



2.07 Day 5 Magnesium

	Week 1	Week 2	Week 3
# Soaks/ Baths in past week	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Days you swallowed magnesium supplement	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Energy	HIGH Medium low	HIGH Medium low	HIGH Medium low
Concentration	FOCUSED distracted	FOCUSED distracted	FOCUSED distracted
Feeling Motivated	MOTIVATED unmotivated	MOTIVATED unmotivated	MOTIVATED unmotivated
Days of Bowel Movement	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Muscle Cramps	NO CRAMPS cramps	NO CRAMPS cramps	NO CRAMPS cramps
Headaches	NO PAIN headaches	NO PAIN headaches	NO PAIN headaches
Back Pain (muscle)	NO PAIN muscle pain	NO PAIN muscle pain	NO PAIN muscle pain
Neck Pain (muscle)	NO PAIN neck pain	NO PAIN neck pain	NO PAIN neck pain
Tremor	NO TREMOR trembling	NO TREMOR trembling	NO TREMOR trembling
Mood Depressed	NORMAL MOOD depression	NORMAL MOOD depression	NORMAL MOOD depression
Mood Worried	NORMAL worried	NORMAL worried	NORMAL worried
Memory	NORMAL forgetful	NORMAL forgetful	NORMAL forgetful
Brain Fog	NORMAL foggy	NORMAL foggy	NORMAL foggy
Grouchy Mood	NORMAL grouchy	NORMAL grouchy	NORMAL grouchy



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REPLACE MAGNESIUM

1. MOM

Milk of Magnesia is an over-the-counter medication. In the first weeks of keto, one of the most common minerals lost is magnesium. This magnesium-filled liquid medication helps replenish your missing magnesium. I guarantee it has magnesium in it. Swallow a big swig. Thirty minutes later the gurgles in your tummy followed by diarrhea prove you chugged magnesium. Flushing most of it down the toilet isn't the plan. Instead of a gulp, add a tablespoon to the water you drink. Sip magnesium-spiked water all day long. This will certainly increase the magnesium in your body. It is cheap, easy to find, and safe.

2. Epsom salt bath

Pour that full 5-pound bag of magnesium salt (Epsom Salt) into the bathtub. Set the timer for 50 minutes. Fill with warm water and sit.

Sit for at least 40 minutes with the warm, salted water up to your armpits.

Keep the water warm with a trickle of heat coming into the tub for the full 40 minutes.

Magnesium is one of those salts flushing out of your kidney. You can't feel it... Yet. Soaking in Mag

3. Magnesium Float Spa

This is the best. This is a maximum Epsom salt bath. Floatation tanks add 1500 pounds of Epsom salt to a single-person pod. Much like the Dead Sea, the salinity of the water is so high, you can't sink. Enter into your private pod wearing your birthday suit. Close the cover to your pod for a vacation wrapped inside an hour. You don't have to close the cover, but I love it.

Time-out. No light. No sound. Floating in warm water. Suspended without touch, light or noise. All sensory input stops. My mind floats into a vacation.

4. Other Magnesium supplements

TAKE A SUPPLEMENT

Names of replacement supplements include magnesium citrate, magnesium chloride, magnesium hydroxylate, and magnesium glycinate. Magnesium glycinate and Slow-Mag (a slow-digesting form of magnesium chloride) prove less likely to cause loose stools or other digestive problems.




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EQUATION FOR EPSOM SALT




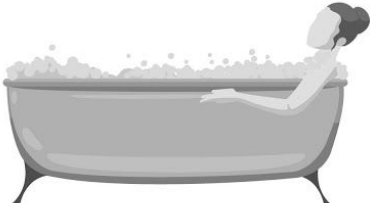
10%

EPSOM FOOT SOAK:
Surface area = 10%
Concentration = 10 pounds
Time = 60 min
 $0.10 \times 10 \times 60 = 60$
2 five-pound bags (12 cups)
of Epsom salt in foot basin



90%

EPSOM SALT BATH:
Surface area = 90%
Concentration of magnesium = 5 pounds
Time = 60 min
 $0.9 \times 5 \times 60 = 270$
10 pounds of salt = 540



90%

FLOAT SPA:
Surface area = 90%
Concentration = 1500 pounds
Time = 60
 $0.9 \times 1500 \times 60 = 81,000$

