

# Protocols for Transdermal Magnesium Therapy

By Daniel Reid

## Introduction

Magnesium is the single most important mineral for maintaining proper electrical balance and facilitating smooth metabolism in the cells of the human body, and its presence in the bloodstream and cellular fluids is an essential factor in over 300 metabolic functions. Magnesium is particularly important as a co-factor in maintaining functional balance in the nervous and endocrine systems, and it's an indispensable element in all of the body's natural self-cleansing and detoxification responses. Without sufficient magnesium, toxic waste and acid residues accumulate in cells and tissues, setting the stage for chronic degenerative conditions, cancer, and rapid aging symptoms. It is estimated that 70% of the people in the world today are critically deficient in this vital factor for health and longevity, and magnesium deficiency is one of the primary causes of chronic low energy, because magnesium is an essential catalyst for energyproduction in the mitochondria of all cells.

Magnesium occurs naturally in many forms but is most readily assimilated and utilized for metabolic purposes in the human body in the form of magnesium chloride, which is how it's found in sea water. Moreover, the swiftest and most efficient way to get magnesium into the body is transdermally (via the skin) rather than orally, and this is easily done by rubbing pure magnesium chloride oil or gel into the skin, or soaking the feet or whole body in a hot bath to which magnesium oil or bath flakes have been added. We refer to this deeply detoxifying, very soothing treatment as "The Magnum Bath."

Mica is a type of laminar crystal that occurs naturally in flat, thin sheets of stone found in rocky mountain regions. Mica's crystalline structure has a unique capacity to collect and transmit particular vibrational frequencies from the ambient free energies of the universe. These frequencies are the specific vibrational energies involved in the healing and cleansing functions of the human body. Metaphysically, the vibration of pure healing energy is associated with the spiritual quality of unconditional love, which is a quality a healer must attain in order to be able to channel pure healing energy. The crystalline structure of mica collects and transforms this kind of "universal free energy" into a form that transfers its healing properties to the body via water.

When mica comes into contact with water or human tissues (which are 75% water), the energy pulse emitted from mica's crystal matrix restructures water into micro-clusters, thereby transforming ordinary water into "microwater", which allows it to easily permeates cellular membranes. Microwater is the basic element in what traditional Chinese medicine refers to as the "vital fluids" (*jing yi*) in the human body. This is the basic essence in blood, lymph, enzymes, and other vital bodily fluids. In Chinese medicine, mica is known as *yun mu*, literally "Cloud Mother," and it has been used in China for thousands of years for tissue detoxification , blood purification, and healing. Mica crystal transforms ordinary water into biodynamic "battery fluid" that energizes, purifies, and replenishes blood, cellular fluids, and other essential water-based elements in the body.

The Magnum Bath

This powerful hydrotherapy draws toxins from the tissues, replenishes the vital fluids of the cells with energized microwater, and restores cellular magnesium to optimum levels. It may be applied as a full-body immersion bath or as a simple footbath, with equally effective results.

While drawing the hot water for a full-body or foot bath, add to the bath water 1 cup of Magnesium Chloride Bath Salts. If available, also 1 tablespoon each of magnesium oxide and mica powder, although these are not essential to obtain therapeutic benefits from the magnesium chloride in the bath. Magnesium oxide provides the water with additional tissue detoxification properties, while laminar crystal (mica) charges the bath water with energy and transforms the bath into a "bio-battery" that recharges the vital fluids in the tissues of the body. A few drops of your favorite pure essential oil may also be added to the bath water for additional therapeutic benefit.

The magnesium-rich water from the bath absorbs quickly through the skin, and the magnesium disperses swiftly into the tissues, permeating all of the cells in the body. Human cells easily assimilate magnesium chloride because this is the natural form of magnesium in sea water, which has the same mineral profile as human blood. When this pure magnesium water enters the cells, the stale, polluted waste water that accumulates within the cells is excreted from the tissues and expelled from the body via the skin back into the bath. 4-5 liters of water can be exchanged this way between the body and the bath during the course of a soak in a Magnum Bath, replacing foul cellular waste water with magnesium-rich pure water. You can often smell the sour odor of your own acid wastes rising from the water by the end of the bath.

In addition, evidence suggests that the Magnum Bath stimulates production of DHEA, which is one of the master hormones required for human health and longevity. Restoration of DHEA production, which normally diminishes swiftly in adulthood, is a key strategy in protecting health and prolonging life.

Immerse the whole body in a tub, or just the feet in a bucket, of Magnum Bath water for 20-30 minutes at a temperature of about 108 degrees F, then rinse well with water and dry off with a cotton towel. Immediately drink 2 glasses of pure water with 5-6 drops of magnesium chloride oil in it.

The most effective protocol for this therapy is to start with a daily bath treatment every day for the first 7 days, then continue on a maintenance program of 2-3 baths per week for another 6-8 weeks.

#### Magnesium Chloride Oil

This pure liquid form of magnesium chloride is the quickest and most convenient way to transmit magnesium into the cells and tissues through the skin. For example, a few sprays under each armpit after a shower function as a highly effective deodorant, while at the same time transporting magnesium swiftly through the skin into the glands, lymph channels, and blood vessels, which distribute it throughout the body. Spray some onto the back of the hands or the top of the feet any time of day or night for continuous magnesium absorption. Regardless of where on the body you apply the spray, once it penetrates the surface of the skin, the body transports it to whichever tissues need magnesium most.

3-5 sprays of magnesium oil in a glass of pure water is a good way to take magnesium internally. It assists digestion, counteracts excess acidity in the stomach, and delivers magnesium swiftly into the bloodstream for distribution to all the cells of the body.

## Magnesium Chloride Flakes

This is a white crystalline form of magnesium chloride that is suitable for preparing the Magnum Bath. It may also be diluted in water for drinking. The flakes and the oil are exactly the same magnesium chloride, from the same source, but the flakes are less expensive. It's a good idea to buy the flakes for baths and the oil for drinking water and direct application to the skin.

**Magnesium Oxide** In addition to using magnesium oxide as a detoxifying agent in the Magnum Bath, it may also be used as a paste applied directly to the skin to draw out toxins. Mix a heaping teaspoon of magnesium oxide with enough pure water to form a paste, then rub it onto the part of the body that requires detoxification. Leave it there to dry for 20-30 minutes, then wash off the residue with warm water. Applied to the face and neck, it draws out cellular toxins and eliminates dead cells, thereby rejuvenating facial complexion. For respiratory infections such as the flu, rub the paste all over the chest, throat, and upper back, let it dry, rinse off, then immediately repeat the treatment a second time. To cleanse the liver, apply the paste generously to the area around the lower ribs on the right side, let it dry, rinse off, and repeat again.

## Mica (Laminar Crystal)

In addition to using powdered mica to energize and restructure bath water, this powdered crystal may also be applied directly to the face and other parts of the body to moisturize, energize, and protect the skin as well as the tissues beneath the skin. Mix a heaping teaspoon of mica powder with enough pure water to form a paste, and rub it evenly over the entire face and neck, or any other part of the body that requires treatment. Allow the paste to dry, leaving a fine powder on the surface of the skin. This powder may either be gently dusted off with a soft towel or brush, or left on the skin for a continuous moisturizing, energizing, and protective effect.

## Sodium Bicarbonate (baking soda)

One of the most potent and effective alkalizing agents for the human body is ordinary sodium bicarbonate, the "baking soda" you find in all grocery shops. A cup or two of baking soda

may be added to a Magnum Bath to increase its alkalizing properties. Like magnesium oxide and mica powder, you may also make a paste with sodium bicarbonate and pure water and rub it directly onto the skin for swift, deep transdermal assimilation. And you may also take it internally by mixing 1/2 tsp of baking soda with 1/2 cup pure water and drinking it on an empty stomach.

Do this once or twice a day for maintenance, and 5-6 times a day when ill or very toxic, but do not exceed two weeks on the maximum dosage.

It's best to use aluminum-free sodium bicarbonate, such as "Bob's Red Mill" brand, which is available from the suppliers listed below.

## **"Ancient Minerals" Magnesium Chloride**

By far the best source of magnesium chloride in the world today is the ancient 250- million-year-old seabed located 2,000 meters beneath the earth's surface in Europe. Known as the Ancient Zechstein

Seabed, it lies deep below the ground, protected from all pollutants, and contains all of the 81 minerals and trace elements that are essential for human health. The dense brine from this ancient sunken sea is pumped up to the surface in Holland, refined to produce pure magnesium chloride, then concentrated in the form of crystal flakes or thick fluid and sold under the "Ancient Minerals" label.

Both forms of "Ancient Minerals" magnesium chloride, as well as aluminum-free sodium bicarbonate, are available from the following suppliers:

**LL's Magnetic Clay, Inc., California, USA:**

**[www.magneticclay.com](http://www.magneticclay.com)**

**[service@magneticclay.com](mailto:service@magneticclay.com)**

**tel 1 925 9681571**

**Rejuve Health, Ltd.**

**[www.rejuvehealth.com](http://www.rejuvehealth.com)**

**[info@rejuvehealth.com](mailto:info@rejuvehealth.com)**

**tel 61 7 54765454**