

# CalMag Formula

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Synopsis: this document presents a formula for a Calcium, Magnesium, and Potassium mineral supplement to reduce the symptoms of stress, headache, menstrual cramps, *delirium tremens*, drug withdrawal, insomnia, and related mineral deficiency. Taking a supplement generally does not require doctor's supervision, but you should be sure your doctor concurs in the treatment in case it were to conflict with some other protocol. Formula adapted from suggestions by DeForest Clinton Jarvis, M.D., and LaFayette Ronald Hubbard.

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## This CalMag Formula Will Mellow You Out

The CalMag Formula relieves the symptoms of stress, anxiety, and basic aches and pains. Here is the magic formula, also good for many other problems:

### Ingredients

1. 1 TBSP Calcium Gluconate powder
2. 1/2 tsp Magnesium Carbonate powder
3. 1 TBSP Apple Cider Vinegar (at least 5% acid)
4. 1 TBSP Honey
5. 1/2 to 1 cup Boiling Water
6. 1000 international units Vitamin D

### Ingredients and Directions

1. In a glass put the calcium and magnesium powders
2. Stir in the vinegar and let it foam for a couple of minutes
3. Stir in the boiling water. It should become clear, but tan in color. If it does not become clear, the magnesium is old or of poor quality.
4. Stir in the honey so it dissolves.
5. Sip as a tea WITH A MEAL or at bedtime, or top off with cold water. If you do not drink with a meal or at bedtime, you will get VERY loose bowels, so if you are bored and want something to keep your interest up....
6. You can have 1 to three cups or glasses a day, and you can make enough at once to last 3 days covered in the refrigerator.

## What the Ingredients Do

Here is how the CalMag ingredients work:

1. The magnesium relaxes the muscles (so it cures jitters, DTs, tension, backache, menstrual cramp, headache, other aches and pains). Magnesium is involved in over 300 metabolic reactions. It is necessary for every major biological process. It is important for the electrical stability of cells, the maintenance of membrane integrity, muscle contraction, nerve conduction, and the regulation of vascular tone. There is evidence that magnesium supplementation can benefit those with osteoporosis, alcoholism, migraine, asthma, PMS, kidney stones, and strokes. Magnesium deficiency is associated with the pathogenesis of numerous serious disorders. Namely, hypertension, cardiac arrhythmias, diabetes mellitus, and pre-eclampsia.
2. The calcium calms the nerves, so it settles you down, soothes you, helps to regulate body temperature, makes you less anxious, reduces irritability, and it increases calcium to reduce chance of osteoporosis.
3. The cider vinegar allows the calcium and magnesium to be absorbed into body tissue. Without it, the calcium would just run right through you. It also gives you a great dose of potassium to balance sodium, regulate water retention, and balance blood pressure. This can work to eliminate migraine headaches and other serious aches and pains.
4. The honey is a bacteriostat, and a pre-digested food that acts as a relaxant and soporific. It provides glucose to boost energy, and potassium to regulate water retention and heart beat.
5. The whole combination is a natural sedative that does not leave you with a "drugged" effect.
6. Vitamin D is required for proper metabolism of calcium and magnesium in the body. You also get D from half an hour daily of direct sunshine on the skin.
7. *Note:* Calcium is not absorbed into the stomach and bones unless thyroid and parathyroid hormones (revealed in blood tests) are in proper balance. Such an imbalance can lead to osteoporosis (loss of bone mass), osteoarthritis (accumulation of calcium on tendons and in skeletal joints), gout, and other diseases resulting from calcium deficiency.

## Expected Results

Here is what CalMag will do for you:

- Get you a good night's sleep
- Mellow you out during the day
- Make you more effective at work AND play
- Calm you down after a strenuous muscle exercise
- Eliminate muscle cramps, back pains, PMS, headaches
- Build strength in bones and teeth

## CalMag Formula

- Improve the health of your hair and nails
- Reduce infections from viruses and bacteria

If you doubt the effectiveness of this CalMag formula, ask any woman who uses it for just one day whether it works on her Pre-Menstrual Syndrome (PMS). It is cheap, all-natural, easy to make, and powerfully effective.

### Supporting References

" About 15 to 20 percent of the American population is deficient in magnesium, and patients who have migraines have lower blood levels of magnesium than patients who don't have migraines." Dr. Sarah DeRossett ([WBSTV, 2003](#))

"Up to 50% of migraine sufferers have magnesium deficiency. Magnesium deficiency can lead to spasm of blood vessels, which in turn can trigger a migraine attack. Intravenous magnesium injection relieved acute migraine attacks in 85% of patients with such deficiency." Alexander Mauskop, M.D., Director, New York Headache Center.

### Sources for Ingredients

Company	Type	Internet & Phone	Address
<a href="#">Nutrina</a>	Wholesale	<a href="http://nutrina.com">http://nutrina.com</a> 800-523-8886, 727-446-1126	519 Cleveland Street, Clearwater, FL 33755
<a href="#">Health Catalog</a>	Retail	<a href="http://www.healthcatalog.com">http://www.healthcatalog.com</a> 800-523-8899, 727-446-1126	519 Cleveland Street, Clearwater, FL 33755
<a href="#">Standard Vitamins</a>	Churches, Doctors	<a href="http://www.healthcatalog.com">http://www.healthcatalog.com</a> 800-523-8899, 727-446-1126	519 Cleveland Street, Clearwater, FL 33755
Value Nutrition Center	Retail	<a href="mailto:nutril@gte.net">nutril@gte.net</a> 727-445-1188	514 Park Street A, Clearwater, FL 33756
<a href="#">VNF Nutrition</a>	Discount	<a href="http://www.vfnutrition.com">http://www.vfnutrition.com</a> 800-681-7099, 631-689-6433	1029-C Route 112, Port Jefferson Station, NY 11776
American Health Foods	Retail	<a href="mailto:bill-wilson@sbcglobal.net">bill-wilson@sbcglobal.net</a> 713-785-4130	10944 Westheimer, Houston, TX, 77042
<a href="#">Nature's Food Patch</a>	Retail	<a href="http://naturesfoodpatch.com">http://naturesfoodpatch.com</a> 727-443-6703	1225 Cleveland Street, Clearwater, FL 33755
<a href="#">Peter Gillham's Nutrition Center</a>	Wholesale, Retail	<a href="http://vites.com">http://vites.com</a> 323-660-5539, 323-375-1110	4867 Fountain Avenue, Los Angeles, CA 90029
<a href="#">Bragg's Vinegar</a>	Wholesale, Retail	<a href="http://www.bragg.com">http://www.bragg.com</a> 800-446-1990, 805-968-1020	PO Box 7, Santa Barbara, CA 93102