

Richard C. Cook

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Magnesium—The Miracle Mineral

I have always had a strong interest in nutrition but, like most people, have often been bewildered by the overwhelming amount of information and general lack of focus of what there is to be learned.

I take the GNC supplements for men over 50. It certainly has a lot of stuff in it, but in regard to two key minerals, even the GNC formula is deficient. These minerals are iodine and magnesium.

The American diet is seriously deficient in both these essential minerals. I plan to write about iodine later. For now, I want to focus on magnesium.

The array of bodily functions that can work normally only with sufficient magnesium is staggering. Every system of the body is affected, but most particularly the circulatory system. This is critical because every cell of the body depends on an adequate flow of blood.

Magnesium deficiency is implicated in cancer, heart disease, hypertension, diabetes, mental illness, kidney malfunction, fatigue, migraine, elevated cholesterol, liver ailments, and many other illnesses and conditions. Magnesium is routinely used by doctors in hospitals to treat heart attacks and illnesses associated with pregnancy. There it is administered intravenously in large doses. I have a friend who is a doctor who is researching the possibility of treating numerous chronic illnesses, cancer included, with large doses of magnesium sulphate. His idea is that the cause of many illnesses is hyperactivity of the body's stress reaction and that magnesium can slow this reaction when it has gotten out of control.

Why is no one told that magnesium deficiency may be a cause of so many disease states? Could it be that dietary magnesium is incredibly cheap to produce and purchase, whereas the prescription medications that are used to treat these diseases once they have set in makes the drug companies rich beyond imagining?

Here is an article to read about a book called *The Miracle of Magnesium*: [Click Here](#).

How can you get sufficient magnesium? You can't through food—our food supply has been so depleted of nutritional value by poor soils and growing conditions that food is no longer enough, even if, in the case of magnesium, you regularly ate green vegetables such as spinach and broccoli where it is normally found.

But there is a simple solution—take a level teaspoon of Epsom salts once a day in a glass of warm water. This meets the RDA but is far smaller than the therapeutic dose of Epsom salts used as a laxative. Epsom salts are also used routinely while bathing as a muscle relaxant.

After two days of taking Epsom salts, the muscle cramps in my legs that had been bothering me for years were gone. I felt more relaxed and peaceful, not surprisingly, since magnesium also promotes the production in the body of serotonin, the substance found in the brain that makes us feel at ease. It's a shortage of serotonin that doctors treat with dangerous and expensive antidepressants.

So you might find it worthwhile to become better acquainted with magnesium—the miracle mineral.



This entry was posted on Wednesday, September 2nd, 2009 at 7:50 pm and is filed under [Richard Cook Blog](#). You can [feed](#) this entry. You can [leave a response](#), or [trackback](#) from your own site.

19 Responses

1. I'm glad to see Richard C. Cook writing on a health issue.

I have been grateful for his insights on our political and economic systems. More recently, he has written about moral, religious and spiritual matters. Cook's is a wide-ranging, free-roaming intelligence that can focus on most any article in the encyclopedia and bring something new to bear.

I agree with his thesis in this article that we do not hear of the simple remedies and preventive behaviors that could forestall serious illnesses because there are huge profits to be made by drug companies, hospitals and doctors when people fall prey to such illnesses.

Cook established his credentials as a whistle-blower 2 decades ago, after the Challenger disaster. It's good to know he remains in the people's corner, still blowing the whistle, calling for "time-out" from the hurly-burly of deceptions and half-truths, adducing whole truths, facts and reason.

Now for my teaspoon of Epsom salts!

Comment by Gary Corseri on September 2, 2009

2. Richard,
Another great book on Magnesium is Called Transdermal Magnesium Therapy by Mark Sircus, Ac., O.M.D. a very good read.

Jack

Comment by Jack Eagan on September 2, 2009

3. Thank you Richard. I wish that I had this information in 1981, when my father complained of leg cramps and then had a fatal heart attack at the age of 51 about a month later. Even at 55, which I now am, I can still say I loved this man and miss him. Thanks again Richard. I will apply the information to myself.

Comment by Robert on September 2, 2009

4. I have been taking Magnesium supplements for several years in the dosage of 250 MG. I also get magnesium through a Natural Multi-Vitamin. I have found that I sleep better when I take magnesium at night.

Several years ago, I was having a lot of pain in my gums due to some exposed nerve which sometimes happens when you brush your teeth too hard. There seemed to be another problem and my dentist wanted to perform a root canal. Long story short, I began to very faithfully take magnesium supplements every day, especially after I read that the mineral calms the nerves in the body. Moral of the story, I didn't have to go through a root canal and my gum problem cleared up. Magnesium also works well when taken with Calcium supplements.

Comment by Dixie Dawg on September 2, 2009

5. I was using magnesium sulfate to fix lead acid batteries (it removes the oxide from the plates), I always wondered what the meical symbols were for on the bag !, I just took a teaspoon now and downed the nasty taste with some red wine (also good for people, it has resveratrol), thanks for this tidbit of info. !.

Comment by Charles Hoyenski on September 2, 2009

6. "You can't through food--"

So no matter what country I live in, no matter whether I eat organic vegetables, it is not possible, according to you, to get it from food? When anyone in a position of responsibility makes statements like this they lose credibility. If you want more readers I'd consider being a little more careful, and accurate, about what you write.

Comment by Mike S on September 3, 2009

7. richard do you think it would help those with adhd?

Comment by [axelnelson](#) on September 3, 2009

8. Mike S, Please elaborate with proof that YOU DO RECEIVE the proper amount of magnesium from your organic veggies...

Comment by [Michael](#) on September 3, 2009

9. I found out that magnesium helps to rid the body of the fluoride that we are exposed to also. I use epsom salt baths three times a week. Really helps with sore muscles that I fought with for years. The bone pains in my feet I had from years of fluoride exposure disappeared with the epsom salt baths.

I also found the benefits to taking iodine. I use betadine on my skin daily. I am still so low it absorbs into my skin in less than an hour. I sleep harder and my nails are getting thicker. Fluoride that is in the water and in antibiotics and antidepressants are halogens and it strips the body of iodine. Iodine is no longer put into breads it was replaced with bromine which is another halogen which strips the body of iodine.

I found this out by researching bromine which is in mountain dew and similar sodas. I could not find any links online on how to get rid of the fluoride from the body in normal searches.

<http://www.acu-cell.com/fcl.html>

Great to read your blog. Thank you.

Smiles.

Lisa B.

Comment by Lisa B. on September 3, 2009

10. Interesting, Richard.

I remember Dr. Eva Hill, a friend of my parents and our first candidate here in 1954, saying much the same. She worked on the Hoxey (US, then Mexico) cancer cure system and had some fantastic results. And some bad failures.

You will, of course, be aware that Mg is the centre atom of chlorophyll, as iron is to haemoglobin. Can't be a lack of it in green plants; they will turn yellow. All energy-manipulating molecules in nature seem to have a metal atom with a variable valency (outer shell electrons that can be manipulated in different ways) but I don't know how Mg fits that category. Bivalent, but apparently linked to 4 C atoms. Maybe it rotates like an armature!!

We had an interesting occurrence of it here in a pine nursery in the acidic central N. Is pumice. Everything else grew well but pine seedlings work on the top 4 inches or so of soil after they are "wrenched", i.e. their vertical roots are cut. Kodachrome seedlings! A dressing of dolomite fixed it. Then we got a query from the Dept's Head Office "Why ... expensive dolomite.... lime so much cheaper?!!"

NZ soils are very iodine-deficient. Didn't worry the Maori, with mainly sea food, but we had many cases of goitre earlier in our history. Our standard salt here is iodised. though one can get uniodised salt.

Regards.

John R.

Comment by [rcook](#) on September 3, 2009