

A Magnesium Therapy Protocol

1. Buy magnesium chloride salts. They are widely available in health shops and on the Internet.
2. Make up a bottle of 150-200ml water with two teaspoons of salt.
3. For about two weeks, use this solution to massage areas of muscle tension. You can also just put a bit into a hot bath and soak it up!
4. Now, for the next two weeks, using the same strength solution, rinse your mouth after brushing your teeth. Spit the magnesium out. The magnesium is absorbed in by the gums and "mucosa" of the mouth. You can also do a sitz bath in the bidet or small tub using a more dilute solution. The cells of the genitals are also mucosal cells and very readily absorb the magnesium.
5. After two weeks of rinsing and spitting, begin to swallow the magnesium solution after rinsing the mouth. If you take a swig twice a day you will keep your teeth and gums very happy, also ensuring that your body is getting the magnesium it needs.

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A proviso: do not eschew the advice of your health professional. But, don't stop believing in your power to heal, completely and naturally!