



MAGNESIUM: Transform Your Life With The Power Of The Magnesium Miracle

Sky Pankhurst

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Are You Ready To Transform Your Life With The Miracle Of Magnesium?

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Harness the magnificent power of magnesium and have abundant energy, a calm mind and perfect health.

Day by day, through the non stop stresses of life, environmental pollutants, constant over working, and occasional bad eating habits; you are losing more and more of the single most important macro nutrient to your body. Magnesium. All though it is one of the most ignored components of optimal health and wellbeing, it is vital to every organ and function in your body. In fact, even a slight magnesium deficiency can drastically impact your life in countless negative ways. With this book you will be able to quickly recognise the signs and symptoms of magnesium deficiency and treat it quickly and effectively, so that you can start living your life to the fullest every single day. You deserve health. You deserve your dream body. You deserve happiness. You deserve to achieve all your goals. So let this magical mineral help you get what you deserve.

Here Is A Preview Of What You'll Learn...

- Exactly Why You Need Magnesium
- The Benefits Of Magnesium For Your Body And Mind
- The Signs And Symptoms Of Magnesium Deficiency
- What Causes Magnesium Deficiency
- Sources Of Magnesium
- Everything You Need To Know About Transdermal Magnesium Therapy

- Magnesium And Your Mental Health
- How To Make Your Own Magnesium Body Butter
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