

Magnesium Chloride In Acute And Chronic Diseases

http://www.newmediaexplorer.org/chris/2005/09/15/magnesium_chloride_in_acute_and_chronic_diseases.htm

..."The opposition was total: Professors of Medicine, Medical Peer-Reviews, the Academy itself, all were against the two doctors. "Official Medicine" saw in Magnesium Chloride Therapy a threat to its new and growing business: vaccinations."...

See also: [Magnesium: Research Misconduct?](#)

Here is another under used mineral. Like [Vitamin C](#), it is nearly miraculous for the depth and scope of its application.

The comparison between the two is uncanny imagine what they could do combined?

Both these supplements were (and are) able to cure polio but ran up against the vaccine racket.

Some other benefits are:

..."Many of the symptoms of Parkinson's disease can be overcome with high magnesium supplementation....

...In a trial with 30 epileptics 450 mg of magnesium supplied daily successfully controlled seizures. Another study found that the lower the magnesium blood levels the more severe was the epilepsy. In most cases magnesium works best in combination with vitamin B6 and zinc...

...Countries with the highest calcium to magnesium ratios (high calcium and low magnesium levels) in soil and water have the highest incidence of cardiovascular disease. At the top of the list is Australia....

See also: [Orthomolecular Solutions to Heart Disease](#)

...In an American study the death rate due to diabetes was four times higher in areas with low magnesium water levels as compared to areas with high levels of magnesium in the water....

...In a New Zealand study it was found that caries-resistant teeth had on average twice the amount of magnesium as caries-prone teeth....

...Many studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt the cancer rate was only about 10% of that in Europe and America. In the rural fellah it was practically non-existent. The main difference was an extremely high magnesium intake of 2.5 to 3 g in these cancer-free populations, ten times more than in most western countries.

See also:

[Magnesium Chloride - Effective In Treating Urinary Troubles Of Prostate](#)

[Recent Research Shows Intravenous C Can be Effective Against Some Cancers](#)

Why Magnesium Chloride?

...."both magnesium as well as chloride have other important functions in keeping us young and healthy. Chloride, of course, is required to produce a large quantity of gastric acid each day and is also needed to stimulate starch-digesting enzymes. Magnesium is the mineral of rejuvenation and prevents the calcification of our organs and tissues that is characteristic of the old-age related degeneration of our body.

Using other magnesium salts is less advantageous because these have to be converted into chlorides in the body anyway. We may use magnesium as oxide or carbonate but then we need to produce additional hydrochloric acid to absorb them. Many aging individuals, especially with chronic diseases who desperately need more magnesium cannot produce sufficient hydrochloric acid and then cannot absorb the oxide or carbonate. Epsom salt is magnesium sulphate. It is soluble but not well absorbed and acts mainly as a laxative. Chelated magnesium is well absorbed but much more expensive and lacks the beneficial contribution of the chloride ions. Orotates are good but very expensive for the amount of magnesium that they provide and both orotates and chelates seem to lack the infection-fighting potential of the magnesium chloride."....

See Walter Last's [MAGNESIUM CHLORIDE for Health & Rejuvenation](#) for much expanded review of this miracle mineral.

Unfortunately, a more detailed book, on how to exploit magnesium's properties to prevent and treat various condition, [CURARSI CON IL MAGNESIO](#) (HOW TO CURE WITH MAGNESIUM) by R. Vergini is only available in Italian, French and Spanish. If there is a reader who should like to translate this in English they can go to the [foreign translations and rights page here](#) with email address of the woman managing them.

MAGNESIUM CHLORIDE IN ACUTE AND CHRONIC DISEASES

Raul Vergini,MD



Back in 1915, a French surgeon, Prof. Pierre Delbet,MD, was looking for a solution to cleanse wounds, because he had found out that the traditional antiseptic solutions actually mortified tissues and facilitated the infection instead of preventing it.

He tested several mineral solutions and discovered that a Magnesium Chloride solution was not only harmless for tissues, but it had also a great effect over leucocytic activity and phagocytosis; so it was perfect for external wounds treatment.

Dr.Delbet performed a lot of "in vitro" and "in vivo" experiments with this solution and he became aware that it was good not only for external applications, but it was also a powerful immuno-stimulant if taken by injections or even by mouth. He called this effect "cytophilaxis". In some "in vivo" experiments it was able to increase phagocytosis rate up to 300%.

Dr.Delbet serendipitously discovered that this oral solution had also a tonic effect on many people and so became aware that the Magnesium Chloride had an effect on the whole organism. In a brief time, he received communications of very good therapeutics effects of this "therapy" from people that were taking Magnesium Chloride for its tonic properties and who were suffering from various ailments. Prof.Delbet began to closely study the subject and verified that the Magnesium Chloride solution was a very good therapy for a long list of diseases.

He obtained very good results in: colitis, angiocholitis and cholecystitis in the digestive apparatus; Parkinson's Disease, senile tremors and muscular cramps in the nervous system; acne, eczema, psoriasis, warts, itch of various origins and chilblains in the skin.

There was a strengthening of hair and nails, a good effect on diseases typical of the aged (impotency, prostatic hypertrophy, cerebral and circulatory troubles), and on diseases of allergic origin (hay-fever, asthma, urticaria and anaphylactic reactions).

Then Prof. Delbet began to investigate the relationship between Magnesium and Cancer. After a lot of clinical and experimental studies, he found that Magnesium Chloride had a very good effect on prevention of cancer and that it was able to cure several precancerous conditions: leucoplasia, hyperkeratosis, chronic mastitis, etc.

Epidemiological studies confirmed Delbet's views and demonstrated that the regions with soil more rich in magnesium had less cancer incidence, and vice versa.

In experimental studies, the Magnesium Chloride solution was also able to slow down the course of cancer in laboratory animals. Prof. Delbet wrote two books, "Politique Preventive du Cancer" (1944) and "L'Agriculture et la Santé" (1945), in which he stated his ideas about cancer prevention and better living. The first is a well documented report of all his studies on Magnesium Chloride.

In 1943 another French doctor, A. Neveu, MD, used the Magnesium Chloride solution in a case of diphtheria to reduce the risks of anaphylactic reaction due to the anti-diphtheric serum that he was ready to administer. To his great surprise, when the next day the laboratory results confirmed the diagnosis of diphtheria, the little girl was completely cured, before he could use the serum.

He credited the immuno-stimulant activity to the solution for this result, and he tested it in some other diphtheric patients. All the patients were cured in a very short time (24-48 hours), with no after-effects.

As Magnesium Chloride has no direct effect on bacteria (i.e. it is not an antibiotic), Neveu thought that its action was aspecific, immuno-enhancing, so it could be useful, in the same manner, also against viral diseases. So he began to treat some cases of poliomyelitis, and had the same wonderful results.

He was very excited and tried to divulge the therapy, but he ran into a wall of hostility and obstructionism from "Official Medicine". Neither Neveu or Delbet (who was a member of the Academy of Medicine) was able to diffuse Neveu's extraordinary results.

The opposition was total: Professors of Medicine, Medical Peer-Reviews, the Academy itself, all were against the two doctors. "Official Medicine" saw in Magnesium Chloride Therapy a threat to its new and growing business: vaccinations.

Dr. Neveu wasn't discouraged by this and continued to test this therapy in a wide range of diseases. He obtained very good results in: pharyngitis, tonsillitis, hoarseness, common cold, influenza, asthma, bronchitis, broncho-pneumonia, pulmonary emphysema, "children diseases" (whooping-cough, measles, rubella, mumps, scarlet fever...), alimentary and professional poisonings, gastroenteritis, boils, abscesses, erysipelas, whitlow, septic pricks (wounds), puerperal fever and osteomyelitis.

But the indications for Magnesium Chloride therapy don't end here. In more recent years other physicians (and I among these) have verified many of Delbet's and Neveu's applications and have tried the therapy in other pathologies: asthmatic acute attack, shock, tetanus (for these the solution is administered by intravenous injection); herpes zoster, acute and chronic conjunctivitis, optic neuritis, rheumatic diseases, many allergic

diseases, spring- asthenia and Cronic Fatigue Syndrome (even in cancer it can be an useful adjuvant.

The preceding lists of ailments are by no means exhaustive; maybe other illnesses can be treated with this therapy but, as this is a relatively "young" treatment, we are pioneers, and we need the help of all physicians of good will to definitely establish all the true possibilities of this wonderful therapy.

From a practical standpoint, please remember that only Magnesium CHLORIDE has this "cytophilactic" activity, and no other magnesium salt; probably it's a molecular, and not a merely ionic, matter.

The solution to be used is a 2.5% Magnesium Chloride hexahydrate ($MgCl_2 \cdot 6H_2O$) solution (i.e.: 25 grams/1 liter of water). Dosages are as follows:

- Adults and children over 5 years old.....125 cc
- 4 year old children.....100 cc
- 3 year old children.....80 cc
- 1-2 year old children.....60 cc
- over 6 months old children..... 30 cc
- under 6 months old children.....15 cc

These doses must be administered BY MOUTH. The only contraindication to Magnesium Chloride Therapy is a severe renal insufficiency*.

As the magnesium chloride has a mild laxative effect, diarrhea sometimes appears on the first days of therapy, expecially when high dosages (i.e. three doses a day) are taken; but this is not a reason to stop the therapy.

The taste of the solution is not very good (it has a bitter-saltish flavor) so a little fruit juice (grapefruit, orange, lemon) can be added to the solution, or it can be even used in the place of water to make the solution itself. Grapefruit juice masks the bitter taste very well (expecially if cold).

For CHRONIC diseases the standard treatment is one dose morning and evening for a long period (several months at least, but it can be continued for years.

In ACUTE diseases the dose is administered every 6 hours (every 3 hours the first two doses if the case is serious); then space every 8 hours and then 12 hours as improvement goes on. After recovery it's better going on with a dose every 12 hours for some days.

As a PREVENTIVE measure, and as a magnesium supplement, one dose a day can be taken indefinitely. Magnesium Chloride, even if it's an inorganic salt, is very well absorbed and it's a very good supplemental magnesium source.

For INTRAVENOUS injection, the formula is:

Magnesium Chloride hexahydrate.....25 grams
Distilled Water.....100 cc

Make injections of 10-20cc (very slowly, over 10-20 minutes) once or twice a day. Of course the solution must be sterilized.

This therapy gives very good results also in Veterinary Medicine, at the appropriate dosages depending upon the size and kind of animals.

Raul Vergini, MD Â– Italy Â– author of: "Curarsi con il Magnesio" Red Edizioni -Italy 1994 (book translated in french and spanish but not in english, sorry).

*Dr. Raul Vergini says, that "this is true only for severe renal insufficiency," where an obvious contraindication may exist; but this is also true for all minerals, that cannot be easily eliminated by a seriously impaired kidney. In all other cases, there are no risks. I never heard or read of any problem. The quantity of elemental magnesium contained in a 125 cc dose of the 2.5% solution is around 500 mg. That is not a large dose! Anyway, I think that it is a good precaution to advise people with problems to consult their physician."

Addendum:

According to Raul Vergini, M.D., the 25% solution for IV injections is correct. Personally I never use it, I use only the oral way. But it was used over thirty years ago by some French doctors (5 grams in 20 ml of saline solution of distilled water) to treat tetanus and other less dangerous diseases (asthmatic attacks, choc, ophthalmic herpes, herpes zoster, Quincke's oedema, itching, etc.). It was injected very slowly (in 10-20 minutes), and the results were very good.

"Moreover also the Myers' cocktail contains 2-5 ml of a 20% solution of magnesium chloride (along with other products that may contribute to make the solution more diluted). However, I think that if there are problems of 'burning' with the 25% concentration, it should be possible to use, with the same results, a 2.5% solution (the same used by mouth) by dissolving 5 grams of magnesium chloride in 200 ml of distilled water. The solution must be sterilized.

"The intramuscular way is not used because the solution is painful."

[In the United States, Magnesium Chloride hexahydrate can be purchased chemically pure (c.p.) from most chemical supply houses without a prescription: Ed.]

A similar [pdf copy is here](#).

posted by **Chris Gupta** on **Thursday September 15 2005**
updated on **Tuesday September 27 2005**

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..."Around 1942 Klenner's wife suffered bleeding gums and her dentist recommended pulling out all her teeth. Dr. Klenner thought that solution too Draconian and remembered reading about research using vitamin C to cure chimpanzees with a similar problem. He gave her several injections of the vitamin and the bleeding stopped. Soon, after, this dramatic result encouraged him to try vitamin C on an obstinate man who was near death from... [\[read more\]](#)

September 14, 2005 - Chris Gupta

[Orthomolecular Solutions to Heart Disease](#)

The following simple solution to prevent heart disease is currently ignored in favour of paradigm of more invasive and lucrative disease management. Studying the the data below, one could conclude that the eradication of the this disease has been known for some time but is simply being ignored. This is an update to a note I sent to a number of people who wanted to know about some inexpensive non... [\[read more\]](#)

June 03, 2003 - Chris Gupta

[Magnesium: Research Misconduct?](#)

Here is another example of how systematically - the pharmaceuticals manipulate safe and cost effective solutions and put us at risk and all the time extolling their self serving concern for the patient. Just one, of far too many, examples of this sort of thing happening time after time. Its sad to see how the researchers get sucked into these! This is an update that includes links and error corrections.... [\[read more\]](#)

October 23, 2005 - Chris Gupta

[Aspirin - The Bitter Pill That Kills](#)

Bob Regarding the May 31st. 2005 Quirks and Quarks Science program on Aspirin was interesting, however, statements such as quoted below sounded more like an advatorial.

"Now, imagine taking this pill daily to prevent cancer and Alzheimer's disease. A growing number of studies suggest that regularly popping an aspirin or other similar anti-inflammatory drugs can reduce your risk of these diseases by 30 to 40 percent."

Wow! What they don't... [\[read more\]](#)

June 04, 2003 - Chris Gupta

Readers' Comments

Thank you!!!. I have had prostate problems for years and this last 6 mo. very difficult. I am an american in India, so will get some. I have tried many things and none totally worked.

Please put me on your mailing list.
Stephen Field

Posted by: Stephen Field on September 25, 2005 01:10 AM

Hello

Not much information is readily available about magnesium chloride. I live in Australia and there does not appear to be any products available here. Can you please help by providing some information? Is magnesium chloride available as a bath salt (like magnesium sulphate). My 5 yr old son has a chronic condition and magnesium sulphate may be helpful.

Regards

Dale

Posted by: Dale Keily on November 6, 2005 08:01 PM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting $MgCl_2$ each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Mandy Mankowska on November 27, 2005 07:28 PM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting $MgCl_2$ each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Will Hof on February 7, 2006 01:57 AM

We are a leading producer of Nagari(magnesium chloride food grade).With natural raw material and Japanese technique, we have been processing high quality product for over 8years and most our product are export to Japan, U.S.A.,Korea,Germany and so on.We are trying to extand Australia market.We offer not only Nigari for person but also feed additive for cow to push milking.

We are looking for agents for it and if you are interested in it,pls contact us or browse www.wideskytrade.com

Posted by: [Sandy](#) on April 18, 2006 09:06 PM

I live in Chicago. Could you please inform me how I could order a bag of 20 p0unds of Magnesium chloride to be taken as a health suplement for myself.
Many thanks in advance.

Alexandre Couto

Posted by: alexandre couto on December 31, 2006 01:34 AM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Sandra McFarlane on January 23, 2007 07:17 PM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Ed Pace on March 28, 2007 02:40 PM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Iftikhar Ahmad on June 3, 2007 04:43 AM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Ann Mein on June 15, 2007 09:48 AM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: Eileen Fletcher on September 5, 2007 05:51 AM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate)

in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: [Andrew Thomas](#) on September 19, 2007 07:09 AM

Dear Sirs Suffered insomnia for last ten years and lately back pain etc ...after taking Manesium chloride started to sleep 6 to7 hours and back pains remarkably easened .(after two days use) Please advise what the intake in mgms of magnesium by diluting MgCl2 each sachet of 20 grams secured from France(do not know if it is hexahydrate) in a one litre of water then taking 125 cc on daily basis. Many thanks for driving my attention to the benefits of Magnesium chloride

Posted by: samir on October 4, 2007 04:09 AM

Magnesium Chloride cured my mother's breast cancer, After 7 months of taking the Magnesium chloride solution, without any side affects. This is what medicine should be like.

Posted by: irene on January 8, 2008 03:25 PM

I live in argentina here MgChl it's use at 33 gr per litter of water. It is that wrong, because you advice 25 gr/litter.thanks

Posted by: [JUAN Tapia](#) on February 6, 2008 07:31 PM

Please sent to my e-mail information about Magnesium chloride if will help to low high blood pressure. Thanks.

Posted by: Miguel Lasso on February 19, 2008 03:57 AM

I took magnesiun and my muscle pains are gone. I also read at www.cidpusa.org and they are a excellent soyrce on autoimmune diseases.

Posted by: Ron on February 19, 2008 04:41 AM

I live in Redwood City Ca. Can you tell me were I can get Magnesium Chloride in this area Thanks.

Posted by: Pastor Guzman on April 12, 2008 08:03 PM

I started taking it yesterday for severe backpain and today I feel so much better I can't believe it, I'd been taking painkillers for over a month and the pain wouldn't go, and one day I wrote in google in spanish because i live in argentina.dolor del ciatico" and read about magnesium chloride and rushed to the chemist's !!! a blessing!!!!

Posted by: Maureen on April 19, 2008 11:54 PM

IS THIS CHEMICAL AVAILABLE IN ORLANDO, FLORIDA

Posted by: FLORINDA DAVID on April 20, 2008 01:40 PM

I read about magnesium chloride a few months ago and decided to give it a try.

Well, my sleep apnea (with insomnia and all other consequences) got much better. My AHI (apnea index) was 22 events per hour in September. After 4 days of magnesium, in November I took another polysomnography. Result? AHI = 12 events per hour.

I also had legs movements, that went down from 63 to 49 (according to the same polysomnographies).

I could continue forever writing about some more evidences of the importance of mg, but I'll try to make it shorter: candidose (thrush), and chronic fatigue were solved with a combination of magnesium and some more substances.

I will never quit taking magnesium!

Posted by: Sergio Rotenberg on May 13, 2008 07:12 AM

Why magnesium chloride and not magnesium Oxide, most Magnesium on the market is Oxide?

Thanks in advance,
Bill Patterson
Las Vegas, Nevada

Response:

The body can't absorb it - it is not water soluble.

Chris Gupta

Posted by: William Patterson on May 22, 2008 10:08 AM

I am thinking of taking magnesium chloride and want more information

Posted by: Emily Stajduhar on June 2, 2008 11:54 PM

where can i buy mag chloride in the phila. pa. area. john

Posted by: john cannon on June 9, 2008 08:21 AM

Where can i buy magnesium chloride pa in south florida. thanks.

Posted by: Jumar Belffi on June 23, 2008 02:36 PM

Magnesium Chloride cannot be found with the rest of the vitamins and minerals, go to your local pharmacy and ask the pharmacists for a bottle of Magnesium Chloride tablets they should have some on hand if not try another pharmacy. After years of having GAD and prescription meds I started taking Magnesium Chloride with amino acids, GNC L-Glutamine power, TwinLab Amino Fuel this is a premixed w/all B vitamins amino acid liquid along with Miracle 2000 liquid multi vitamin. I took as directed on the labels. I had results in 2 days. that ugly GAD is gone completely no more Paxil no more

Lexipro. I am going to try taking the amino acids and the multi vitamins every 2 days but the Magnesium Chloride I will continue to take twice a day.

Posted by: NO MORE GAD on July 2, 2008 10:56 AM

It is very difficult to obtain magnesium chloride in a powder form. There is a company that makes magnesium chloride in tablets. Would I get the same effect and benefits if I take the tablets rather than the powder mixed with water. Each tablet contains 62 mg. of elemental net magnesium chloride. Thank you for your help.

Posted by: emma c egues on July 10, 2008 12:13 PM

Great read. More, more!!

Posted by: joe Daigre on July 10, 2008 01:44 PM

What effects on Parkinson's does this have and does it conflict with Stalevo, Sinement, Mirapex ?

Posted by: rick on August 8, 2008 04:58 AM

hi , i'm really interested in magnesium chloride, sounds like everyone should be taking it !! i bought a packet of nagari(magnesium chloride food grade) but it's in flakes and i've just been putting a teaspoon full in a litre of water and drinking throughout the day , is that o.k to not be very precise about the dosage ? have any of you heard about colloidal silver ?

Posted by: tara allaway on August 28, 2008 06:10 AM

I would like to have updates on Magnesium Chloride, it an amazing mineral.

Posted by: [Frank](#) on September 3, 2008 03:54 PM

What appears to be the original article is at <http://health-science-spirit.com/magnesiumchloride.html> Magnesium Chloride solution is available from <http://www.allergyresearchgroup.com/Solution-of-Magnesium-Liquid-8-oz-p-226.html>

Posted by: Bill Wilson on September 4, 2008 02:42 PM

Can you please let me know if Magnesium Citrate is the same as Magnesium Chloride. I have been taking Magnesium Citrate in powder form, purchased regularly at a nearby health food store, and was told there that the two are synonymous. When reading your article I carefully looked for mention of Magnesium Citrate, but it was never listed. I will greatly appreciate your response. Iris Frelander

Posted by: Iris Frelander on October 19, 2008 02:21 AM

to Bill Wilson- no, that health-science-spirit article is not the original one. It has quotes from mine. I wrote a book (in italian, not available in english) about magnesium Chloride that was published in 1994.

Posted by: Raul Vergini on December 3, 2008 01:00 PM

superb good article, very functional

Posted by: miguel angel on December 22, 2008 12:07 PM

I've trying to find magnesium chloride in Charlotte NC -- al phamacists give me the funny look -- anyone knows where to buy it. Thanks so much.

Posted by: Annie Gillmore on January 19, 2009 12:02 PM

Amazing information! Now, can you point us to a good source of food-grade Magnesium Chloride??

One day while attending to a heart attack victim in the ER I had the thought I should be giving Mg IV to the patient. Don't think the hospital would have liked it too much and the older I asked on duty at the time severly cautioned against it. If only.....

Reaponse:

Check out: <http://tinyurl.com/dxex6n>

See also: [Magnesium: Research Misconduct?](#)

Chris Gupta

Posted by: [Jon Moreshead](#) on January 19, 2009 08:01 PM

I live in Las Vegas, NV and I would like to order or buy a supply of Magnesium Chloride hexahydrate ($\text{MgCl}_2 \cdot 6\text{H}_2\text{O}$). Please send information as to where I can buy this product.

Posted by: D Gallego on January 24, 2009 05:08 PM

Hi everyone, I dilute 20gr of magnesium chloride powder into one liter of tap water previously boiled and cold of course. I keep the bottle in the fridge as the taste is awful but one gets used to it after a while - I drink half a glass 5cl every morning. Results : very good health, a cold, sneezing and crying eyes, stopped the 2nd day, a remarkable well being sensation.. This winter passed without any health problems... Furthermore, I recently give 2ml of the solution to my cat who is suffering of a feline stomatitis, terrible disease of the mouth and gums... 2nd day and he looks already better even though not cured but there is an improvement in his state. The secret is to melt powder of brewer yeast into water and add the mag. chloride (2ml) both tastes are awful but the cats do love brewer yeast (full of B vitamins)... Keep in mind that it is NOT recommended for people with kidneys problems, in this case you can use NIGARI which is a algae with 87 mag. chloride. One has to take this supplementation for 20 days and imperatively stop 10 days and start again if necessary... Wish you all a wonderfull health...from France...!

Posted by: Parrison on March 25, 2009 02:02 PM

Can you please let me know if Magnesium Citrate is the same as Magnesium Chloride?? So far this has been the only solution given around here, if so, what is the dose?

Thanks Chris!

Ed

Reponse:

Magnesium Citrate is NOT the same as Magnesium Chloride.

Chris

Posted by: Edward on April 16, 2009 10:21 AM

I would like to point out that nigari is exactly magnesium chloride (85) and very easy to find and also very cheap ! nigari is used by japanese to produce tofu