

HOW TO USE MAGNESIUM TO IMPROVE YOUR HEART AND BLOOD PRESSURE  
TREAT COMMON CONDITIONS LIKE  
MIGRAINE AND CONSTIPATION

# Heart Healthy Magnesium

YOUR NUTRITIONAL KEY TO  
CARDIOVASCULAR WELLNESS

James B. Provenza, D.D.

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# Heart Healty Magnesu by James B. Pierce

James B. Pierce

Do you be afflicted by excessive blood pressure, abnormal heartbeat, or chest pains? Do you get unexplained cramps or pains on your legs or back? Do you've hassle preserving your fingers and ft warm? Has your health professional instructed you that you could be be in Heart Healty Magnesu danger for center assault or stroke? in case your resolution is "yes," you'll be stunned to profit deficiency of 1 basic mineral - magnesium - will be on the root of your problem. In center fit Magnesium, writer James B. Pierce, Ph.D., explains how a shocking array of illnesses - from insomnia, fading memory, and stiff, aching muscles, all of the solution to excessive blood pressure, arrhythmia, angina, middle attack, and stroke - may well all be concerning insufficient degrees of magnesium within the body's muscle cells. utilizing transparent non-technical language, Dr. Pierce explains the ways that magnesium works to take care of the fit functioning of the physique as a Heart Healty Magnesu whole, and of the cardiovascular approach in particular. He discusses why and the way magnesium deficiencies develop, how one can understand no matter if you're one of many many of us plagued by this condition, and what can take place while the physique turns into starved for this crucial mineral. such a lot important, he tells in regards to the notable effects which have been attained through the use of magnesium to advertise middle health, and relates his personal own adventure with cardiovascular disease. Dr. Pierce provides easy-to-follow instructions for constructing your individual complete and customized dietary program, together with updated details on diet, exercise, and tension reduction. middle fit Magnesium offers a correct account of the step forward clinical examine that's now underway. It deals an method of cardiovascular health that consists of no expensive medications and no bad unwanted effects - only a simple, safe, and potent application which may assist you think larger than you've gotten in years.

## Heart Healty Magnesu

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