

SEXUAL STIMULATIONS FOR WOMEN

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.

- Over 325 enzyme reactions in the body depend on magnesium. When magnesium supplementation is taken, it increases the energy, stamina and strength and therefore also increases sexual energy.
- University of Chicago researcher Dr. Edward Lauman found that 43% of women suffer with sexual dysfunction, compared to 31% of men. Lack of desire is the chief complaint according to Cindy Meston of the University of Texas.
- Magnesium has a strong local effect as experienced when applying magnesium oil to sore muscles as it often produces systemic excitation.
- When magnesium oil is sprayed directly to the mucus membrane the effect is pronounced.
- "Spray the magnesium oil into and around the vaginal area and see what happens. Amazing for me when I did this by accident, within the hour or so and now within minutes, I can hardly stand not to have sex"
- Dr. Robert Ornstein and Dr. David Sobel, regional director for preventive medicine for Kaiser Permanente, the world's largest health maintenance organization, say that the physiology of sexual excitement in both men and women depends on the ability of blood to flow into the genital glands and into the supporting tissues and muscles of the pelvis. They also say, "it is the full engorgement of blood in the muscles and tissues of the pelvis that eventually triggers orgasm. One reason that women in general may be slower to orgasm than men is because they have a far more complex system of arteries, veins, and capillaries in the pelvic area than men do that must be fully engorge for orgasm to occur." And in fact pharmaceutical companies, in searching for a female equivalent of Viagra, are focusing on developing a drug that increases blood flow to the female genitals, resulting in vaginal lubrication and relaxing vaginal muscles.

- "A person who feels uncomfortable with his or her sexuality will unconsciously tense the muscles in the genitals, thighs, anus and buttocks, preventing the free flow of blood into the area and thereby limiting the possibility for complete arousal. But a person who can relax and allow energy in the form of blood to flow into the pelvic area and genitals will enjoy the sensations of building excitement," wrote Drs. Ornstein and Sobel.

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

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:
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