

# Core Healing Magnesium PoShen Products

(more facts than you want, all the information you need)

**Magnesium Body PoShen** - daily, anytime use/maintenance, for cramps, restless legs, mood, sleep aid

**Mega Mag Body PoShen** - a bigger magnesium dose, with more supportive active ingredients, for faster results, chronic depletion

**Val-Mag Body PoShen** - adds uber-potent Valerian; quickly identifiable by its strong smell, which, when inhaled, brings immediate grounding and relief from mild anxiety - while regular transdermal use aids sleep, provides muscle/joint support, and mood enhancement. Best for bedtime and for more intense anxiety/mood support needs.

**Magnesium Spritz** - a spray form of supplementation easy to apply anywhere, anytime.

## Core Healing PoShens are easy to use:

Apply an even coating to skin surface. A little goes a long way. Our **Mag Spritz**: just spray on.

Apply 30-minutes to 2 hours nightly, before bedtime for help with insomnia. Use daily to keep baselines adequate, since many daily activities and lifestyles quickly deplete magnesium.

**Val-Mag PoShen** works two ways: inhaled and applied to skin.

**DO:** pick pulse point, dry areas, or parts that could use a little self care massage: say, restless legs.

**DO:** avoid freshly shaved areas, since these might sting.

**DO:** consider wearing socks or slippers on slippery floors if you've just applied BB to the bottoms of feet.

**DO:** rub excess any **Magnesium PoShen** onto another 'dry' body part, then wash your hands of any remaining product, to avoid rubbing it into, say, your eyes.

**Pulse point areas of the body are more sensitive, super highways into the body. Apply behind your knees and ears, your throat, the tops and bottoms of your feet, inner groin muscles and elbow joints to access these areas.**

**Our favorite place to apply?  
Calves, to calm restless legs**

## Adequate Magnesium:

- improves sleep
- supports significantly better body-brain functioning
- relaxes muscles, decreases muscle cramps
- replenishes from deficiency-promoting activities, lifestyles, medications, nutrient deficient foods
- is wondrous for restless legs, RLS (Restless Legs Syndrome)
- calms, focuses
- promotes necessary, ongoing, body detoxing

### **other benefits of transdermal use:**

- powerful, potent 'skin food'
- designed to replete diminished magnesium in the body
- frees up a delivery system (from oral to now transdermal), for digestion compromised folks
- magnesium supplementation is important to heal so many common daily health conditions
- consistently, people show significantly less than RDA needs are met daily - and not enough magnesium levels to support extra bio-chemical, stress, diet and healing needs

The U.S. Department of Health lists Magnesium as one of seven nutrients of concern because, consistently, as much as 80% of the population measures as Magnesium deficient. Intakes were even lower in men and women over age 50.

**Magnesium is a vital mineral, meaning, we literally need it to survive - and to support over 350 biochemical system processes in the human body.**

### **Our ability to absorb adequate Magnesium is highly individualized, according to:**

- the source and availability of the Magnesium we're supplementing
- the delivery method (oral or transdermal)
- external and internal health and lifestyle factors, and
- factors not commonly considered (exposure to Magnesium leaching products, medications, environments)
- health challenges like Celiac, Crohn's Disease, stomach/intestinal bypasses, type 2 Diabetes, aging

In Alaska, with much of our Lower 48 produce grown in mineral depleted soils, the produce offers much less vital energy, let alone Magnesium levels and bio-availability. I call it SAP (seasonally affected produce.). Add in our winter deficits, uber busy summer schedules, dramatic changes of seasons that dramatically affect our organic sensibilities ... it is clear, magnesium supplementation is a must.

### **Mega-Mag PoShen:**

With joint, muscle and mind relaxing ingredients - this PoShen can be used anytime.

**Val-Mag** is best reserved for sleep time, since the potent scent of Valerian (and effects) are sedating, and perhaps too relaxing for some activities. Use it anytime, however, to decrease acute anxiety (for which deep inhalation, versus skin application, might be all you'll need), and for bodywork to persistent achy areas.

With the highest concentration of Magnesium in our Magnesium skin product line, the effects of **Mega Mag** and **Val-Mag** can be felt immediately, with maximum effects felt at the two week mark of nightly use.

Keep covered to preserve potency. Use daily to keep your baselines at adequate amounts. This helps with consistent benefits, and so your body doesn't have to work so hard for its magnesium needs.

**For restless leg sufferers, and (energy/medicine) Sensitives**, the effects of these transdermal PoShens may be noticeable immediately, but typically, effects are strongly noticed by night 4-5. Val-Mag is a helpful PoShen to aid folks 'coming off' of medications wherein tolerance is an issue.

### **Skin injury healing**

Magnesium applied topically (externally, to skin), and locally (just at the spot of attention) accelerates healing at the site, and protects the area with the second skin.

For rashes, bites, and even cradle cap (babies: diluted), **Magnesium Spritz**, or **Magnesium PoShen** gently rubbed into the injury protects/promotes healing.



### **Why skin supplement Magnesium?**

Skin, our largest 'breathing' organ, has a highly organized, delivery system excellent for welcoming what it needs, wants, and can readily absorb. **Magnesium Spritz/Magnesium PoShens** are super-concentrated forms of Magnesium Chloride powerfully; powerfully, effectively absorbed by skin which regulates both use and flow, bypassing our busy, digestive systems.

While Espom salt baths and soak (Magnesium Sulfate) are lovely, and highly effective as magnesium absorption agents, they aren't always convenient, or possible.

Oral magnesium via salts tend to have a laxative effect taken in even slightly concentrated amounts: perfect for liver flushes and internal cleaning protocols - but not always desirable, occasionally unpleasant, and many times, inadequate as supplementation means - since the oral route is fraught with other challenges.

**Oral magnesium is a 35-40% effective delivery system**, (less in compromised guts) - since magnesium needs 12 hours travel/transit time through a *healthy* intestinal tract, not counting magnesium depleting factors (antibiotics, some medications, foods and drink, medications, and poorly available magnesium (either in via supplement or food forms). It's also easy to forget to take oral supplements, and to overtax the digestive system.

After 12 weeks' [magnesium supplementation] treatment 89% of subjects raised their cellular magnesium levels with an average increase of 59.7% recorded.

Equivalent results using oral supplementation have been reported over 9-24 months. Furthermore all patients showed an improvement in the calcium/magnesium balance ratio where the mean improvement seen over the trial period was 25.2%."

- source: [http://www.jcimjournal.com/articles/publishArticles/pdf/S2095-4964\(15\)60195-9.pdf](http://www.jcimjournal.com/articles/publishArticles/pdf/S2095-4964(15)60195-9.pdf)

If your digestive system is already compromised (stress, fatigue, daily life, digestive reactive conditions like IBS, Celiac, arthritis...) then assimilating oral supplements, or getting adequate doses of supplementation, can be extra difficult.

### **The right dose:**

Dosing needs and absorption rates vary according to our individual health histories, body weight, absorption chemistry, diet, stressors, physical exertion, and other lifestyle factors – but approximately 170-280 mg of magnesium per average 'teaspoon is possible in a typical application.

**A general rule of thumb: 3-4 mg of magnesium per pound of body weight, daily.**

### **A little PoShen goes on a long way:**

The oils from the magnesium in this formula are very viscous. The feel is one of easy glide, application. Liquid-suspended magnesium, can look or feel oily at first – as the magnesium absorbs, as levels balance.

**As skin absorbs the magnesium PoShen** - the oil feeling, and the gloss 'look,' goes away.

If our body butter type PoShens are not quite your cup of tea, try Magnesium Oil Spray.

### **Magnesium Oil Spritz (spray)**

Simply spritz onto body (avoid your face), and rub it in (if you like): arms, legs, stomach.

Allow one coat of spritzing to dry before spraying again.

To supplement magnesium, at least 10 sprays will be required to obtain an average-adult adequate dose.

**For kiddos, and to 'spot heal' skin injuries,** less spritzes are required, desired.

Dilute our formulas up to 50% for kiddos.

Just as with **Magnesium butter PoShen**, you'll notice a gloss, oil second skin, and occasionally tingling or a sparkle-y sensation until balanced levels are reached.

Supplement your regular deodorant with Magnesium Spritz to sweeten sweat scent: helpful when newly switching from long time commercial deodorant products, since suddenly, the body is able, and wanting, to detox what has been stored in a highly sensitive, vulnerable area:  
**underarms.**

Consider also, that even deodorant products labelled natural typically contain at least one ingredient actually toxic and harmful, to your vital, lymphatic system; largely housed at the nexus/clearinghouse: underarms.  
**It's why we created Pit PoShen.**

## The second skin that sticks around until levels are repleted.

Dissolved/suspended magnesium has a unique feel, and your surface skin has an amazing system of protection/permeation/absorption.

While **Magnesium butter PoShen** goes on with great glide, as we massage therapists say, it 'sticks', like saltwater.

This 'second skin' is your body's way of protecting skin and magnesium while deciding how much is best for you to achieve balance levels.

This 'second skin' feeling seems to be experienced greater for folks with a magnesium deficiency.

The tacky feeling goes away as the PoShen absorbs deeply into your tissues.

After a few applications, it goes away.

**On dryer skin types**, magnesium can leave a very vague, but normal, white film.

This goes away with adequate moisture/magnesium balance to the skin.

No need to rinse this product off. In fact, the other highly valued ingredients work best left right where they are: gently rubbed into your skin, to be absorbed into your body as needed.

**If rinsing is desired**, apply your **Magnesium Spritz** or butter PoShen 20 minutes before showering or bathing: to allow absorption of the active ingredients. Conversely, apply directly after a shower: for maximum, accelerated absorption/dry. Since transdermal magnesium can feel drying, slather on your 'favorite lotion or potion after using **Magnesium Spritz**, accordingly.

### For Professional Use:

**Massage therapists, and DIY massagers**, if you're using your PoShen for extensive massage work, use Venus Flow: apply in long gentle strokes that are lighter in the direction away from the heart than toward the heart. Since the 'glide' of this butter PoShen is so great, massaging it into target muscles offers the benefits of massage, *and* the potent muscle relaxing benefits of magnesium and specific target-centric essential oils and skin nutrients.

**Mega-Mag** is particularly effective for muscle challenges, especially where relaxation or anxiety is an accompanying issue.



Inform your clients of the 'second skin' benefits and realities, and of **Val-Mag's** potent scent and properties, if you use it. In our experience, the extra care shown to client's health using adjunct products beneficial both locally and systemically goes a long way (literally) - and with developing client trust in your professional abilities and care. Additionally, the glide and focus to the target muscle makes your job easier.

## **I'm tingling and sparkling!**

If the usual 2-10 minutes it takes for the sparkle-y tingling normal of magnesium applied to newbie skin does not subside, or in the extremely rare event you develop a downright unpleasant tingle that lingers, you Sire, may be a Magnesium Sensitive! Or, you may have heavy metal exposure. (see below).

To continue use of this product, but stop that extra tingly feeling (which does disappear in magnesium deficient only people once optimal levels are reached), dilute your spritz/spray by adding up to 50% distilled water, and your butter PoShen by adding up to 50% coconut oil, or your other favorite non-toxic body butter or cream, or lotion. Try diluting using our **Body PoShen**, which has zero toxins, but does have cooling, detoxing effects which can mute the tingle. Again, once the required mineral balance is reached, no sting!

## **Heavy Metal Exposure**

Some researchers indicate the preliminary tingling sensation (but a very, VERY intense version of it), may indicate heavy metal exposure. Mercury tooth fillings, and fish and seafood product ingestion are the primary causes of such exposure, in the absence of exposure to actual heavy metal industries. The molecular structures of heavy metal detoxification requires professional monitoring; to ensure safe passage through and out the body.

If, after using magnesium supplementation products for some time (usually up to a week, is adequate to begin to build a magnesium baseline, and to gauge your skin sensitivities, you still feel a strong tingling, consider testing and treatment, if positive, for heavy metal toxicity.

Ryan can support natural heavy metal detoxification processes, and can work with other members of your health care team to ensure success.

**Pregnant women:** check specifically with your health practitioner (Ryan, or other members of your care team), since your dose needs can be unique, according to your's and baby's needs. From birth to 12 months of age, baby's food will likely provide natural magnesium needs, although specific health challenges for these 'wee ones, or their nursing moms, can change magnesium and supplementation needs.

### **Current National Institutes of Health Magnesium RDA:**

(which are doses designed to keep a person from death - but not for optimal functioning for athletes, active people, folks with digestive compromised people...) are:

**320-360 mg for women**

**410-420 mg for men over the age of 18.**

**Independent of gender:**

**240 mg daily for ages 9-13**

**130 mg for ages 4-8**

**80 mg for ages 1-3**

## **Too much of a good thing?**

Yes, usually with oral dosing methods, very rarely, it is possible to intake too much magnesium, but it's much, *much* more common to have a deficiency, and to be suffering the health havoc a magnesium deficiency brings.

If/when your stools loosen to a disarming diarrhea state, or is darker color than usual, and/or you're noticing food or medication is moving through your system faster than is normal for you, back off your Magnesium supplementation to allow your kidneys to process out excess Magnesium. Support your kidneys by drinking water, then dial back your magnesium dosing until the desired effect is reached.

If you do develop another more serious negative reaction, (SO rare with transdermal delivery methods), discontinue use, and check with Ryan and other members of your health care team, who can rule out other health issues impeding your magnesium process. But remember, most folks are woefully under-magnesium'ed, while health problems associated with not enough magnesium are epidemic.

## **Butter stains, and slick surfaces:**

Copious slathers of butters, beeswax, essential, carrier oils (common natural product ingredients) can stain fabrics. Some minerals suspended in water, like magnesium, create an oil slick feeling, which say, on a bare foot, and floor, could be slippery, and so dangerous.

When applying to the bottoms of feet, allow to dry, or apply away from slippery floors. Allow your 'skin food potions' to soak in, to dry a little - before wrapping in fancy pajamas or sheets, or skating around on slick floors with freshly buttered feet bottoms.

Or, choose to not be bothered, be careful, and do it anyway. Sheets (and floor footprints) can be washed.

The ritual of applying Magnesium PoShen to restless calves at bedtime is lovely, welcoming, signaling body (and legs), and brain, to relax into excellent sleep. Studies show we sleep best with night time wind down rituals.