



MAGNESIUM EBOOK

By Seven Minerals®

Welcome

to the Seven Minerals Community! In this ebook you'll learn about the profound benefits that magnesium can have on your mind, body, and quality of life.

- Karin



[Pure Magnesium Flakes](#)



[Pure Magnesium Oil](#)



[Magnesium Oil with Aloe Vera](#)



[Magnesium Cocoa Butter Cream](#)



[Rejuvenating Magnesium Body Lotion](#)



[Magnesium Shea Body Butter](#)



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!

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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

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:

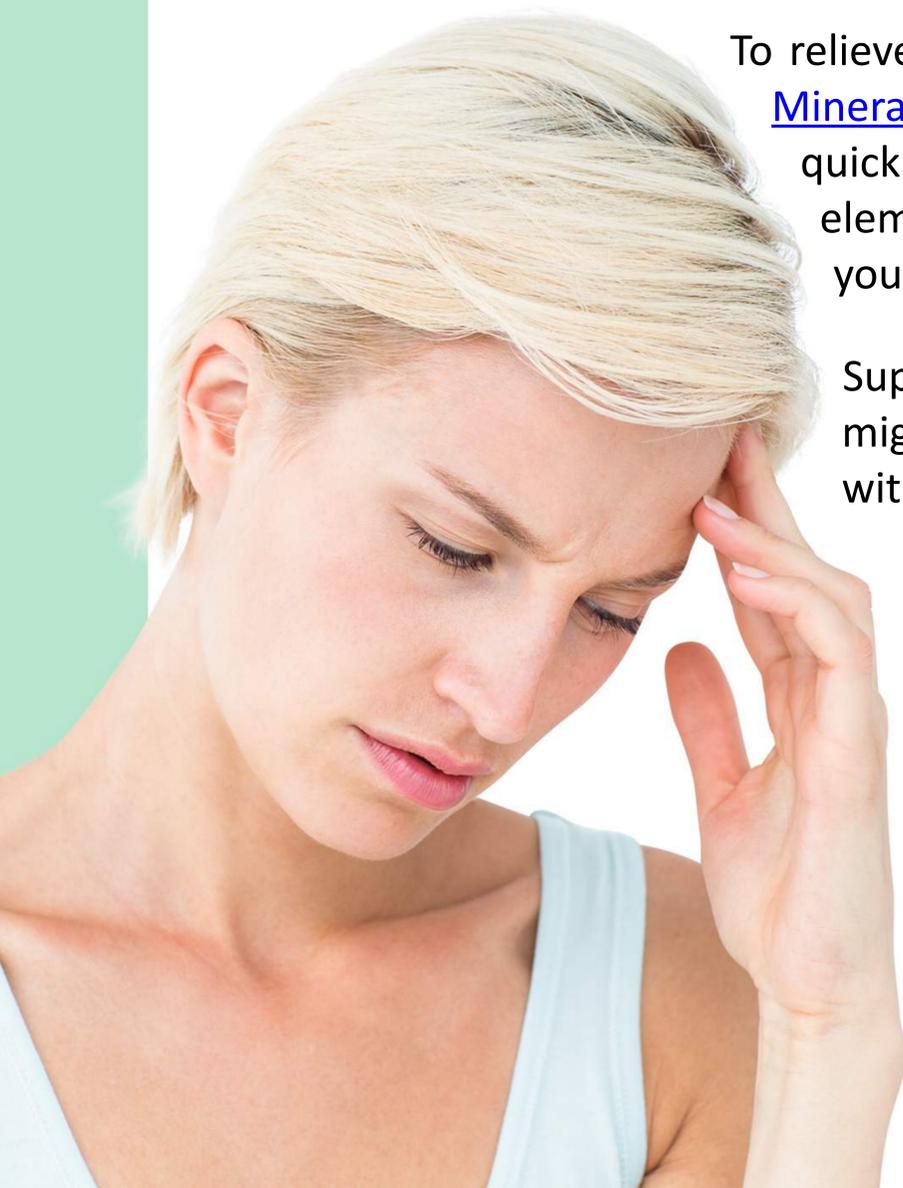
Magnesium supplements has been proven^[3] to provide fast, effective relief to sufferers of migraine headaches, while magnesium deficiency has been found in those who suffer from frequent migraines.

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'.



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®

Pure Magnesium Chloride Flakes

How to Use

For a foot soak:

Dissolve 5-6 tablespoons into warm water (101-103 °F / 38 - 41 °C). Bath water should not be too hot, as it prevents the skin from absorbing the magnesium. Bathe for 20-30 minutes.

For a full body bath:

Dissolve 10-12 tablespoons into warm water (101-103 °F / 38 - 41 °C). Bathe for 20-30 minutes.

Use product 2-3 times per week or more often, if needed.

A safe, effective Magnesium Chloride supplement for treating stress, anxiety, heart, muscle and mind -without the side effects of an oral supplement.

Seven Minerals PURE MAGNESIUM CHLORIDE FLAKES contain 100% absorbable elemental magnesium, which requires no additional processing by the body. This means quicker results, and faster relief.

Mined from deep in the Permian Seabed, they contain no toxic heavy metals, added preservatives, colors, bleaching or fragrances. Just pure, unprocessed minerals for an ancient healing soak.

Tips from Our Community

★★★★★ - Bea

This soothing foot bath and bath alleviates aches. I slept much better than usual!

★★★★★ - Amazon Customer

This product is AWESOME. I am recommending it to my friends. My acupuncturist recommended that I use magnesium and she was right!

★★★★★ - trumpet

GREAT product, don't stop making it.

★★★★★ - Love Amzn

Nice sized bag for organic salts. Love these. Will buy again. I compared them to a bunch of different brands and for the price and ingredients, these bags beat a lot of competitors. I'm very picky about what I soak in. The ingredients in these bags are fabulous...I will continue to buy these.

**Tried our flakes?
How'd you like it?**

Click the star to submit your rating!

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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).

★★★★★ - Amazon Customer

I am sick of taking huge pills. This wonderful magnesium oil product is much more bio-available than any pill or powder and all I have to do is rub a few sprays into my skin.

★★★★★ - Amazon Customer

Interesting product, I have taken magnesium for years, but still was having problems with muscles aching and restless legs along with fitful sleep. That's when I saw a review on this product and decided to try it, I was delighted with the results, my sleep became more sound, my legs feel less achey and overall I feel better.

**Tried our oil?
How'd you like it?**

Click the star to submit your rating!

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Seven Minerals®

Magnesium Oil With Aloe Vera

All of the benefits of Magnesium, paired with the amazing healing properties of Aloe Vera.

Our pure magnesium oil acts as a carrier, helping to deliver the restorative properties of Aloe Vera directly to your cells. Aloe Vera's benefits include anti-inflammatory, anti-fungal, antibacterial, and moisturizing properties.

The Aloe helps take care of your skin, and mitigates the irritation that can be a result of magnesium deficient skin being exposed to magnesium oil. Sensitive skin is more apt to experience this discomfort, making the aloe infused Magnesium Oil a great choice.

How to Use

Apply MAGNESIUM OIL WITH ALOE VERA to problematic skin areas daily.

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

★★★★★ - Amber Brown

First off, I would like to thank this company! I live with pain every day, and after minutes of spraying the area that's in pain, I immediately feel no pain!

★★★★★ - Amazon Customer

There is no comparison: Seven Minerals is extremely effective as a pain analgesic (especially backaches, arthritis, etc).

★★★★★ - Sharon Floyd

I absolutely love this product! Whenever I get leg cramps in the middle of the night I spray this on and they go away it doesn't sting or burn it actually softens my skin. love love love!

**Tried our oil?
How'd you like it?**

Click the star to submit your rating!

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Seven Minerals®

Magnesium Cream With Organic Cocoa Butter And Natural Vitamin E



How to Use

Apply to skin morning and night as needed. Repeat as necessary covering any dry, flaky areas of skin. Great for use during pregnancy to prevent stretch marks and get vital magnesium.

Vitamin E and cocoa butter lock in moisture for reduced stretch marks and firmer, smoother looking skin--with magnesium for better sleep, restless leg relief, muscle soreness control, anxiety management, and much more.

Get your daily dose of magnesium while enjoying beautifully supple skin with our all natural magnesium cocoa butter. With 10% high-grade magnesium (the highest concentrations of this vital mineral on the market), this cream effectively checks magnesium deficiency to help manage insomnia, calm your nerves, soothe muscle soreness and nocturnal leg cramps involved with RLS, and much more!

Its blend of organic cocoa butter, organic sunflower oil, and natural vitamin E also leaves your skin nourished, hydrated, and with a softness you'll absolutely relish.

Seven Minerals magnesium cream is 100% gluten free and contains no artificial fragrances, soy, preservatives, phthalates, or parabens.

Tips from Our Community

★★★★★ - Dawn Gurley

Delivers the Magnesium transdermally without any stinging or skin discomfort that I have had with the magnesium oil. When it goes on it feels a little greasy but within a few minutes it completely absorbs. It's an amazing skin moisturizer and paired with the Magnesium it's a definite win.

★★★★★ - Sharon Humphries

Works amazingly well! Used to wake up with leg cramps nightly and that seems to now be a thing of the past!!

★★★★★ - Lauren Neal

Fantastic product. I suffer from fibromyalgia and my feet are constantly in pain. After one use of this product I experienced a marked improvement! My sister is a massage therapist and I've suggested she use this product

★★★★★ - Dr. B

I used it in place of shaving cream. Closest shave I ever had without oopsees.

**Tried our cream?
How'd you like it?**

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Seven Minerals®

Rejuvenating Magnesium Body Lotion

Rejuvenating Magnesium Lotion will revitalize damaged skin, instantly hydrate and protect your skin, giving it a healthy youthful, all-day glow.

This rejuvenating, hydrating lotion contains pure ionic magnesium chloride, along with avocado butter and organic shea and avocado oils for moisturizing properties, anti-aging royal jelly and organic essential oils to give your skin a boost of youthful brilliance, as well as organic essential oils equipped with skin-supportive Beta Glucans.

How to Use

1. Apply to skin morning and night as needed.
2. Repeat as necessary covering any areas needing special attention.

Tips from Our Community

★★★★★ - M. Kucher

Wonderful stuff! Calms my muscle tension almost immediately! Works on cervical spasms, so it is helping with my migraines, as well as arthritis and pains associated with TKR. I have very sensitive skin and there is no irritation or itchiness that I get with most creams and especially Mg topicals. I highly recommend this lotion!

★★★★★ - Suze

Very thick and rich moisturizer, a little goes a long way! No itchy feeling like other magnesium moisturizers and it smells great too! I've used it a few times so far and my skin feels very soft and smooth. I like that it comes with a pump dispenser as well. Will purchase again!

★★★★★ - Karen Schofield

Pleasant scent and not at all greasy. Leaves our skin feeling soft and comforted. My husband has used it on his knees and legs, and it does help relieve his pain from standing all day.

**Tried our lotion?
How'd you like it?**

Click the star to submit your rating!

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Seven Minerals®

Magnesium Skin Repair Cream With Organic Shea Butter



How to Use

1. Apply to skin morning and night as needed.
2. Repeat as necessary covering any dry, flaky areas of skin.

The blend of organic shea butter, shea oil and vitamin E makes this an intensive hand repair cream, a hydrating foot cream for cracked feet, and a great full-body moisturizer for soft, supple skin.

Treat your skin to an organic certified shea butter + magnesium skin repair cream that is 100% gluten free and contains no fragrances, preservatives, or toxins.

Seven Minerals butter combines 4 powerful ingredients that effectively transform your skin from rough to radiant. Our unique blend contains organic certified shea butter that locks in moisture, shea oil that softens and nurtures dry skin, vitamin E that works as an anti-aging agent by fighting free radicals, and high-grade magnesium chloride that carries the moisturizing oils deep into the skin for longer lasting results.

Tips from Our Community

★★★★★ - Katie G.

Love this! It absorbs quickly and is non-greasy and unscented. I found that adding a drop of patchouli oil is a perfect combination for my neck area. I use it on legs, arms, everywhere but face.

★★★★★ - Amazon Customer

I'm really happy with my Magnesium Enriched Organic Shea Body Butter. As other reviews mentioned, it is in more of a solid state than a traditional lotion, but the name body butter primed me to expect that. Additionally, it softens very easily and has a unique silky texture. I did not find it to be sticky or waxy feeling after applied and it left my skin hydrated and me happy!

★★★★★ - Natalie Delaney

Wonderfully dense & concentrated shea butter that softens/melts in hands. This product is non-greasy and you can do not need to worry about getting "butter stains" on your clothing. LOVE this! Will be purchasing regularly in the future!

**Tried our cream?
How'd you like it?**

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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 Magnesium Oil 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](#)

