



GMP CERTIFIED

NEWS LETTER

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THREE SENTENCES FOR GETTING SUCCESS:

- A) KNOW MORE THAN OTHER**
- B) WORK MORE THAN OTHER**
- C) EXPECT LESS THAN OTHER - WILLIAM SHAKESPEAR**

IMPORTANCE OF BIOCHEMIC TISSUE SALTS

.MAGNESIUM PHOSPHORICUM

Are you aware of the enormous role that magnesium plays in your body, even more critical than calcium? Magnesium is essential in catalyzing over 300 different biochemical processes necessary for proper body function. It regulates the absorption of calcium, potassium and sodium. It plays a key role in energy production, digestion, muscle and bone function, cell production, and in the functioning of the heart, kidneys, adrenals, brain and nervous system. It is a critical nutrient for optimal health, and yet as many as 90 % of us may be magnesium-deficient!

Magnesium deficiency causes imbalance in the body. It is responsible for fatigue and the inability to sleep, lack of energy, muscle tension, cramps and twitches, headaches, backaches and heart problems. It can cause depression, excessive worry, stress-related irritability and over-sensitivity, accelerated aging, bone spurs, kidney stones, arthritis and osteoporosis. Because it is essential for the absorption of other major minerals, a magnesium deficiency will usually indicate an imbalance in potassium and also calcium.

Without enough magnesium, calcium cannot be assimilated into the body. Everyone knows that lack of calcium causes many problems, but few people are aware of the real problems caused by excessive calcium. When high doses of calcium are consumed, the calcium will draw the necessary magnesium out of other body parts, thereby causing a magnesium deficiency in those areas. The less magnesium available, the less calcium is absorbed. Excessive calcium in the body is one of the major causes of magnesium deficiency, calcium deficiency and chronic disease.

Can you really take too much calcium? Absolutely! Excess, unabsorbed calcium becomes a toxin that causes osteoporosis, fragile bones, swollen painful joints, and heart malfunction and calcium deposits throughout the body. The recommendation to supplement the diet with high doses of calcium, which in most cases is unobservable, is detrimental. In addition to the ailments mentioned above, it will cause a magnesium deficiency or exacerbate an already existing one.

Excessive magnesium build-up, on the other hand, is impossible. Magnesium does not build up in the body like calcium. Whatever magnesium is not used is eliminated. Taking more calcium will not fix a calcium deficiency. Yet taking more magnesium will handle the calcium deficiency as well as any existing magnesium deficiency.

Extra magnesium can often mean the difference between a stressed body and a completely relaxed one. Did you know that calcium is responsible for the tensing of a muscle while magnesium is responsible for the relaxing of it? With insufficient magnesium the muscles are unable to relax and will thereby cramp. This same scenario can happen to the heart muscle. Taking magnesium will instantly allow these muscles to relax.

Don't ignore your body's signals. A slight deficiency and you may notice slight depression and lack of well being. The body is saying, "Help, I'm in trouble." Then you start getting headaches, pain in the lower back, stiff, tight muscles, particularly in the back. The body is telling you, "I'm in worse trouble, please help me!" Perhaps you ignore these messages, not having learned to read and decipher them. You seek professional advice and . . . well, you know what they advise. Time goes by and now you start getting muscle cramps, then calcium deposits, muscle twitches and tics, high blood pressure. If you ignore it and don't do anything about these signals, you start to get nervous, you jump at sudden sounds. You have never been this way before. You are told that you are getting old, that you can expect this sort of thing. You now have trouble sleeping and continually wake up feeling tired. Your body goes into spasms (involuntary and abnormal muscular contractions) and jerks. Your body is calling out, "I am talking to you! I need help, now!" Get some magnesium and take it morning and night!

If you ignore these signals, you may find yourself with a chest pain or suddenly your heart starts racing. It goes out of rhythm. You don't know what to do and neither does anyone else. Then one day you have been out working hard physically or are under emotional stress, and all of a sudden you have a heart attack. Your body is telling you, "I am in real trouble; we don't have much time. I need magnesium urgently, now!"

The following factors deplete magnesium. The more prevalent these factors are in your life, the more magnesium your body will need to replenish its magnesium storage.

- Mental, physical, emotional stress
- Environmental pollutants
- Excess calcium supplementation
- Sugar, coffee, sodas and milk
- Alcohol, tobacco and all types of drugs, including diuretics
- High-carbohydrate diets
- Low thyroid and chronic pain

To correct a magnesium deficiency, the best solution is to take; HOMOEOPATHIC BIOCHEMIC TISSUE SALT **Magnesium Phosphoric IN decimal scale**) can make an enormous difference between a good night's sleep or one riddled with restlessness, leg twitches and muscle spasms. Once the deficiency has been corrected and symptoms disappear, only then is it recommended to adopt a calcium-magnesium supplement. Stay alert and your body will guide you to know just what it needs when it needs it.

Courtesy Pamela slowick

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