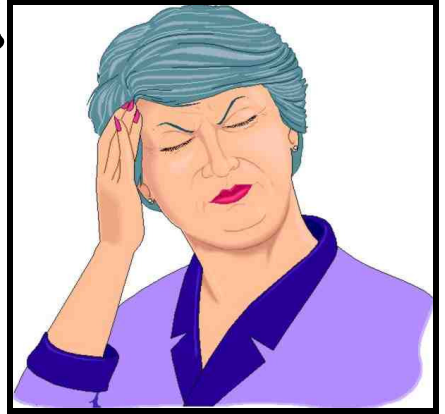


Magnesium



loud noises



cramp

Magnesium is needed to relax muscles. Without enough magnesium we get cramps, sore backs, headaches, migraines, muscle aches and twitches and grinding teeth at night in our sleep.



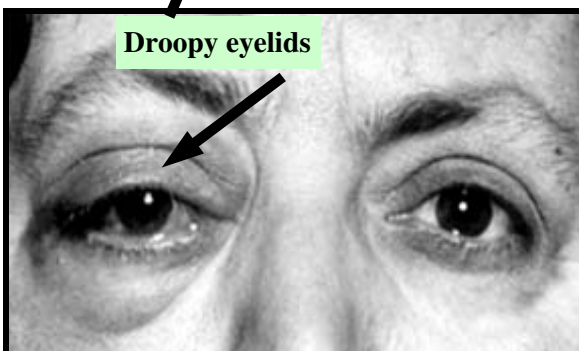
Magnesium will even fix hiccups. Stops sensitivity to noise as well and warms cold hands and feet.



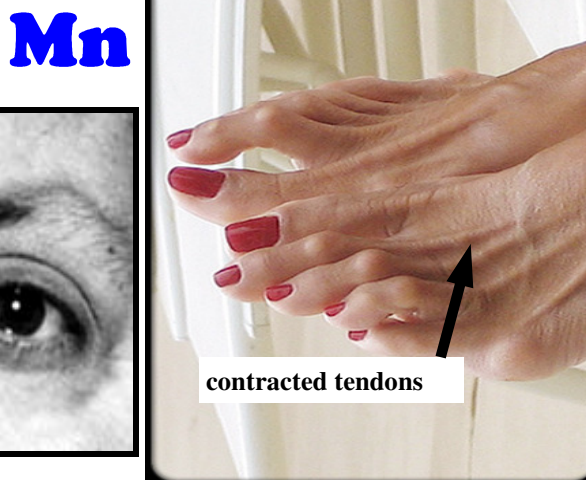
Manganese



Droopy eyelids



Tight tendon twinges



contracted tendons

Manganese works on tendons so when low we get droopy eyelids twinges around joints including the neck. Tight tendons can pull on toes and cause carpal tunnel. We get clumsy and lose our positioning in space.



Mn