

Healing with magnesium



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Magnesium – The Handbook

[Magnesium - Das Praxisbuch]
Recognising deficiency and
successfully reversing effects

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Dr. med. Bodo von Ehrlich studied medicine from 1968 to 1974 at Mainz and Vienna, receiving his doctorate in 1975 in clinical biochemistry from the University of Mainz. He has been working in private practice as a resident specialist in internal medicine since 1984. Von Ehrlich has focused on magnesium, diabetes, and the metabolic syndrome since the 1990s. He has over 100 publications on these topics and is a sought-after expert at international congresses.

Magnesium is still little recognised by pharmacology, even though studies from around the world have shown that magnesium deficiency and many diseases of our modern lifestyle are closely related. From hypertension and vascular calcification to depression and irritable bowel syndrome – on closer examination it is becoming increasingly evident that an insufficient supply of magnesium plays a major role in these conditions. Accordingly, the intake of magnesium as part of a treatment is crucial.

But which symptoms indicate the administration of magnesium, and how much and in what form? This comprehensive guidebook informs about the physical effects and the therapeutic application possibilities of this hitherto neglected healing element.

- The latest studies: magnesium and the illnesses of civilisation
- The comprehensive work on dosage, deficiency prevention, and therapy
- Practical knowledge from a leading expert, including numerous case studies