

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## MAGNESIUM THERAPY

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Magnesium is an essential nutrient. It is involved in several hundred of the body's enzymatic reactions, especially those related to energy production and cardiovascular function. It helps to create and stimulate prostaglandins—lipid compounds that regulate inflammation, relaxes muscles, lowers blood pressure, and is considered the 'anti-stress' mineral for its ability to calm and reduce anxiety and hyperactivity. Magnesium deficiency is rampant in our modern culture and contributes to many of our modern conditions and diseases. Factors that contribute to rapid magnesium depletion include stress, birth control pills, prescription drugs, alcohol, sugar, caffeine and refined grains. Though oral magnesium supplementation and intravenous administration have been the prevalent forms used in the 20th century, I would like to share with you the latest research and introduce you to the transdermal approach, which opens the door for magnesium to be used as a universal medicine. Magnesium is poorly absorbed orally, and injections are costly and uncomfortable although it is the best method in emergency situations. Due to this new research, I have now started to combine oral and trans-dermal administration to bring magnesium cell levels back to their full levels as quickly as possible. Magnesium can alleviate a score of common problems like muscle pain, insomnia, migraines, menstrual pain, and depression. It can activate vital enzyme processes and ATP production to increase energy levels. It can help us avoid the major plagues of our time: diabetes, cancer, heart disease, neurological disorders (MS/Alzheimer's, etc.), and strokes. Magnesium supplementation makes surgery safer and helps avoid birth complications. It also helps children recover from autism. The form of magnesium that the human metabolic system recognizes and assimilates most readily is magnesium chloride, the same form contained in seawater, but very few nutritional supplements on the market include this type of magnesium. The simple secret to the proper administration and optimum assimilation of magnesium is to apply it transdermally, via the skin, instead of just orally. Simply spray the surface of the skin with a solution of magnesium chloride/magnesium oil, or soak the feet for 20 minutes in a bucket of hot water with a minimum of a few ounces of magnesium chloride fluid added to it. You can also add several ounces of fluid into bath water and you will instantly have a powerful medical treatment. 2—3 sprays under each armpit function as a highly effective deodorant. Transdermal magnesium chloride therapy for tissue detoxification and cellular regeneration has been proven effective time and again and can be safely applied day in and day out for consistent health benefits. You can find magnesium oil at the Evergreen Cottage. Please make sure to read the next page to learn about contraindications, other applications and health benefits. ~ over ~

There is no substitute for magnesium in human physiology; nothing even comes close in terms of its effect on overall cell physiology. Toxic symptoms from increased magnesium intake are not common because the body eliminates excess amounts unless there are serious problems with kidney function. Some people, especially children, might develop a rash from using the magnesium oil when applied directly to the skin. If you experience burning or stinging after applying the oil, you need to dilute the magnesium oil 50/50 with distilled or mineral water; as the body acclimates to the magnesium, the full concentration can eventually be applied. It is always a good idea to start with low dosage and work up gradually to higher doses. Magnesium toxicity can occur in people with hypothyroidism, those using magnesium-containing medications such as antacids, laxatives, and in those with certain types of gastrointestinal disorders, such as colitis, which may cause an increased absorption of magnesium. Patients with excessively slow heart rates should also be careful because slow hearts can be made even slower, as magnesium relaxes the heart. Magnesium supplementation is known to interact with many different pharmaceutical drugs (check with your health professional). Transdermal magnesium therapy is ideal for pain management. The therapeutic effect of magnesium baths is to draw inflammation out of the muscles and joints. Magnesium chloride, when applied directly to the skin is transdermally absorbed and has an almost immediate effect on pain. The ideal transdermal treatment includes the healing radiation of the sun which is transdermal medicine at its best. Going down to the ocean is one of the finest medical treatments in the world and the cheapest if you have easy access to a place where the ocean waters are warm so you can stay in the water for a good length of time. In this age of high tech medicine and modern chemical pharmaceuticals, the simple basic “facts of life” regarding human health and healing are all too often overlooked and forgotten. For those who are dedicated to the pursuit of real health and true healing, it is a cause for celebration when one of these simple facts is rediscovered and brought back into the light. The secret to safe and effective medicine is found in using medicinal substances that do not have side effects in reasonable doses.

## NOVEMBER SPECIALS

Better Than Bouillon—Org. Beef or Chicken Base, 8 oz.	25% OFF
Dagoba Organic Chocolate—Chocolate Bars, assorted	25% OFF
Dagoba Organic Chocolate—Org. Hot Chocolate, Chai	25% OFF
Dancing Deer—Cookie or Cupcake Mix, 16 oz.	25% OFF
Dang—Chocolate or Yogurt-covered Coconut Chips	25% OFF
Doktor Kracker—Culinary Crisps or Snackers, 6 oz.	30% OFF
Enjoy Life—G/F Crunchy Flax Cereal, 10 oz.	25% OFF
Jackson’s Honest Chips—Sweet Potato Chips, 5 oz.	25% OFF
Flavorganics—Flavoring Extracts, variety	25% OFF
Mestemacher Bread—Three Grain Bread, 17.6 oz.	25% OFF
Ritter—Milk Chocolate Hazelnut Bar, 3.5 oz.	25% OFF
Monte Bene—Marinara Sauce, variety, 24 oz.	30% OFF

AND MANY MORE ITEMS!

## **CRANBERRY AND PEAR DESSERT**

Take **1 medium organic orange** and grate 1 tsp. zest and place in a mixing bowl. Cut the orange in half and juice both halves into the same bowl as the zest. Add **1/2 cup dried cranberries** and **2 tsp. honey**. Mix until the honey is dissolved. Let sit for 30 minutes to allow cranberries to soften. After the cranberries have softened, cut a **small pear** into 1/4-inch cubes and add to the bowl. Add **1/2 cup lightly roasted walnuts**. Sprinkle with extra nuts or top mixture with granola. Enjoy this dish right away, before the pears start to brown. (Apples may be substituted for the pears).



“Don’t judge each day by  
the harvest you reap, but  
by the seeds you plant”.

~ Robert Louis Stevenson

