

Magnesium Bowel Tolerance Protocol:

This protocol is meant to quickly replenish the body's stores of magnesium for conditions like Chronic Pain, Neuropathic Pain, Fibromyalgia, Migraine, Chronic Constipation, Restless Leg Syndrome, Insomnia, Tourette's Syndrome, Diabetes, High Blood Pressure ...

Most patients with these conditions are constipated either due to medications they use and/or magnesium deficiency, so this protocol can have a double benefit, improving bowel movements and with improved detoxification.

Any kind of magnesium has stool loosening effects (remember milk of magnesia?).

But some Mg-salts are better absorbed from the gut into the blood, so that primary laxative effects are reduced, allowing the magnesium to be absorbed and **“work from the inside”**.

Magnesium bound to the smallest amino acid L-Glycine has highest known absorption rates and deep tissue availability. L-Glycine by itself has calming, anti-inflammatory and immunomodulatory properties.

“Bowel tolerance” is the maximum dose that is just **not** stool loosening.

Some people can tolerate quite high doses, others already respond to 1 or 3 capsules.

Use **Magnesium-glycinate** to bowel tolerance, following the chart below:

A.M.	AM	Noon	PM	Bedtime	Total
Day 1				2	2
Day 2	1			2	3
Day 3	1		1	2	4
Day 4	1	1	1	2	5
Day 5	1	1	1	3	6
Day 6	2	1	1	3	7
Day 7	2	1	2	3	8
Day 8	2	2	2	3	9
Day 9	2	2	2	4	10
Day 10	3	2	2	4	11
and so on ...					and so on ...

Once you experience loose stools/diarrhea, add up your total daily dose and reduce by approx. 25%.

Example: Total daily dose when very loose stools occurred: 10 capsules
Dose reduction: 25% = 2.5 caps (Make it even: 3 capsules)
Next days total daily dose would be 7 capsules in divided doses.

When loose stools occur again, usually within 5 to 7 days, another 25% dose reduction should be performed two more times, to the point where you will use Magnesium-Glycinate on an as needed-basis, preferably at bedtime.