



Transdermal Magnesium Therapy

Mark Sircus

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Transdermal Magnesium Therapy is the first and only book that focuses on one of the most important, exciting, and natural ways of magnesium replenishment; i.e., as absorbed through the skin. Extensive research has shown that this vital macronutrient enters the body through the skin, beneficial physiological processes occur, such as a natural increase in DHEA production, that happen no other way. Mark Sircus provides a critical overview of magnesium's grossly overlooked place in the nutrition matrix, as well as a comprehensive look at other available forms and intake protocols.

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