

# q health: HEALING MAGNESIUM

Magnesium is the fourth most abundant mineral in the human body and is required for 1,200 of 1,600 bodily functions. Responsible for biochemical reactions, magnesium ions act as enzyme co-factors in reducing, controlling and moderating cellular oxidative damage. Due to poor oral supplementation and change in modern dietary habits, less than 60 percent of adult men and women meet the adequate intake values for magnesium according to the World Health Organisation.

Considered a form of brine, magnesium oil is made from a mixture of magnesium chloride flakes and water. When these two substances merge, the resulting oil-like liquid offers transdermal qualities which enable the body to effectively and safely absorb the nutrient-rich benefits of magnesium verses inferior oral alternatives.

*"The therapeutic value of magnesium as a transdermal application reaches well beyond the potential of dietary magnesium,"* confirms Dr. Mark Sircus, doctor of oriental and pastoral medicine.

Sourced from pristine local salt lakes of Australia, Amazing Oils, a family run and operated Sunshine Coast company specialising in magnesium chloride health solutions, uses organically registered magnesium chloride to actively replenish magnesium levels in the body and assist in optimal cell, bone and tissue health.

Formulated as part of their natural magnesium range, Amazing Oils' Natural Relief Oil Spray (from \$21.95 rrp), Gel Roll-On (\$27.50 rrp), and Bath Flakes (\$25.95 rrp) offer a minimum of 100mg of elemental magnesium absorption by the body in order to assist and aid in the relief of:

Muscular injuries, aches and pains | Cramping and restless legs | Insomnia and poor sleep quality | Headaches and migraines | Joint pain and arthritic pain | Healthy bone density | PMT-related cramps and tensions | Mild skin irritations and inflammation | Stress and nervous tension | Energy production and mood regulation



According to one magnesium study, patients using transdermal magnesium therapy saw a 25.2 percent increase in their cellular magnesium levels after 12 weeks of using magnesium sprays and soaks.

Spanning over 1 million unit sales since their launch in 2012, Amazing Oils is operated by family of four yoga teachers, Lee, Uma, Shalm and Grace Harold, and is stocked in over 3,000 retailers across the country. Personally nominated by Sunrise host and entrepreneur, David Koch, Amazing Oils was also 1 of 11 national finalists in Kochie's Business Builders' 2018 'Favourite Family Business' search.

*Locally sourced and manufactured, Amazing Oils is suitable for athletes, pain sufferers, children, expecting mothers, and the aged community; and is available nationwide at [www.amazingoils.com.au](http://www.amazingoils.com.au)*