

Application and dosage of magnesium oil, magnesium chloride crystals and magnesium chloride gel

Magnesium occurs in various compounds in nature. This mineral plays a major role in our energy balance and in more than 325 enzymatic processes. In a similar way as the human body uses water, it naturally consumes magnesium every day while it does not have a system for buffering this material.

The therapeutic effect of magnesium chloride in skin disorders such as psoriasis has been known for many years. There is a growing realisation that today's food contains too little magnesium and that this must be complemented, as many medical complaints appear to be connected with magnesium deficiency.

So how can we improve the body's magnesium uptake?

- I. By intravenous injection. This is routinely applied, for example, in the period following a heart attack and of course may only be administered under the supervision of a physician.
- II. By addition to foodstuffs or drinking water. The disadvantage of this is that many people may develop symptoms such as diarrhoea.
- III. Transdermal. This means absorption via the skin¹. In transdermal administration, the purity of the product is key in the prevention of the undesirable absorption of impure by-products.

Zechstein Inside® products

the purest natural magnesium chloride in the world

During the Zechstein era, 250 million years ago, the oceans were subject to considerable evaporation. The remains of this crystallised 'Zechstein Sea', containing many types of mineral salts, is situated under large parts of Northern Europe. The world's purest natural deposits of magnesium chloride can be mined at slightly deeper than 1500 metre beneath Veendam in the Netherlands.

The purest natural magnesium chloride can easily be distinguished from various other mineral salts from the subterranean Zechstein strata by the **Zechstein Inside®** quality mark.

Zechstein Inside® is a guarantee of the origin from the purest source at Veendam by means of a scientifically established procedure.

1 It has long been known that the skin is able to absorb all kinds of products and medicines. Just think of the administration of painkillers by means of plasters.

Application and dosage of Zechstein Inside® products

Magnesium oil

Magnesium oil is not actually oil but is referred to as such because it feels so smooth. It is actually the highest concentrated liquid form of pure natural magnesium chloride, dissolved in water.

It is easily absorbed by the skin, from where magnesium ions are spread both locally and throughout the body.

Spray application:

Local

Press down 5 to 10 times on the atomiser and apply the oil to the muscles as required, for example to prevent cramp. Then spread it out lightly and massage it in. Allow the oil to take effect for 10 to 30 minutes, after which any residue may be rinsed off, although not essential. In some people, a white residue remains after the magnesium has been absorbed. This is completely natural and is easily removed. A slight tingling and a warm feeling are normal and are indicative of the fact that the magnesium is being absorbed. In order to grow accustomed to the magnesium initially you may wish to apply the spray to moistened skin or simply press down slower on the atomiser at first.

This method of administration should be repeated daily².

General

While every local administration results in magnesium being absorbed throughout the body, the abdominal skin and the skin under the armpit are two very suitable locations for administering magnesium oil, for example every evening before bedtime³. Do this in the same manner as described above.

2 Stop usage and consult a physician if the skin is still red and tingles or feels unpleasant after one hour.

3 Many people experience much improved deep sleep after administration before bedtime.

Magnesium Chloride Gel

The gel comprises magnesium oil to which 3 per cent starch-based gelling agent has been added.

The gel is particularly suitable for use in muscle massage.

It can also be used for local skin ailments such as mild forms of psoriasis. Consult your physician in this regard.

Massage

Use as much as necessary to massage the relevant area for 15 to 20 minutes⁴.

Locally on the skin

Squeeze the tube once or twice to apply a fingertip's worth, and spread it out lightly over the area to be treated.

Massage or administration may be repeated daily if required⁵.

4 & 5 Stop usage and consult a physician if the skin is still red and tingles or feels unpleasant after one hour.

Bath and footbath

Transdermal absorption

Bath:

To prepare a bath or footbath with pure magnesium chloride crystals⁶ for the transdermal absorption of magnesium throughout the body, concentration of the product in the bath or footbath must be sufficient. N.B.: quantities to be dissolved should not be compared to the 'conventional' tablespoon of bath salts.

While a hot bath is clearly luxurious, the transdermal effect is not achieved until the magnesium chloride concentration is between 1 and 4 per cent. This means for a 100-litre bath: 2 to 8 kg per bath.

The recommended temperature of the bath is: 37° Celsius

Footbath:

Because the surface of a footbath is clearly much smaller than that of a regular bath, the minimum concentration needed is 4 per cent. This means for a 5-litre bath: 400 grams magnesium chloride crystals (2 cups).

The recommended temperature of the footbath is: 37° Celsius

It is recommended that baths or footbaths be taken 2 to 3 times a week.

Start at a low concentration and gradually increase this. Relax in the bath for 20-30 minutes. Then take a quick shower if you so wish. Unlike the effect of most other mineral salts, your skin will feel very pleasant, smooth and wrinkle-free.

Application in the case of skin disorders:

A course of treatment in a bath of pure magnesium chloride has a very favourable effect on many skin disorders, and psoriasis in particular. Always consult your physician in this regard.

6 N.B.: Because magnesium crystals readily absorb water from the air, the crystals must always be stored dry and in a well-sealed container.

Contraindications

When should you not use magnesium chloride?

Patients with kidney diseases, congenital neuromuscular diseases, cardiac arrhythmia and intestinal blockages must always consult their physician to determine whether they may use a magnesium product.

If the skin is still red and tingles or feels unpleasant after one hour of using any of the above products, stop using it and consult a physician.