty-first century and beyond. Taking the reader on a thorough exploration of drug-free, innovative, and alternative medicine modalities such as infrared nanotechnology patches (acupuncture without needles), grounding, energy healing, nutritional therapy, Qi and nervous system balancing, detoxification, and EMF pollution shielding, Dr. Kan synthesizes ancient Eastern healing techniques with cutting-edge science. Dr. Kans balanced SpiritMindBody approach to healing chronic pain is not only revolutionary but is exactly what is needed now in Western medicine. Dr. Karen Kan is indeed a role model for the Next Human physician. Jason Lincoln Jeffers, spiritual teacher and author of The Next Human

Love Yourself to Health... with Gusto!: Toxic Relationships, Toxic Food, Toxic Thoughts... No More! Jeanine Finelli, 2015-07-19 How do you build a healthy life during and after a toxic relationship? Are you toxic to yourself? If your relationship is destructive and is repeatedly sabotaging your health, emotions, and your well-being, then it sure as hell isn't love. Toxicity takes many forms, from hurtful words to physical blows, unloving gestures, deceitfulness, or betrayal. Do you want more of the same, or do you want to live your life with zest, joy, and delight? Quit talking negatively to yourself and stop choosing foods that are hurting, not healing you. The ABC Guide will show you how to shed all that is not serving your soul and body. Toxic relationships, toxic food, toxic thoughts... no more! This book will leave you healthier, happier, whole, and even a little hotter, Bella! Jeanine Finelli offers nourishment for your mind and teaches you about food and lifestyle habits that will fortify your body and spirit as you begin your journey toward health and happiness. Empower yourself and love yourself to health. No one can do it for you.

Magnesium Carolyn Dean, 2011 Noting that a majority of people suffer from a magnesium deficiency, this booklet explains how low levels of magnesium can impact overall health and well being. A versatile mineral, magnesium is a critical but often overlooked nutrient for the prevention of asthma, diabetes, heart disease, insomnia, migraines, and osteoporosis. Written by a leading expert in the field, this handbook features the most current research on supplemental and dietary magnesium and provides the necessary information to naturally enhance the body's magnesium stores.

Women's Bodies, Women's Wisdom Christiane Northrup, M.D., 2020-05-12 The New York Times bestselling guide to

physical and emotional wellness for women of all ages—fully revised and updated for 2020 “A masterpiece for every woman who has an interest in her body, her mind, and her soul.”—Caroline Myss, Ph.D., author of *Anatomy of the Spirit* “I recommend *Women’s Bodies, Women’s Wisdom* to all women and also to all men who want to understand and nourish the women in their lives.”—Deepak Chopra, M.D., author of *Ageless Body, Timeless Mind* Emphasizing the body’s innate wisdom and ability to heal, *Women’s Bodies, Women’s Wisdom* covers the entire range of women’s health—from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data, and reflecting today’s woman’s proactive involvement in her own health care, this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions. Filled with dramatic case histories, *Women’s Bodies, Women’s Wisdom* is contemporary medicine at its best, combining new technologies with natural remedies and the miraculous healing powers within the body itself.

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lifestyle sustainable. Inside, you'll find: 88 simple, sugar-free recipes tested for taste and ease 3 Nutrient-balanced meals without hidden sugar traps 3 Flexible substitutions for real households 3 Practical tips for stocking and cooking without sugar 3 Full-color photos that make every recipe-from everyday staples to unexpected favorites-look delicious and inviting With Dr. Dean's clinical wisdom and decades of experience, *The Sugar-Free Kitchen* turns theory into practice. These recipes offer enough structure to support detox, while allowing the flexibility to make them your own. Whether you are just beginning to step off sugar or already living sugar-free, this cookbook gives you the confidence, support, and flavor you need to succeed.

Natural Health, 2003

Beverage World, 2003

Body & Soul (Watertown, Mass.), 2003

American Book Publishing Record, 2003

Dr. Carolyn Dean Esther Howard, 2025-10-26 Are you constantly tired, stressed, or battling restless nights? Did you know that one simple mineral could be the hidden key to restoring energy, calming your mind, and strengthening your body? Magnesium isn't just another supplement it's the foundation of over 300 essential bodily processes that keep you healthy, energized, and balanced. From heart rhythm and muscle recovery to sleep regulation and immune defense, magnesium quietly powers your entire body. Yet modern diets, stress, and environmental factors leave most people dangerously deficient. This deficiency can manifest as fatigue, anxiety, muscle cramps, or brain fog. Symptoms often misattributed to just aging or a busy lifestyle. *Unlocking the Power of Magnesium for Total Body Wellness* reveals the science behind this miracle mineral in simple, practical terms, showing you how to restore balance naturally. Imagine waking up refreshed, moving without tension, thinking clearly, and feeling resilient throughout the day. This book provides actionable strategies, real-life examples, and a step-by-step guide to reclaiming vitality all grounded in science and easy to follow. Stop ignoring the silent signs of magnesium deficiency and take control of your health today. Whether you want better sleep, more energy, or long-term wellness, this book equips you with the tools to transform your body from the inside out. Grab your copy now and unlock the full power of magnesium for total body wellness!

Books in Print Supplement, 2002

Whispering the Strategies of Language: An Emotional Journey through **Magnesium Miracle Carolyn Dean**

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Magnesium Miracle Carolyn Dean Introduction

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