



The Magnesium Solution for Migraine Headaches (The Square One Health Guides)

Jay S. Cohen

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High blood pressure afflicts more than 50 million people in the United States, including 6 million children. Magnesium is an element that is one of the main building blocks of the body. It is involved in hundreds of body and cellular processes. Yet the great majority of Americans are deficient in magnesium. Because magnesium is essential for normal nerve, muscle, and blood vessel functioning, magnesium deficiency leads to a multiplicity of medication conditions, first and foremost high blood pressure. The Magnesium Solution for High Blood Pressure explains how magnesium deficiency leaves people vulnerable to tightened arteries, how to use magnesium to overcome this dangerous, life-shortening condition, how magnesium is safer and as effective as many prescription drugs, the best types of magnesium products to use, and the dosages that are appropriate for men and women of different ages. Dr. Jay S. Cohen is nationally renowned for his work on avoiding medication side effects via the use of better and safer natural therapies.

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