

I HAVE BEEN USING *NATURAL CALM* SINCE 2001. I have **never** seen such a tremendous response to **any** nutritional product like I have with *Natural Calm*.

My patients see **immediate** results with this product! I have patients coming back the next day to buy some for their friends and relatives. I have complete strangers coming in to buy *Natural Calm* because someone they know has been raving about how wonderful it makes them feel. It is absolutely amazing.

I normally recommend *Natural Calm* to my patients to help alleviate their muscle tightness, reduce inflammation and help their adjustments hold better. I also use Applied Kinesiology to test them for vitamin and mineral deficiencies. I find that probably nine out of ten patients need magnesium—not calcium. All they have heard all their lives is that everyone needs calcium. They have never heard the rest of the story. You must have the magnesium to balance out the calcium so that the calcium can be properly absorbed. They aren't told that without the proper magnesium the calcium can actually **cause** problems with their bones rather than fix them.

I have never been more pleased with results from any nutritional product I have used. I have urged many other chiropractors to begin using it in their practices. Everyone is pleased with the results and their patients, like mine, love it. *Natural Calm* is the best, most important recommendation I can give anyone.

—Dr. Chuck Olds



Peter Gillham's
NATURAL VITALITY™

Natural
CALM™

The Anti-Stress Drink

Balances Your Calcium Intake

**Restores Healthy
Magnesium Levels**

Ingredients: *Natural Calm* is a highly absorbable proprietary formulation of pH-balanced magnesium citrate.

AVAILABLE AT

Stressless



MAGNESIUM: Miracles in Minutes

Magnesium is an essential nutrient for all living things. Along with calcium and phosphorus, magnesium is considered a major element in human nutrition. It influences numerous *bodily processes*, including digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins, relaxation of muscles, as well as assisting in the functions of the heart, kidneys, adrenals, brain and nervous system. Lack of sufficient available magnesium in the body can interfere with any or all of these processes.

Magnesium depletion can be caused by such things as mental stress, caffeine, sugar, alcohol, tobacco, drugs, high perspiration, low thyroid function, diabetes, chronic pain, diuretics, and a high-carbohydrate, high-sodium or high-calcium diet.

Most health professionals are taught, and many erroneously still believe, that magnesium deficiency is rare and that most diets provide enough magnesium. **Scientific research does not support this widespread view.** Diets of the industrialized world, with their processed foods and use of refined sugar and flour, are commonly quite low in magnesium.

DO YOU HAVE A HEALTHY MAGNESIUM LEVEL?

A significant percentage of the population have below healthy magnesium levels, including many who already use magnesium. *Why?* First, the amount of magnesium required by the body is greater than people think. Second, *most magnesium capsules and tablets are not completely absorbed by the body.*

SYMPTOMS OF MAGNESIUM DEPLETION

Millions suffer daily from the following symptoms of magnesium depletion:

- Low Energy • Fatigue
- PMS and Hormonal Imbalances
- Inability to Sleep • Body Tension
- Headaches • Muscle Tension
- Backaches • Calcification of Organs
- Weakening Bones • Heart-Related Difficulties
- Anxiousness • Nervousness • Irritability, etc.

CALCIUM, MAGNESIUM AND STRESS

Calcium and magnesium are two different sides of a coin. Calcium excites nerves while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for muscles to relax. Calcium is needed for blood clotting but magnesium keeps the blood flowing freely. It is easy to see that it is vital to keep these minerals in balance and that too little magnesium to balance calcium could be both uncomfortable and unhealthy.

To ward off the negative effects of a prolonged or over-reaction to stress, a person needs to balance calcium with adequate amounts of magnesium. Going through a stressful period without sufficient magnesium can set up a deficit that, if not corrected, can linger.

ENERGY AND FATIGUE

Magnesium is essential for the maintenance of adequate energy reserves. When insufficient magnesium is available, cellular energy production is inhibited, and the eventual outcome is fatigue and weakness. Magnesium also helps regulate potassium levels and the functioning of the adrenal glands—both important for maintaining high energy levels.

SLEEP AND MUSCLE DISORDERS

Inability to sleep and feeling uncomfortable upon rising are caused by a lack of minerals—particularly magnesium. Muscle soreness, tension, spasms and cramps are likewise caused by a lack of magnesium. Take sufficient magnesium and they will disappear.

PMS AND WEAKENING BONES

PMS and hormonal imbalances are greatly exaggerated and worsened by a low magnesium level. Too much calcium will worsen PMS considerably because it throws off the mineral balance. Instant relief can be obtained by drinking **Natural Calm**.

Women taking calcium supplements to ward off osteoporosis—without adequate magnesium—can actually *lower* the bone mineralization process.

Magnesium is crucial to increasing bone mass. One should accompany their calcium with the **Natural Calm** necessary for its absorption. If you need to take supplemental calcium, we recommend **Natural Calm Plus Calcium**.

NATURAL CALM—The Anti-Stress Drink™

The solution to restoring a healthy magnesium level is **Natural Calm**. Developed by leading nutritional researcher Peter Gillham, **Natural Calm** features a proprietary process that provides the most absorbable, effective, fast-acting magnesium available anywhere.

Natural Calm is a 100 percent natural water-soluble magnesium powder of the highest quality. **Natural Calm** handles excess calcium in the body and gradually dissolves calcium deposits, giving a new lease on life and instant relief to many symptoms of magnesium depletion.

Millions have experienced the stress relief and health benefits **Natural Calm** provides. Don't let stress get to you. Drink it away with The Anti-Stress Drink. Get **Natural Calm** today!

Natural Calm

The Anti-Stress Drink

Balances your calcium intake

Restores healthy magnesium levels