Some Health Organizations Suggest Magnesium Is a Wonder Drug

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The Magnesium Oil Spray with Aloe Vera from Purest Vantage has the ability to deliver high amounts of magnesium via the skin.

(Newswire.net -- July 6, 2017) Orlando, FL -- Minerals such as magnesium are extremely important for health and survival. This mineral has been thought to offer a range of health benefits, and help those who are suffering from certain medical conditions.

Some health organizations suggest magnesium is a wonder drug. This mineral is involved in many of the human body’s processes and functioning. It could aid in regulating levels of blood sugar, maintaining the nerves and muscles, preventing heart attacks, and promoting normal blood pressure.

Dr. Carolyn Dean, MD, a naturopath, and author of the book called “The Magnesium Miracle,” reveals that almost 80 percent of people are deficient in magnesium. Unfortunately, this type of deficiency has been considered a primary factor in high blood pressure, diabetes, heart disease, and many muscular problems.

The National Institutes of Health does not just suggest that this mineral could be a wonder drug, but is also essential in over 300 biochemical reactions in the body. It is even involved in protein synthesis as well as energy metabolism.

In three huge studies, it was found that individuals with magnesium-rich diets have a reduced risk of Type 2 diabetes.

About.com also suggests that when the blood glucose levels are elevated, the loss of magnesium in the urine is also increased. This means the blood levels of magnesium in the body also reduce.

Thus, it is extremely important for individuals with diabetes to make sure that they obtain adequate amounts of magnesium on a daily basis.

While the potential healing effects offered by magnesium are remarkable, medical authorities rarely recommend its consumption. This is believed to contribute to the increasing prevalence of magnesium deficiency from around the world.

The About.com further states that adults who are healthy and consume a varied diet do not need to consume magnesium supplements. However, Dr. Dean disagrees saying that the recommended daily allowance (RDA) of magnesium is 350 to 400 milligrams per day. It is important to remember that the Standard American Diet (SAD) actually requires very little amounts of magnesium. Some of the factors that contribute to magnesium deficiency are soil depletion by factory farming and processing of food.

Aside from taking supplements, consumers may also consider the use of Magnesium Oil Spray with Aloe Vera from Purest Vantage. Purest Vantage has been widely believed to be one of the trusted sources of health-enhancing products in the international market today.

The Magnesium Oil Spray with Aloe Vera from Purest Vantage has the ability to deliver high amounts of magnesium via the skin.

(www.amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I)

About PUREST VANTAGE

Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.
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