



# Magnesium: The Vital Mineral for a Healthy Life

*Dr. Barbara Hendel*

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## **Magnesium: The Vital Mineral for a Healthy Life** Dr. Barbara Hendel

To maintain one's overall good health, the body needs sufficient amounts of magnesium. Magnesium has been shown to be essential to the most primary functions of the body. Furthermore, magnesium deficiency can have serious consequences for our health. Magnesium: The Vital Mineral for a Healthy Life, will focus on a wide variety of chronic conditions linked with magnesium deficiency that affect millions of Americans. Some of these illnesses include: Heart disease, osteoporosis, diabetes, migraines, chronic fatigue, even tooth decay. Magnesium: The Vital Mineral for Healthy Life will examine magnesium's role in promoting good health, will provide information on the latest studies and research, and finally, will answer your most common questions about magnesium.

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