

Brain Vitality

Tom Mower – Facebook 25 July 2013

Time to think and grow smarter in considering Brain Vitality in its dynamic role supporting a younger acting vibrant functioning brain, no matter what your age may be.

Magnesium is the second most common mineral in the body after calcium.

More than 80 percent of Americans are deficient in magnesium, which helps the body regulate heart muscles and control high blood pressure. The World Health Organization recommends that drinking water contain at least 25 milligrams of magnesium per liter, and a U.S. Academy of Science study from 1977 found that 150,000 deaths a year in the United States could be prevented with additional magnesium in water.

According to Carolyn Dean, author of *The Magnesium Miracle*, magnesium is more than vital to great energy, vitality and health. However because of over farmed soils they are depleted by about 75% of what they were just over a 100 years ago.. These mineral deficient soils cannot grow crops with the levels of "essential" minerals we must have. In short, if it isn't in the soil, it isn't in the food, if it isn't in the food, it isn't in our bodies. Soil now only has about 25% of the minerals it once had. A shocking statistic!

Water was once a great source of minerals but now with our over processed water; we are seriously suffering from regeneration, life extension, energy and health damage on a scale our ancestors never had to face.

The compound magnesium used to be abundant in the water. Magnesium is regularly removed from many bottled waters by a process known as reverse osmosis. And the fluoride added to many public water supplies counteracts magnesium, too. To many of us magnesium may be better known as Epsom salt, which has been used in baths to ease aches and pains for years. So Magnesium is important even if used externally but inside the body it is critical.

Magnesium is especially good for older people: Magnesium deficiency increases with age as the body stops being as efficient in absorption, and many drugs senior citizens take interfere with the body's ability to digest magnesium. Even for younger people magnesium as an inorganic element is only about 3% absorbable in food or a supplement. Because of this low absorption people think by taking more they can increase the amount they get but unfortunately if taken in larger amounts it creates diarrhoea ... thus the reason Milk of Magnesium helps with constipation.

WHAT IS THE ANSWER THEN...

Brain Vitality to the rescue!

Sisel uses a newly discovered highly absorbing form of magnesium i.e. Magnesium L-Threonate which is a breakthrough new ingredient with incredibly high rates of absorption through the digestive system all the way to the actual cells of the body everywhere but especially into the brain.

The biggest challenges facing the baby boomers and echo boomers generation is the loss of memory, cognitive function, energy, anxiety and brain shrinkage itself, all happening in a large part to magnesium deficiency. All Alzheimer's, ADHA, Dementia victims have abnormally low levels of magnesium.

Sadly all common magnesium supplements do not improve brain magnesium levels or functions.

Neither do they provide adequate levels throughout the cells in our bodies. Magnesium is essential as a cofactor (interaction) for more than 300 enzymes involved in biosynthesis and energy metabolism. Consequently it is vital for very important functions of all tissues, organs, especially the brain. It is has a critical support role for sleep, stress release, and mood enhancement.

Brain Vitality also contains Citicoline and Curcuminoids in very large dosages to add immense power to their co-synergistic support for the brain unlike anything Sisel and, we believe, the scientific world has ever see. Now you have this incredibly fantastic supplement like no other that you can take every single day to make your days happier and healthier and potentially in create a newer you acting, feeling, you.