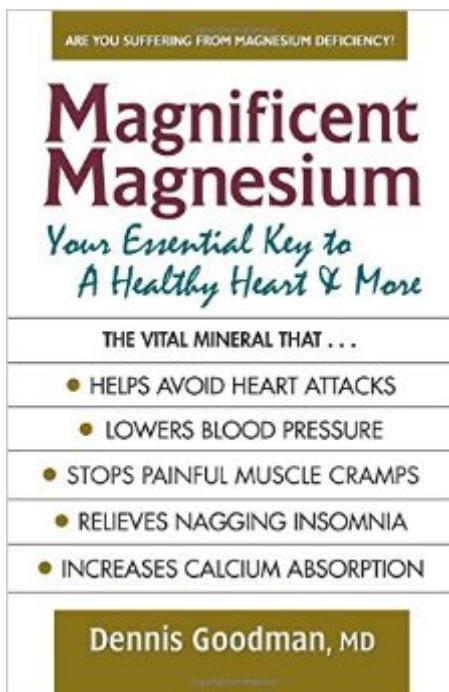


The book was found

Magnificent Magnesium: Your Essential Key To A Healthy Heart & More



Synopsis

Despite the development of many âœbreakthroughâ • drugs designed to combat its effects, heart disease remains the number-one killer of Americans. Is there a simpler solution? The answer is yes. For many years, scientists and medical researchers have known about a common mineral that can effectively prevent or remedy many cardiovascular conditions. And unlike the pharmaceuticals usually prescribed, this supplement has no dangerous side effects. In this book, world-renowned cardiologist Dr. Dennis Goodman shines a spotlight on magnesium, the mineral that can maximize your heart health. The author first establishes a firm foundation for understanding heart disease, detailing its many forms and providing a brief overview of its fundamental mechanisms. Next, he examines the important role magnesium plays in many life processes and explores how a deficiency of this substance can lead to many of our nation's most common health conditions, including cardiovascular disease. The author then details magnesiumâ™s astounding benefits, not only for heart disease, but for other health problems, including obesity, type 2 diabetes, gastrointestinal disorders, osteoporosis, and insomnia. Finally, this knowledge is put to work, as Dr. Goodman offers clear guidelines on how to select and use magnesium supplements to greatest effect. Many drugs are designed to relieve the symptoms of heart disease, but none of them eliminates the root cause of the problem. In *Magnificent Magnesium*, you will discover how a simple all-natural mineral can improve the function of your heart and help you regain control of your health.

Book Information

Paperback: 192 pages

Publisher: Square One; 1 edition (October 31, 2013)

Language: English

ISBN-10: 0757003915

ISBN-13: 978-0757003912

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (57 customer reviews)

Best Sellers Rank: #33,360 in Books (See Top 100 in Books) #29 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #99 inÂ Books > Medical Books > Basic Sciences > Physiology #413 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I had the chance to review a pre-printed version, and am quite convinced we ALL need to be taking

magnesium daily. Dr. Goodman provides a cliff notes version of how the heart works and explains the role magnesium plays in preventing heart-related illness and heart attacks. I'd recommend this book to everyone, particularly other general practitioners (MDs) who aren't measuring magnesium levels among patients nor telling them about the importance of taking magnesium.

I could give 10 stars to this book. Five for its thoughtful and well-constructed content and five for the courage of its creator, Dr. Goodman, who has generously shared the invaluable information about this vital supplement. As a vegetarian for over 15 years, I have been diligent in maintaining a well-balanced diet and complementing it with other dietary supplements like B12, Folic Acid, etc. as best as I could. But in recent months, I've been experiencing muscle cramps, elevated blood pressure, and occasional heart palpitation. It turned out I was magnesium deficient. I've been taking Jigsaw Magnesium SRT for 6 weeks now. My blood pressure is back to normal range and occasional heart palpitation is gone. I'm baffled why we are hearing so much about far less important minerals like Calcium and never being informed about the most important one. As I was reading the book, it became clear to me why. The book clearly explains the cardiovascular function and why most heart diseases could have been caused by magnesium deficiency and could be reversed or prevented by proper supplementation of it. I'm sure you can imagine how this information could be received by those producing medications for such complications. As stated in the review title this book could become one of your most important reads. The reason is simply because its information content could potentially add years to one's productive life. I hope we can join Dr. Goodman and other conscientious physicians like him to spread the word about the importance of Magnesium and its value to our public health and longevity.

As a Nurse Practitioner I wish every physician and every patient taking cardiac medication would read this clear, concise and well documented book! The author was Chief of Cardiology for 20 years at a prestigious hospital in southern California. It's a shame that most MDs are not up to date on the latest studies done on the benefits of this safe, inexpensive supplement which most of us are not getting enough of in our diets. It ought to be a tablet we take everyday, just like the baby aspirin we use to prevent cardiac events!

A major contribution and prescription of hope -- by Giselle W. (NYC, NY) "Magnificent Magnesium" is an essential book whose time has come. It covers the complex world of cardiology in a clear and informative manner. Yet it is not just a primer of cardiology for patients, but also a practical resource

that identifies symptoms and educates how to prevent them. The book draws attention to the worst killer of modern time -- heart disease. And it hooks you on from chapter to chapter to learn how to be proactive and in charge of your own health and future. "Magnificent Magnesium" is a unique answer to the scrooge of cardiac deaths as it identifies and highlights a well researched but long neglected mineral that is simple and inexpensive. Magnesium's importance to the biochemical processes of the body is paramount. Magnesium, like a conductor of a symphony, synchronizes and balances the various nutrients, elements and enzymes, for the body's ultimate health. It also has a powerful effect on various other diseases, and it affects immunity, metabolism, energy and optimal function. The book takes us on a "tour de force" of the reasons and consequences of magnesium's short shrift acceptance. absorption and potential value when properly taken. Additionally, it is also a chock full of nuts of nutrition insights and advice to those who are trying to improve their odds, or become the best and healthiest they can be. This book is a major contribution to understanding human fragility and getting a prescription of hope. It is analytical yet written with heart and care.

Magnificent Magnesium is a little 'hokey' sounding for a title, like a 6th grade term paper, but if even half of what Dr. Goodman writes about magnesium is true, then the title is apt. He spends a lot of time in his area of expertise, heart function and health, and how magnesium can assist. I'm used to reading non-fiction, health books, so I waded through it. I ended up taking 150mg tabs twice a day, based on his recommendations and within 3 days noticed marked improvement in muscle cramps, small, occasional heart palpitations and 'digestive issues'. The palpitations and digestive problems had been with me for 7-10 years and to see them so easily remedied was almost unbelievable. That was nearly three months ago and I remain satisfied with the results, though have reduced the magnesium to half what I started to take. I would suggest anyone with questions or problems read this book, but also consult their doctor, particularly if they are on medications. I was not and had consulted doctors many times over the years but without meaningful results. For my situation, magnesium really has been magnificent!

[Download to continue reading...](#)

Magnificent Magnesium: Your Essential Key to a Healthy Heart & More Magnesium: Transform Your Life With The Power Of The Magnesium Miracle Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Essential Oils: Ultimate

Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Epsom Salt: The Magic Mineral for Weight Loss, Eczema, Psoriasis, Gout, Garden, Relaxation & Other Applications (+33 DIY Top Health, Beauty & Home Recipes) (Magnesium, Acne, Natural Hair Care) The Magnesium Solution for High Blood Pressure (The Square One Health Guides) The Magnesium Miracle (Revised and Updated Edition) The Magnesium Miracle The Magnesium Miracle (Revised and Updated) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition

[Dmca](#)