

Magnesium's Benefits to Me

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Up to 80% of Americans are deficient in magnesium,¹ but instead we often hear “be sure to get enough calcium”. But ironically most Americans get enough calcium,² but an excess of it without the nutrients to metabolize it properly can be harmful. It usually deposits in places where it shouldn't be, like joints. Magnesium, Vitamin D₃³ and Vitamin K₂ are some of the more important nutrients needed to properly utilize calcium.

This is a personal account of the remarkable ways which I believe magnesium has benefited me. **Since I am not a medical doctor, no medical advice is intended.** I give God all the credit, so I don't want to brag, but if I keep it all to myself, then no one else can benefit.

It was about 2003 that I read an article about the benefits of the nutrient magnesium.⁴ I



started taking magnesium chloride, but after a while I found that didn't seem to agree with me, so I switched to magnesium citrate⁵ and found that better. The form is important, because for example the absorption of the popular magnesium oxide is very low⁶. Also, it is possible that taking magnesium alone, and not in combination with a good selection of other God-given nutrients, that one may not expect to see as much benefit as I have experienced.

I was beginning to suffer **high blood pressure**, and a claimed benefit was lower blood pressure. After I began supplementing with magnesium chloride, my blood pressure went from 170 or more down to around 140 in two days. Two weeks later it was down in the 120's. In fact, it appears that you can get it as low as you want, even to zero (and you are dead), since a symptom of overdosing is low blood pressure.⁷

About the year 2000, I started noticing poor vision under high-contrast situations, also called glare disability⁸. This is a sign of **cataracts** beginning to form. I tried lots of different vitamins, etc. with limited benefits. But when I started taking magnesium, immediately there was a noticeable improvement, and over the years, there has been a gradual improvement until now my night vision is as good as I remember it when I was much younger, an unexpected benefit.

Another totally unexpected benefit was that starting with taking magnesium, my **eye-glass prescription** has gradually improved from a nearsighted -3 diopters to about -1, and continues to improve gradually. Something I have wondered is if my eyes get to normal, will the change continue until I am farsighted? Maybe not, because I recommended magnesium to a farsighted friend, whose vision has become less farsighted by about .25 diopters over maybe 6 months. So, this is a small bit of evidence that maybe magnesium will normalize one's vision, whether farsighted or nearsighted.

The most important and unexpected improvement from magnesium is that my elevated intra-ocular pressure (**chronic glaucoma**) has normalized.⁹

Before starting magnesium, I noticed some **hearing impairment**. I found it difficult to understand people talking when there was lots of background noise, like at a party, but this has cleared up completely.¹⁰

Something else I credit to magnesium is eliminating **sore joints**.¹¹ My shoulders and wrists suffered varying amounts of pain, sometimes to the point that I could not lift my elbow as high as my shoulder, nor bend my wrists back to support some of my weight on a table. These problems are no longer noticeable.

Another perceived benefit has been **more physical stamina** like when I am doing yard work.

A person with mild **fibromyalgia** to whom I recommended magnesium has reported that her symptoms have diminished.

A person with heart insufficiency has reported that magnesium has relieved her symptoms of a **fast pulse**, and no longer needs the medicine she was prescribed.

In **Conclusion**, I have noticed that many people treat vitamins like medicine, taking only one or two targeted for a specific condition, and when they feel better they stop. The popular drug store vitamins are generally manufactured by drug companies, and may do you a little good, but are probably the least beneficial. They must contain what they say, or it is a crime. However, that they are usefully assimilated and utilized is a different matter. There are even reports that undissolved vitamin pills are found in sewage.¹² However even if the pills dissolve, the vitamins could still be chemically bound so that they aren't assimilated. Now personally, I don't think that the drug companies are so clueless that they overlooked this issue, but rather the fewer vitamins you assimilate, the poorer your health, and the more money they make. It is not in their interest that you be healthy.

You will almost always find magnesium oxide in budget vitamins, which as I mentioned above is hardly usefully absorbed at all. Also budget vitamins will use synthetic forms of vitamins rather than natural, and the biological activity of the two can differ, in some cases very much. In some cases, synthetic vitamins give undesirable side effects.¹³ The synthetic oil-soluble vitamins (especially A & D) tend to be much more toxic in large quantities than the natural ones. So, I have always sought vitamins and nutrients made from natural sources, or that are known to be bio-identical and that are absorbable. I have usually been pleased with vitamins from independent health-food stores, and less pleased with those from health-food-store chains, and have never bothered with those from drugstores.

It is certainly worthwhile to guard your health, but most important of all is the salvation of your eternal soul. It is a personal matter between you and God and does not depend on rites, traditions, human effort, or belonging to any church, religion or organization: *"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works..."* [Ephesians 2:8-9](#) No matter what kind of person you are or what you have done: *"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all*

unrighteousness." [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: *"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."* [John 3:16](#) Then study the Bible to live pleasing to God: *"...if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come."* [2 Corinthians 5:17](#)

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8 agingeye.net/cataract/cataracteyeexam.php

9 Unfortunately it has returned a little recently.

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13 The studies which pan vitamins invariably use the synthetic forms.