

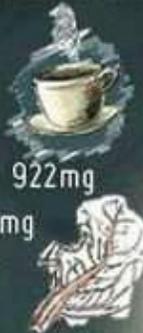
MAGNESIUM

THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg



Mg



Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.



Did you know...refined grains
remove 80-97 percent of magnesium?

The Spark of Life

It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.



Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

www.undergroundhealthreporter.com