



Restoring Healthy Heart Rhythms: How I Finally Fixed My Debilitating Cardiac Arrhythmias

Cameron Powers

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Could Millions of People Benefit from this Information? One man's search for a solution to this common problem just might bring beneficial information to many others dealing with this same cardiac arrhythmia problem. But recent surveys reveal that three quarters of the US population may be suffering the consequences of Low Intracellular Magnesium! What are some of these consequences? The list goes on and on: Type II diabetes, Chronic fatigue syndrome, Cardiac arrhythmias, Coronary artery disease and atherosclerosis, Hypertension (High Blood Pressure), ADHD, Epilepsy, Parkinson's disease, Asthma, Bowel diseases, Colorectal Cancer, Kidney disease, Liver disease, Musculoskeletal conditions (fibromyalgia, cramps, chronic back pain, etc.), Migraine, Thyroid problems... For the more complete list see inside the book! The author found a surgical solution to his atrial fibrillation, which can be a very dangerous arrhythmia, back in 2005 more than ten years before he wrote this little book. But the pulmonary vein ablation surgery didn't cure all of his problems with erratic heart rhythms. The discovery of the link between Low Intracellular Magnesium and debilitating PVC's (pre-ventricular contractions) and PAC's (pre-auricular contractions) came from research he had to do on his own. Strangely, no one in the medical profession gave him the powerful clues which he needed. Raising Intracellular Magnesium levels in the heart muscle and in the rest of the body is sometimes not so easy to achieve. In this little book, Cameron Powers lays out the recipes he eventually put together to bring his cardiac arrhythmias under control. Although he could begin to feel improvements after the first two weeks of intravenous treatments, it has taken a year of optimizing multiple Magnesium intake pathways for his heart rhythms to stay solid and for his heart muscle to become pain free. This little book can offer sufficient guidance and inspiration to help others follow a similar path back to their strength. We can bring Magnesium into our cells through Intravenous Infusions, through Magnesium-rich food and water intake, though oral supplementation, and through transdermal absorption. Cameron's experience has shown him that all of these methods must be employed over a considerable amount of time to achieve complete healing. We must also find ways to facilitate our Magnesium absorption and increase our Magnesium retention. And then of course maintenance is required. But for people who truly suffer from the constant weakness which these cardiac arrhythmias can create, this path back to health can seem like easy magic! Did the wisdom contained in conventional Western medicine contribute to this healing path? Yes. There is a general acknowledgement among modern physicians that low Magnesium is a serious problem. But the information needed to diagnose and treat this problem remains on the medical fringe. In this little book, Cameron explains the results of his research into the different kinds of testing available. It turns out that the most commonly used tests are basically worthless and frequently misleading. Of course the main problem remaining after research and testing is critical. What can we actually do to bring low Intracellular Magnesium levels back up to normal so our bodies, especially our heart muscles, can work properly again. Cameron gives us the details. Fixing our heart rhythms can be a life-changing, even life-saving process for some of us. But it seems that the same keys to testing and then raising low Intracellular Magnesium levels may bring extensive benefits to those who are suffering from many other diseases as well.

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