

# muscle pain – arthritic pain

***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.***

- Dr. Linda Rapson, who specializes in treating chronic pain, believes that about 70% of her patients who complain of muscle pain, cramps and fatigue are showing signs of magnesium deficiency. "Virtually all of them improve when I put them on magnesium" says Rapson, who runs a busy Toronto pain clinic. "It may sound too good to be true, but it is a fact." She's seen the mineral work in those with fibromyalgia, migraines and constipation. "The scientific community should take a good hard look at this"
- It is known that a lack of magnesium underlies problems with many body functions. Minus magnesium, hearts beat irregularly, arteries stiffen, constrict and clog; blood pressure rises; muscles cramp and spasm; bones lose strength; and pain signals intensify.
- The nervous system is hyperexcitable and fires off small muscle groups to try to release some tension. But the only way to eliminate muscle spasms and twitches is by relaxing the nervous system with proper amounts of magnesium.
- When muscles are engaged in rapid-fire contraction and relaxation due to work, sports or exercise and there is magnesium deficiency, this will likely result into muscle cramps and build up of lactic acid.
- Magnesium's interaction with calcium helps keep calcium from causing excessive muscle contraction. Excess calcium causes tension and tightness in all the muscles of the body, but when balancing the calcium with magnesium supplementation, tension releases within weeks, days or even hours depending on the level of present magnesium deficiency in the body.
- "Many people needlessly suffer pain – including fibromyalgia, migraines and muscle cramps – because they do not get enough magnesium," says Mildred Seelig, M.D., a leading magnesium researcher at the University of North Carolina. The problem is exacerbated when they load up on calcium, thinking it will help, when in fact, an overabundance of calcium flushes magnesium out of cells, compromising the effectiveness of both minerals.
- Pain relief and muscle relaxation for people with arthritis and muscle cramping is an important and significant benefit of magnesium oil.
- Three things to know about Magnesium and Muscle Pain
  - 1. Magnesium helps muscles relax
  - 2. Magnesium eliminates spasms
  - 3. Magnesium relaxes blood vessels  
(in the fingers it will treat Raynaud's Syndrome)

4. Magnesium chloride when applied directly to the skin is transdermally absorbed and has an almost immediate effect on chronic pain. Oral magnesium is much less effective than transdermal magnesium in the treatment of injuries and tired worn out muscles. Perhaps the biggest difference between oral and transdermal supplementation of magnesium is seen in the area of pain management.
5. From the pain of sports injuries to low back pain and sciatica, the pain of restless legs, arthritic pain, and just about every painful condition imaginable will in all likely hood benefit from magnesium chloride applied topically.
6. Natural pain relief with transdermal magnesium therapy is safe and effective. Chronic pain is often treated with opiates, and the effects are terrific as long as they last, but tolerance develops rapidly, and increasing doses are required to produce the same pain relieving effect, further adding to the difficulty in treating pain.
7. What is essential to remember about treating pain with magnesium is that it treats both the symptom and the cause of pain. Meaning the cause of the pain can often be traced back to a magnesium deficiency. Transdermally applied magnesium chloride easily belongs in the middle of every pain program and can be used in conjunction with all other pain medications.

### **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

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**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:**  
**SEASOURCE, 5378 Line 11, Cookstown, Ontario, L0L 1L0, Canada,**  
**Telephone: 705-458-4544 – Toll free : 866-458-4544**  
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