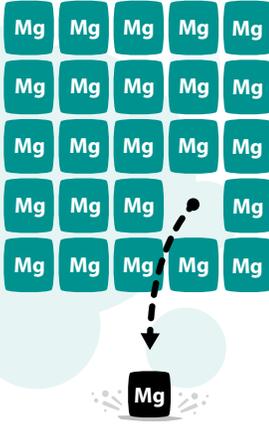


Don't Stay Broken: Get Tested!



the simple blood test that could change your life (& fibro)

I've had fibromyalgia (FMS) all my life but I was 45 years old before I knew I was deficient in magnesium (Mg), thanks to Dr. Thomas Romano's research. That was 1992. I was so deficient in fact on my magnesium red blood cell (Mg RBC) test, I needed IV magnesium for 6 months. (Fibro-Care™ wasn't around!). Since then I struggle to maintain the optimal level of 5.5 ng/dL Romano recommends for his fibromyalgia patients. Let me tell you why.

If government statistics are correct, the average person gets about 230 mg of Mg from dietary sources. A minimal of 750 mg a day is suggested for those with FMS. The simple math is that you'll end up with a deficit of 520 mg a day without supplementing (750 mg minus 230 mg). If I was missing 520 mg a day for 30 years, that's over 5 million mg of magnesium! Since this mineral is responsible for more than 325 enzyme reactions, enzymes that keep your body functioning, what would it mean to anybody's health to be missing so much Mg for so long?

Some doctors believe if you are deficient in a vitamin or mineral for a long period of time, your body can get "broken". Does that mean you cannot get back to 100% "normal"? What happens if you replace nutrients sooner rather than later? If you remember *Paul's Story* in January 2014 *Health Points*, his symptoms of pain and low energy dragged on for ten years. Yet when he replaced missing magnesium (with Fibro-Care™) and backed it up with a multi-vitamin (Multi-Gold™), he started getting better in weeks. Vitamin D3 was another supplement he added, shown to help with fibro pain by Dr. Mark Pellegrino (who has fibro himself and treated more than 25,000 fibro patients). Perhaps Paul, by restoring his nutrient levels early on, reached his "normal" faster.

So don't stay in a "broken" state. If you take nothing else for your fibro, take magnesium. In fact, more than 75% of Americans are deficient. With the daily value a mere 400-450 mg, doesn't that mean everybody needs to supplement Mg if they are only getting 230 mg in their diet? Look at the long list of related symptoms and disorders known to have low Mg. You need to know what your Mg level is! That's why getting your Mg RBC test is so important – *maybe the most important test* – for your overall health. You have to know where you are to know how to supplement. Then get your level to 5.5 ng/dL as Dr. Romano recommends.



One more thing. You will not be able to raise your Mg level without taking higher than the daily value! Here's why. Think of an empty bucket. It will take more to fill it than if it were half full. So if your magnesium "bucket" is low, you may need IV or oral Mg in a higher dose to feel better faster. A suggested dose range is 2.5-4.5 mg magnesium per pound of body weight.

Once you find out how much you need, take the right form. You do not have to worry about GI distress with Fibro-Care™ since it's an Albion organic chelate. It gets inside the cell to get those 325 enzymes working again. Other forms just cannot claim that benefit. So if your Mg level is resistant (as some people with fibro find), check the form and the dose. I take up to 9 Fibro-Care™ a day. Not that I recommend that much but just so you know fibro needs are higher. That's 810 mg daily for me. Paul took 6 a day to get his results. Don't stay broken! Get tested and then supplement to get results. It's that easy.

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WHO NEEDS MAGNESIUM?

- Arthritis
- Asthma
- Brain Fog
- Celiac
- Chronic Pain
- ME/Chronic Fatigue Syndrome
- Diabetes & "Pre-Diabetes"
- Fatigue & Muscle Pain
- Fibromyalgia
- Glaucoma
- Hearing Loss
- Heart Disease
- High Blood Pressure
- Irritable Bowel Syndrome
- Kidney Stones
- Low HDL Cholesterol
- Metabolic Syndrome
- Migraine
- Mitral Valve Prolapse
- Obesity
- Osteopenia/Osteoporosis
- PMS
- Restless Leg Syndrome
- Sleep Issues
- Vascular Disease