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# Magnesium Oil Health Benefits

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Magnesium Oil Health Benefits

According to Dr. Carolyn Dean, author of "The Magnesium Miracle," up to 80 percent of the population suffers from magnesium deficiency, a condition which has been linked to more than 20 [health](#) problems. The use of topical magnesium oil can help restore cellular levels of magnesium more effectively than oral supplements, which are poorly absorbed and can cause diarrhea, says Dr. Mark Sircus, author of "Transdermal Magnesium Therapy."

## **Muscle Contraction and Relaxation**

Proper contraction and relaxation of muscles relies on adequate levels of magnesium, says Dr. Jeff Schutt, certified strength and conditioning specialist and chief of [fitness](#) operations for Muscles In Motion in Yorkville, Illinois. Topically applied magnesium oil can help increase flexibility and prevent injuries, decrease swelling and promote quicker tissue regeneration. According to Daniel Reid, author of "Tao of Detox," once magnesium is applied to the skin and enters the bloodstream, it is transported to the areas of the body where it is most needed. Dr. Dean reports that the muscle-relaxing properties of magnesium may have additional benefits for women: a patient reported that using supplemental magnesium helped her achieve easier, more consistent orgasms.

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## **Pain Management**

Dr. Linda Rapson, who manages a pain clinic in Toronto, has used magnesium to treat conditions such as fibromyalgia, migraines and constipation. She believes that as much as 70 percent of her patients who suffer from chronic pain, [muscle cramps](#) and fatigue are deficient in magnesium. "Virtually all of them improve when I put them on magnesium," she says. Magnesium is also essential for bone growth and has been shown to relieve symptoms of arthritis and osteoporosis.

## **Reduced Risk of Cancer**

A study from the National Cancer Center in Tokyo revealed an association between magnesium intake and the risk of colon cancer in men. Researchers examined data from more than 80,000 men and women who were followed for about 8 years and found that a higher magnesium intake reduced men's risk of colon cancer by more than 50 percent.

## **Improved Sleep**

Magnesium deficiency prevents the muscles from fully relaxing, interfering with the quality of sleep. Higher levels of magnesium have been shown to improve the quality of sleep for adult women, revealed a study conducted at the Human Nutrition Research Center in North Dakota. Because transdermal magnesium oil contains more concentrated levels of the mineral than oral

supplements, it may be more effective at promoting a relaxed state and relieving insomnia, one of the main symptoms of magnesium deficiency. Though the recommended daily allowance for magnesium is 350 to 400 mg, Dr. Dean recommends as much as twice that amount.

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