

Ancient Minerals Magnesium Oil Directions

For transdermal magnesium supplementation and relief of aches, pain, soreness and stress, we recommend you put 4-8 tablespoons (2-4 ounces) or more in the bathtub or foot bath, and then soak for a minimum of 20 minutes. We recommend soaking in your magnesium bath on a regular basis for best supplementation. While 2 ounces is a desirable starting level, higher doses (4-16 ounces) used in a bath may produce better results. While you may use the spray pump (16 pumps equals approx. 1,000 mg of magnesium), for baths and footbaths it may be easier to uncap the bottle and pour the magnesium oil either into a measuring cup or directly into bath water.

You can also rub magnesium oil directly onto your skin and into sore muscles. Start with palm-sized amount (1 oz) per day (in a single application or divided applications) and then adjust your dosage as needed. Again, for transdermal magnesium supplementation, we recommend daily usage (or at least until the magnesium levels in the body fully are restored). If using the spray pump, try using 8 pumps for your upper body and 8 pumps for your lower body. Eight pumps (1/4 teaspoon) provide about 500 mg of magnesium.

Individuals vary in their requirements for supplemental magnesium due to biochemical individuality. Therefore, we suggest starting with up to 1 oz per day (for full-strength topical application) and increasing the amount applied until you discover the dosage that best suits your body's needs. After 30 to 45 days of daily usage, or after cellular magnesium levels are restored or attain a high level, you may find that you can apply it less frequently, perhaps 2-4 times per week (or whenever necessary).

Try adding magnesium oil to your favorite skin lotion. Some individuals report favorable results (and less skin irritation) when using magnesium oil in a lotion. An excellent body lotion may be made using 1/3 magnesium oil, 1/3 organic coconut oil, and 1/3 organic aloe vera gel (whole leaf). Mix these in equal parts into a shaker bottle. Shake well. Apply liberally to skin whenever desired.

Note: Dr. Mark Sircus highly recommends Nascent Iodine, which works together with magnesium oil in creating health, supporting detoxification, boosting energy levels, and providing essential nutrients that redress deficiencies pervasive in modern diets. Nascent Iodine can increase energy, block uptake of toxic halides (chlorine, fluoride, bromine) and hasten detoxification of these poisons from the body, support thyroid function, improve immune function, and offer greater protection against numerous conditions relating to iodine deficiency. Nascent Iodine works well with magnesium oil because they both are involved in energy

(ATP) production, are potent detoxifiers, and are required for good health (yet most Americans are deficient in both nutrients). Nascent Iodine therefore acts synergistically with magnesium chloride, powerfully supporting the natural processes leading to optimal health and well-being.

Ancient Minerals — Frequently Asked Questions (FAQs)

Q: What Is Magnesium Oil?

Answer: Magnesium oil isn't actually an "oil" after all, but instead was coined as such due to the high saturation of magnesium chloride in water, which presents itself in an "oil-like" texture.

Q: Where Does Ancient Minerals Magnesium Oil Come From?

Answer: Ancient Minerals Magnesium Oil is an ultra pure magnesium oil extracted from the ancient Zechstein seabed in Europe, lying 1600 to 2000 meters deep in the interior of the earth. Well protected for the last 250 million years in deposits beneath the surface of the planet, Zechstein is the purest magnesium oil in the world. Indeed, Zechstein is a mark of purity on every bottle of Ancient Minerals.

Q: How do I use Ancient Minerals Magnesium Oil?

Answer: Ancient Minerals Magnesium Oil can be used in several ways:

1. **DIRECTLY ON THE SKIN.** Rubbing Ancient Minerals directly into the skin in concentrated form is the most economical method of application and offers the most benefits. It is also effective as a massage oil. You can use 1 oz per day (or more) directly on the skin, depending on your needs. This is the fastest, most effective method of using magnesium oil.

Try adding Ancient Minerals magnesium oil into your favorite skin lotion. We also recommend making your own skin lotion. You can mix 1/3 magnesium oil, 1/3 organic sweet almond oil (or organic coconut oil), and 1/3 organic aloe vera gel in a small bottle or dispenser. Shake frequently for best results. This makes an excellent massage lotion and is very convenient for use anytime. Also excellent for travelers or individuals 'on-the-go.'

2. **WARM BATH.** Added to a relaxing warm bath, the addition of Ancient Minerals provides a relaxing and health enhancing "magnesium soak." Add 2 to 4 oz (or more) to a bath. Larger amounts (4-16 oz) typically produce better results, especially when there is great deficiency or a state of depletion in the body. One advantage to a warm bath is that the warm water relaxes muscles and opens pores. This method of administration works particularly well for sore, aching muscles, for example, after strenuous physical exercise. When taking a bath, add some magnesium oil to gain some significant benefits. You will feel the difference.

Helpful Tip: For best results using magnesium oil (or magnesium flakes) in a bath, the water should be warm, but not hot. The use of hot water (i.e., over 105 degrees)

encourages excretion rather than absorption. We recommend starting with warm water between 101 degrees and 105 degrees (Fahrenheit). A warm (or even a lukewarm) bath best ensures efficient absorption of magnesium into your body. Some customers report excellent results by taking two or more baths (or dips) into a single bath during the course of the day. Others re-use bathwater to soak feet or for bathing pets. Use your imagination!

3. FOOT SOAK. As a foot soak, Ancient Minerals provides many of the same benefits as a full tub bath. Add 2 to 4 ounces (or more) to a footbath of warm-to-hot water. This method of use may take longer to raise magnesium levels than directly spraying or rubbing onto the skin, but can raise magnesium levels faster than a full bath if there is a high concentration of magnesium oil in the water. Soak feet for 30 minutes or longer. Using greater amounts (or taking more frequent foot baths) typically produces better results. If taking multiple footbaths per day, you can save and re-use the water, and/or re-charge the footbath by adding more magnesium oil.

(Note: While magnesium oil is highly effective for direct application on skin and other applications, magnesium flakes are an excellent and very cost-effective option for full body baths and footbaths.)

4. ORAL CONSUMPTION. Magnesium oil is a very concentrated form of magnesium, and is approximately twice as concentrated as our Trace Mineral Drops. You can take a small quantity daily, e.g., 1/4 to 1/2 teaspoon (20-40 drops), or more if desired. If the taste is too strong for you, try diluting the magnesium oil in water, or adding it to juices, blender drinks, smoothies, or your favorite beverages. The spray pump is ideal for oral administration.

Tip: Experiment with oral dosages until you find what works best for you. Start with drops, not ounces, then gradually increase your intake. You may notice greater benefits at higher dosage levels. A tincture or dropper bottle works nicely when you are traveling or on-the-go. Or just use the convenient 8-ounce spray bottle. (Many customers initially purchase the 8-oz spray bottle and then refill it using the large 64-ounce container.) Start gaining benefits from internal use of magnesium oil today!

Feedback from Very Satisfied Customers

April 09, 2008

I am already impressed with your Ancient Minerals magnesium oil! I have grade 1 congestive heart failure (CHF). I spray the oil directly on the skin over my heart area whenever I experience palpitations. Within minutes my heart rate returns to normal. I am amazed and thankful that your magnesium oil is helping my pounding heart! — GH, Canoga Park, CA

April 14, 2008

I am so glad I discovered your magnesium oil. It amazingly loosens my tightest muscles, which are knotted from scoliosis and from injuries caused by several automobile accidents. After rubbing the oil on hotspots where I experience the greatest tension, I feel my muscles melt and the ligaments move toward their proper positions. Magnesium oil has been more effective for me than many years of visiting chiropractors and massage therapists.

Thank you! — MI, Portland, ME

April 29, 2008

Thank you for recommending the Ancient Minerals magnesium oil. It really worked like you said it would! It got rid of the deep, persistent pain in my legs that would not go away. I was taking pain pills before I put the magnesium oil on my legs. After I put it on there, I didn't have to take the pain pills anymore.

Thank you! — RC, Green Valley, AZ

May 20, 2008

I have been soaking my feet in a footbath with Ancient Minerals. It has been impossible for me to walk without pain since I had five foot surgeries and four knee surgeries, including an ACL reconstruction and a knee replacement. The Ancient Minerals magnesium oil brings immediate relief. I also suffer from osteoarthritis and fibromyalgia. Rubbing the magnesium oil directly into my upper chest, shoulders, arms, and muscle attachments near my collarbone greatly helps to ease my pain in these areas. I am so grateful my doctor recommended I try magnesium oil. — TJ, Abilene, TX

March 15, 2009

Thank you for sending out my order so quickly and adding samples of the Ancient Minerals gel and purse size bottles of the oil. I have used the Ancient Minerals magnesium oil spray and am very pleased that it has already given me some relief from painful muscles that I have been having. Though not a cure, as I have to see what is causing the pain, it is quite helpful as it eases the pain I am having and gives me a boost of energy. Thank you.

Sincerely, — CS, Prescott, AZ