



# Magnificent Magnesium: Your Essential Key to a Healthy Heart & More

*Dennis Goodman MD*

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Despite the development of many “breakthrough” drugs designed to combat its effects, heart disease remains the number-one killer of Americans. Is there a simpler solution? The answer is *yes*. For many years, scientists and medical researchers have known about a common mineral that can effectively prevent or remedy many cardiovascular conditions. And unlike the pharmaceuticals usually prescribed, this supplement has no dangerous side effects. In this book, world-renowned cardiologist Dr. Dennis Goodman shines a spotlight on magnesium, the mineral that can maximize your heart health.

The author first establishes a firm foundation for understanding heart disease, detailing its many forms and providing a brief overview of its fundamental mechanisms. Next, he examines the important role magnesium plays in many life processes and explores how a deficiency of this substance can lead to many of our nation's most common health conditions, including cardiovascular disease. The author then details magnesium's astounding benefits, not only for heart disease, but for other health problems, including obesity, type 2 diabetes, gastrointestinal disorders, osteoporosis, and insomnia. Finally, this knowledge is put to work, as Dr. Goodman offers clear guidelines on how to select and use magnesium supplements to greatest effect.

Many drugs are designed to relieve the symptoms of heart disease, but none of them eliminates the root cause of the problem. In *Magnificent Magnesium*, you will discover how a simple all-natural mineral can improve the function of your heart and help you regain control of your health.

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