

Welcome

to the Seven Minerals Community! In this ebook you'll learn how to use magnesium to prevent hair loss.

- Karin



Anti-Hair Loss Spray



Aloe Vera Spray



Pure Magnesium Oil

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No robots work here - if you have any questions or issues, email a real human at:

karin@sevenminerals.com

We've created this e-book to help you get the most out of your 7 Minerals experience. Since you've taken the time to check it out - we placed all sorts of COUPONS throughout the book!

Magnesium

Magnesium is an essential component of many reactions in the body. However, due to modern agricultural practices, the majority of Americans are magnesium deficient--which can cause or exacerbate many common health problems. Fortunately, magnesium can be easily, and enjoyably, supplemented.

80% of Americans are Magnesium Deficient:

Due to modern agricultural practices, the vast majority of Americans are deficient in magnesium^[1]^[2]. Though you can find magnesium in certain foods such as avocados, bananas, leafy greens, nuts, seeds, and legumes, many people still fall dangerously short of their recommended daily allowance.

Your Body Needs Magnesium

Magnesium is the eighth most abundant mineral in the earth, as well as the fourth most abundant mineral in the body. In addition to playing a role in more than 300 biochemical processes in the body, magnesium directly affects many aspects of your health.

Magnesium's Role:

Magnesium plays a crucial role within many of our body's systems, including our nervous system. It's partly responsible for your brain's communication with the rest of your body and proper muscle function.

Magnesium assists in the regulation of blood sugar levels, muscle contraction, and alleviating stress. Magnesium is also a crucial mineral in detoxification.

Magnesium's Benefits:

Magnesium's benefits to your health are numerous, and range from pain relief to cancer prevention.

When our body has low levels of magnesium, it can lead to various health issues such as: loss of appetite, nausea, muscle cramping, muscle contractions, migraines and headaches

Magnesium and Hair Loss

Magnesium's role in helping combat hair loss is an important one. It is responsible for helping your body absorb and utilize many nutrients. One of the main nutrients it helps is calcium. Without ample magnesium, calcium gets clogged up in arteries and forms deposits on your scalp - leading to dryness, flaking, and even hair loss!

Spraying magnesium directly onto the scalp helps resolve and prevent these issues while improving the overall health of your scalp.^[12]

It has also been found that using magnesium oil to massage your scalp helps to promote blood circulation and aid in the prevention of hair loss. Many are unaware of this but, hard water contributes a lot of calcium deposits on your scalp so magnesium sprays and oil are perfect solutions to fight hair loss caused by pesky calcium deposits that clog hair follicles.

Pain Relief:

Magnesium supplements can help relieve joint pain, muscle aches, headaches, and much more!

Joint Pain:

Doctors sometimes use magnesium as a treatment for arthritis and joint pain. Magnesium is a good [natural muscle pain reliever](#) that removes muscle soreness naturally and helps to mitigate inflammation.

You can apply topical magnesium directly to the major sources of tension. This allows the magnesium to penetrate the tension directly ensuring that it is absorbed where it is specifically required.

Have some pain? Spray Magnesium

Migraines and Headaches:

Magnesium supplements has been proven^[3] to provide fast, effective relief to sufferers of migraine headaches, while magnesium deficiency has been found in those who suffer from frequent migraines.

To relieve your headache symptoms quickly, we recommend [Seven Minerals Pure Magnesium Oil](#). Magnesium is absorbed most quickly when applied to the skin, and pure magnesium oil features elemental magnesium which requires no further processing by your body, meaning quicker relief.

Supplement magnesium daily to **prevent** headaches and migraines, and if they do come--**treat** those nasty symptoms with a topical magnesium.

Mental Health:

Magnesium helps reduce stress and anxiety levels, as it promotes the release of our happy hormone (serotonin), and the production of the sleep hormone (melatonin).

Anxiety and Depression:

Magnesium supplementation significantly reduces anxiety and depression^[4].

Supplementing magnesium is a safe, inexpensive, and easily available alternative to pharmaceutical treatment for anxiety and depression.

Stress:

Stress is everywhere in our modern lives, and increasing your magnesium levels has been shown^[5] to decrease your stress levels.

Depression, anxiety and magnesium deficiency have a particularly nasty relationship. Prolonged periods of stress and anxiety can significantly deplete magnesium levels, therefore resulting in more stress and anxiety, in a cycle that repeats again and again.

Simply the act of supplementing magnesium can be stress-reducing! Use [topical oil](#) to give yourself a soothing neck massage, or soak in a relaxing [magnesium chloride salt bath](#) to replenish your body's magnesium levels and fight against depression and anxiety!

Sleep Quality:

If you're having trouble sleeping supplementing magnesium is sure to help^[6].

Magnesium has an influence on the sleep hormone, melatonin and its production for regulation of a healthy sleep cycle. Without enough magnesium, getting to sleep or staying asleep can be quite difficult.

Magnesium deficiency can contribute to poor sleep quality, as the essential mineral plays a large role in relaxing our muscles and nerves.

Heart Health:

Magnesium is a crucial element to a healthy, happy heart. A safe, effective and easy treatment, consider adding supplemental magnesium to your diet or routine.

Heart Attack and Stroke:

Magnesium's benefits to heart health have led to its use as a safe and effective emergency treatment^[7] for certain life-threatening heart conditions.

Magnesium supplementation improves blood circulation and is associated with^[8] reduced risk of stroke, heart failure, diabetes, and all-cause mortality.

Cancer:

Magnesium deficiency has been found^[9] to directly increase your risk for developing cancer.

According to various studies^{[10][11]}, people in the regions with low magnesium levels in soil are more prone to cancer.

With magnesium deficiency, cell physiology is weakened, creating the perfect environment for tumor cells to spread throughout the body.

In addition to fortifying your cells against cancer, bathing in magnesium flakes can also promote the general health and well-being of cancer patients.

Skin:

Eczema and Dry Skin:

Magnesium can help tackle skin allergies such as eczema, which is often triggered by increased histamines and skin dryness.

Cellulite:

Magnesium fights cellulite. Connective tissue depends on Magnesium. It's role is to balance the growth and breakdown of collagen, and elastin. Without enough magnesium, our connective tissues weaken, and struggle to 'grow'.

General Hair Loss Tips

There's a lot of information out there on fighting hair loss, but it really just comes down to 2 disciplines: maintaining your scalp health and finding the best remedy for your individual case.

Scalp Maintenance:

Surprise, surprise: an unhealthy scalp has no chance of producing healthy, full hair. It's time to start doing all the things your mom used to nag you about..

Here are some of the most common culprits:

- **Dirty/Greasy Scalp** ► Make sure you are washing (shampooing) your hair consistently 2-4 times per week (cold showers will help hair health even more). Keep in mind, too much washing can be harmful to your hair and scalp.
- **Harmful Exposure** ► Shampoo with sulfate, hair dyes, constant hair straightening, and UV-ray exposure can all contribute to hair loss. Moderation is key!
- **Diet** ► Alcohol, smoking, fast food, processed foods - An unhealthy diet doesn't stop at your gut... Don't take your diet advice from Homer Simpson!
- **Blood Circulation** ► Covering your bald spots with a hat may be doing more harm than good-- Blood flow is crucial to stop/reverse hair loss! Comb your hair often, and massage your scalp to promote healthy hair.
- **Stress** ► Believe it or not, stress is one of the leading causes. It will have you literally and figuratively pulling your hair out. Not an easy fix, but look to lower your stress levels (meditation and yoga are great starts).
- **Genetics** ► Nothing you can do to change your genetics!

Finding Your Remedy:

Once you've made the changes to keep your scalp healthy, you should look for remedies to stop and reverse your hair loss. Some products may work for you, others will not. Don't be discouraged, your remedy is out there.

Here are a few of the remedies found to be the most effective:

- **Focused Diet** ▶ Include nutritious things like walnuts, almonds, eggs, spinach, papaya and other Vitamin-rich foods (Vitamins A,B,C,D, and E are all important for hair growth).
- **Massages/scientific combing** ▶ A rigorous brushing, or what's technically known as a scientific brushing, makes a huge difference in your hair's health. It's an overlooked tool for a healthy scalp and hair. Carve out space in your schedule to give yourself some thorough, attentive love.
- **Hair Growth Supplements** ▶ there are many and it can be difficult to find something that works for you, but it's always best to start with products that use natural ingredients. The most helpful for hair loss would be products with vital nutrients for healthy hair growth such as [magnesium](#), biotin, keratin, bamboo extract, etc.

Remember the effectiveness of these remedies is limited if your scalp isn't being taken care of to begin with, so that should be your 1st priority.

Magnesium Products

At Seven Minerals, our secret lies in Pure Magnesium Chloride, mined from the 250 million year-old Permian Seabed in the USA.



100% MONEY BACK GUARANTEE:

We stand firmly behind all of our products. Satisfaction guaranteed, or your money back.



Seven Minerals®

Anti-Hair Loss Magnesium Spray

Our hair follicles can get blocked with things like calcium deposits, dandruff, dead skin, and inflammation. A magnesium treatment like this, helps to unblock the follicles, and nourish the scalp. This is a unique, all natural formula that works!

Many hair loss shampoos and treatments only add false thickness, while adding residues and follicle blockages to scalp. Hair supplements can't clear away surface calcium deposits and they're unable to penetrate an inflamed follicle thanks to restricted blood flow. Our spray nourishes the roots AND helps unblock the follicles at the same time! It's like a detox for your scalp!

How to Use

1. Shake well before each use.
2. Apply 30 minutes before hair wash.
3. Spray directly on scalp and massage intensely.
4. Let oil air dry.
5. Use 2-3 times a week.

Tips from Our Community

★★★★★ - Rosie

WOOT WOOT! - I've been using this for a little over a month. I really think it is working My hair feels stronger and thicker Im so happy. Thank you!

★★★★★ - Ellen

Yes I do like the Seven Minerals Anti-hair Loss it seems to be helping. Like the smell and it's very easy to use!

★★★★★ - LMo

I loved the results. Made my hair feel soft and so nice and full after using it I recommend to anyone who wants to improve the health of their hair and for to stimulate hair regrowth.

20% OFF Coupon Code

7MGROWTH



Seven Minerals®

Aloe Vera Spray For Face, Skin & Hair

How to Use

1. Shake well before every use.
2. Apply directly to the skin and let it air dry for best results.
3. Use it for healthier skin & hair. Can be added to regular Essential oils, massage oils, daily facial care products, shampoos and hair conditioners.

Aloe Vera has the ability to protect and heal epithelial tissue, which is a layer of cells in the skin covering the body. It also helps stimulate fibroblasts, the skin cells responsible for wound healing and the manufacture of collagen.

By reducing inflammation and stimulating new cells, it allows wounds to heal quickly while minimizing scarring. Aloe also has natural antibacterial and anti-fungal qualities.

Tips from Our Community

★★★★★ - Vanessa

WONDERFUL PRODUCT! This is a wonderful product. I'm super-sensitive to artificial products, so I searched for a natural moisturizer, and this is as natural as you can get. They even use salt as a natural antimicrobial / mold inhibitor, thank you Seven Minerals! I use this to moisturize my skin and hair, plus to add shine to my hair. Just shake the bottle a bit before each use for optimal use. Enjoy!

★★★★★ - Giya

I like this Aloe spray. It really helps to keep my skin hydrated and calm over the hot summer months and also good to use during the dry winter months. The product is easy to have on hand and use.

★★★★★ - Amanda

We gave this a try and are very happy with it so far! It is very light and absorbs instantly, and really is miles apart from the typical sticky aloe vera gel many people think of with AV. We also love that it is CRUELTY FREE!!! YAY!

20% OFF Coupon Code

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Seven Minerals®

Usp Grade Magnesium Oil

One of the easiest and the most effective ways to get all the magnesium required for proper functioning of the body, Seven Minerals USP GRADE MAGNESIUM OIL fosters quicker absorption of magnesium and keeps the skin hydrated and nourished.

With Seven Minerals USP GRADE MAGNESIUM OIL you get 100% absorbable elemental magnesium delivered directly to cellular level through skin. Mined as a liquid in its ionic state, it includes a concentrated amount of magnesium, and bypasses the problematic gut, delivering essential magnesium to the cells where it's needed, requiring no further processing by your body.

Our pure magnesium oil targets connective tissue growth and repair, assists in detoxification, reduces the size of cellulite pockets, helps reduce fluid retention, and acts as a 'carrier' to deliver other essential oils into the bloodstream.

How to Use

For restless legs & better sleep:

Apply Magnesium Oil to the bottom of the feet every day, or spray your entire body--paying particular attention to any sore area. Let air dry for best results. After 20 minutes, the majority of the magnesium ions will be absorbed and you may rinse the oil off.

For headaches & migraines:

Rub the oil on your forehead, temples and back of your head. Let air dry for best results. After 20 minutes, the majority of the magnesium ions will be absorbed and you may rinse the oil off.

Tips from Our Community

★★★★★ - Christine Hill

I'm stunned! I have been suffering from a severe migraine disorder for 35 years! This product worked to take the edge off my severe migraine almost immediately. I highly recommend this product.

★★★★★ - Amazon Customer

I use the oil on my shoulders, neck and temples twice daily with prescription anti-inflammatory gel. It has lessened the frequency and severity of migraines. I also have restless leg syndrome and the magnesium oil helps with that too.

★★★★★ - Amazon Customer

This magnesium oil has helped so much; I've found that if I use the oil as soon as I feel a headache coming on, I don't need to take any pain killers (I massage the oil on my temples and on the back of my neck).

20% OFF Coupon Code

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Magnesium Common Side Effects:

As you can see, your body and magnesium have a powerful relationship. With powerful results sometimes comes powerful reactions. Here's the most common side effects of magnesium, why they happen, and how you can avoid them.

Stomach and Digestional Pain:

When taken orally, magnesium can wreak havoc on your digestive system.

Severe diarrhea, abdominal cramping and nausea can result from magnesium producing osmotic activity in your intestines and colon. Usually this happens when you take a high dose of magnesium, and often it is as a result of oral supplementation.

Taking a topical magnesium supplement, like Seven Minerals Stress Relief Spray can be an effective method to supplement magnesium and avoid gastrointestinal discomfort, as they contain a concentrated amount of magnesium and are not processed by the stomach or intestines.

Stinging:

There is a very close relationship between low levels of magnesium in the body and the sting caused by magnesium oil.

Usually, people who experience a burning sensation during or after applying magnesium spray usually think that their body is sensitive to magnesium oil. However, it may be a sign of magnesium deficiency. Magnesium oil acts as the vasodilator that relaxes muscle cells and increases blood flow in capillaries, which can cause a stinging sensation. Usually, we find that the greater the deficiency is, the more severe the sensation.

The discomfort will slowly fade after a week or two of regular application.

Ways to decrease the stinging: <https://www.sevenminerals.com/blogs/health-center/magnesium-itching-why-does-magnesium-oil-sting>

People Who Should Not Take Magnesium:

People suffering from kidney failure or other kidney disorders should not take magnesium supplements.

People suffering from heart issues must consult their doctor before using any magnesium products.

People who have excessively sensitive skin should not use magnesium supplements.

References

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Who is Seven Minerals?

We're a family-owned business that started from a need for natural. We couldn't understand why it was so hard to find natural products that didn't contain junk and toxins. Then we asked ourselves, why is it so hard to trust that a business will deliver natural and quality cosmetics?

Then came the "Aha Moment"... Why not do it ourselves? So we did. We made something we could call our own. Something simple, honest, and natural. Seven Minerals was born!

We know you get it - what goes on your skin is just as important as what goes in your mouth. And while we might compromise on the occasional pint of ice cream (Guilty!), we never compromise on our products.

We harness simplicity. Natural and organic ingredients you know, with labels you don't need a PhD to understand. Whether you're not getting enough sleep, your sibling is struggling with leg cramps, your father suffers from headaches, or your grandmother has joint pain. Our family is here to help yours. Safe for you, safe for your kids.

But we also know not everyone totally understands yet.

And that's okay!

We have loads of educational material on our website for just this reason. Everyone is at a different stage in their journey to clean, healthy living (How exciting!).

So here's to your journey and here's to hoping our paths cross along the way.

Seven Minerals,

Karin
co-founder

More Seven Minerals:

[Website](#)

[Health Center](#)

