

Magnesium Oil Spray Protocol

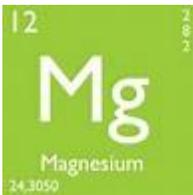
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Amanda and Desmond present a step by step guide to incorporating Magnesium Oil Spray into your treatment.

Magnesium Detailed



Magnesium is a chemical element, symbol **Mg**, atomic # 12, atomic weight 24,3050

From the National Institutes of Health

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation [1-3]. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione. Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm [3]. You can read more [here](#).

The name magnesium originates from the Greek word for a district in Thessaly called Magnesia

In 1618 during a summer drought, a farmer at in England attempted to give his cows water from a well. The cows refused to drink because of the water's bitter taste, but the farmer noticed that the water seemed to heal scratches and rashes. When the water evaporated, it left a crystalline substance that when ingested had a laxative effect. The name of the region where this occurred is called Epsom Commons and thus the substance

became known as Epsom salts and its fame spread. It was eventually recognized as hydrated magnesium sulfate, $MgSO_4 \cdot 7H_2O$.

Magnesium Sources

There are several ways to increase magnesium levels in the body.

Let's take a look at these:

Food.

Ingestion via magnesium rich foods is a great way to get magnesium. Below is a handy table.

Selected Food Sources of Magnesium [10]		
Food	Milligrams (mg) per serving	Percent DV*
Almonds, dry roasted, 1 ounce	80	20
Spinach, boiled, ½ cup	78	20
Cashews, dry roasted, 1 ounce	74	19
Peanuts, oil roasted, ¼ cup	63	16
Cereal, shredded wheat, 2 large biscuits	61	15
Soy milk, plain or vanilla, 1 cup	61	15
Black beans, cooked, ½ cup	60	15
Edamame, shelled, cooked, ½ cup	50	13
Peanut butter, smooth, 2 tablespoons	49	12
Bread, whole wheat, 2 slices	46	12
Avocado, cubed, 1 cup	44	11

Selected Food Sources of Magnesium [10]

Food	Milligrams (mg) per serving	Percent DV*
Potato, baked with skin, 3.5 ounces	43	11
Rice, brown, cooked, ½ cup	42	11
Yogurt, plain, low fat, 8 ounces	42	11
Breakfast cereals, fortified with 10% of the DV for magnesium	40	10
Oatmeal, instant, 1 packet	36	9
Kidney beans, canned, ½ cup	35	9
Banana, 1 medium	32	8
Salmon, Atlantic, farmed, cooked, 3 ounces	26	7
Milk, 1 cup	24–27	6–7
Halibut, cooked, 3 ounces	24	6
Raisins, ½ cup	23	6
Chicken breast, roasted, 3 ounces	22	6
Beef, ground, 90% lean, pan broiled, 3 ounces	20	5
Broccoli, chopped and cooked, ½ cup	12	3
Rice, white, cooked, ½ cup	10	3
Apple, 1 medium	9	2
Carrot, raw, 1 medium	7	2

*DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration (FDA) to help consumers compare the nutrient contents of products within the context of a total diet. The DV for magnesium is 400 mg for adults and children aged 4 and older. However, the FDA does not require food labels to list magnesium content unless a food has been fortified with this nutrient. Foods providing 20% or more of the DV are considered to be high sources of a nutrient.

Dietary Supplements are another way to get magnesium. However, absorption rates vary and these are known to have a laxative effect.

Transdermally.

Absorbing magnesium via the skin is said to be the most effective way to get magnesium. This can be done in via a salt bath or soak or magnesium spray.

The simple act of taking an epsom salt bath or foot soak is an easy, cost effective and thoroughly relaxing way to uptake magnesium. If you are fortunate to be located near a hot spring with magnesium salts, that will work just fine!

Lastly, and most interesting to us, is magnesium oil sprays that are very popular now. You may have heard of these or even use them yourself. Health care practitioners prescribe magnesium oil spray for home use to their clients, or consumers purchase themselves to use at home. The sprays achieve the same goal of the salt bath soaks - uptake of magnesium via the skin. The process is to spray the magnesium on a part of the body, rub it in, allow to absorb for 20-30 min, and wipe off. What we are going to do is take this simple process and refine it and incorporate into a treatment session.

What is Magnesium Oil Anyway?

Let's Look at the Ingredients

Magnesium Oil Spay

Ingredients:

Distilled water

Magnesium Chloride

Container - w sprayer.

As mentioned in the accompanying video, there is no oil in magnesium oil!

Many people ask about the spray we use. Use this as a guideline to helping you choose what type to use (or even make your own!)

We use a spray used by the Conshohocken Community Acupuncture Clinic.

We prefer glass containers, maintaining the purity and integrity of the solution. Even if you purchase in plastic you can convert to glass if you feel this is important. We like to use fresh and turn over batches in 1-2 months. In the clinic, we use a slightly higher volume sprayer than traditionally used for home use. Our magnesium is sourced from the dead sea, there are many other reputable sources.

Other than the container choice and source of the magnesium, there is nothing special or unique about magnesium oil sprays. I would not recommend using sprays with any added ingredients. There is no reason to overpay for it either.....you may come across some hype around this - disregard it. What I do want you to do is carefully focus on the last step in the magnesium oil protocol described in the next sections - the skin moisturizer. This is where you will be rewarded to pay attention to quality.....more on that later.

Getting Started

Equipment and Supplies Needed



Here is the recommended list of Equipment/Supplies for the Magnesium Spray Protocol.

It is very simple and you can mix and match as you see fit for your needs

Hot Towel Cabi (or warm damp towel)

Magnesium Oil Spray

Skin Hydration/Conditioning Formula

In the last section I said we wanted to focus on the skin conditioning step. This is where it really pays to be attentive to what we are using. Some things to keep in mind. The Magnesium is actually a salt, so it can be drying to the skin. After the magnesium treatment, massage, and hot towel treatment, the skin is thirsty and ready for this step in the process. Take this opportunity to use the highest grade formula you can acquire. Look at the ingredients of your normal massage formula. Often, even with natural/organic sounding names, these formulas often contain preservatives and fillers I try to avoid especially for this part of the protocol. However, as we state in the video, these are just guidelines, take what you like and leave the rest!

OK! Let's Go.....but first, let's make you the guinea pig

We are almost ready to go and try this in a session. But first, I always recommend experimenting on yourself first to get a direct feel on what the receiver will experience. If you are in a professional setting, of course get consent first and even create a waiver if appropriate for your setting or practice.

The treatment is considered extremely safe, but we always pay close attention to detail. Side effects, if they occur, are usually limited to minor irritation or itching at the site of application. The body regulates

magnesium (and slight excesses) quite well, so if you stay within the recommended dosages, everything will be fine.

Dosages

Below, just for reference, are guidelines from the NIH.

Table 1: Recommended Dietary Allowances (RDAs) for Magnesium [\[1\]](#)

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	30 mg*	30 mg*		
7–12 months	75 mg*	75 mg*		
1–3 years	80 mg	80 mg		
4–8 years	130 mg	130 mg		
9–13 years	240 mg	240 mg		
14–18 years	410 mg	360 mg	400 mg	360 mg
19–30 years	400 mg	310 mg	350 mg	310 mg
31–50 years	420 mg	320 mg	360 mg	320 mg
51+ years	420 mg	320 mg		

For our magnesium oil spray, you have some latitude in dosage. You can experiment on yourself and others to see and experience the results. I use the magnesium spray once a day. I have heard of others using 3 times a day. In the treatment setting, you may do once a week (or as often as your client comes), or send them home with magnesium spray. If an excess occurs, the kidneys will excrete it, and sometimes nausea and diarrhea will occur. An excess will not occur with one session or even daily sessions. Our recommended dosage, as stated in the video, is approx 20 sprays from a home style sprayer or 10-12 from our clinic model, per day or session. Another way to determine dosage is to treat areas, like we did in the video. For instance, the back of the legs. Or pick a different area, the front of the legs, upper back, lower back, arms, etc. Spray enough to cover and massage in the area picked. Experiment and note the results on yourself and others to see what is best for you.

The Magnesium Protocol



Everything is in place now.

We know the atomic number of magnesium, (hey, someone may ask)
we can tell the funny story of Epsom, England,
we have explained and received consent from the receiver,
our equipment is ready.

Let's do it. As in the video, the steps are as follows

- 1) Choose the area to treat
- 2) Prepare area with hot towel
- 3) Apply the Magnesium - in the video, you see that I spray it on. It is also fine to spray or pour onto your hands and then massage in. Keep in mind, you are absorbing magnesium too!
- 4) Let absorb 20-30 min while you treat the rest of the body
- 5) Clean off excess with hot towel
- 6) Apply finishing skin conditioner (you are also absorbing the conditioner like the magnesium, which is why I emphasized reading your ingredients in the last section!)

When we perform the magnesium protocol, we are increasing the general levels of magnesium in the body for general wellness. However, we also have the opportunity to treat specific muscular/skeletal issues by applying to affected areas. This helps you to choose an area to treat. Also, relating to sports, you may choose to treat an area of muscular exertion to help soothe and speed recovery.

Thank You!

I hope you found this tutorial useful. If you have any comments or questions, please share them as well as ideas on other topics to cover. I will share with you anecdotally, Amanda and I use the magnesium sprays regularly. I am not a huge proponent of supplements, nor do I spend much money on them.....but I am a believer in magnesium spray. I find it very useful especially for the sports related uses and our colleagues here report good results for treating muscular/skeletal issues. I hope you achieve great results too.

Amanda and Desmond

and

Thank You from the Staff of GotYourBackU