

HEART DISEASE – HEART ATTACKS

CARDIOVASCULAR DISEASE

The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.

- Over the past three decades, a variety of epidemiological, autopsy, clinical and animal studies have suggested an association between magnesium deficiency and sudden death.
- All muscles, including the heart and blood vessels, contain more magnesium than calcium. If magnesium is deficient, calcium floods the smooth muscle cells of the blood vessels and causes spasms leading to constricted blood vessels and therefore higher blood pressure, arterial spasms, angina and heart attack.
- Magnesium deficiency contributes to abnormal heart rhythms, possibly because magnesium is responsible for maintaining normal potassium and sodium concentrations inside heart muscle cells.
- An analysis of seven major clinical studies show that intravenous magnesium reduced the risk of death by 55% after acute heart attack, as published by the *British Medical Journal*
- The widespread shortage of magnesium, not calcium, in the western diet is attributed to the high rate of sudden-death heart attacks.
- Magnesium prevents muscle spasms of the heart blood vessels, which can lead to heart attack.
- Magnesium prevents muscle spasms of the peripheral blood vessels, which can lead to high blood pressure.
- Magnesium prevents calcium buildup in cholesterol plaque in arteries, which leads to clogged arteries.
- James B. Pierce, Ph.D., estimates that up to 50% of sudden heart attacks may be due to magnesium deficiency. He found that magnesium worked better than nitroglycerine for his own stress-induced chest pains.
- Patients with coronary heart disease who have been treated with large amounts of magnesium survived better than those with other drug treatments.
- Magnesium has been studied for its effects on the heart since the 1930's and used by injection for the treatment of heart conditions since the 1940's. Magnesium lifesaving effects have been confirmed and re-confirmed in many clinics and laboratories.
- Magnesium dilates the arteries of the heart and lowers cholesterol and fat levels.

- Dr. Michael Shechter, a magnesium researcher who in his numerous recent clinical trials has proven the benefits of magnesium in treating heart disease. His clinical trials began in 2000 and continued every year since; maintain that magnesium is a viable and necessary treatment for people with heart disease.
- Magnesium deficiency has been implicated in mitral valve collapse (MVP). Dr. Melvyn Werbach, author of Nutritional Influences on Diseases, maintains that it is a magnesium deficiency disease that is well treated with supplementation. Dr. Mildred Seelig reports that low magnesium levels have been found in as many as 85% of MVP patients.
- Magnesium is proving to be very important in the maintenance of heart health and in the treatment of heart disease.
- The transdermal repletion of one's magnesium levels with magnesium chloride mineral therapy is the ideal way of administering magnesium in medically therapeutic doses.

Sourced reference material:

Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

Articles

- *Magnesium Chloride for Health & Rejuvenation* by Barbara Bourke & Walter Last
- *What's all the buzz about Magnesium Oil* by Chris Jennings
- *History of Magnesium Chloride* by Raul Vergini M.D.

Many websites and web postings

**Medical data (in these data sheets) is for informational purpose only.
One should always consult a medical physician or specialist MD prior to using any nutrient or food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:
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