



## **Magnesium Oil Found To Relieve Anxiety And Stress**

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Beaverton, OR-based health and nutrition company Pure Vitality Minerals has announced the results of an extensive scientific study recently conducted into the benefits of magnesium. One of the particularly interesting elements that came out of the study was that magnesium oil can help to relieve anxiety and stress.

Keegan Allen from Pure Vitality Minerals says: "We recently became aware of a study that was looking at the particular biological makeup of people who suffer from depression. The study has recently concluded and one of the most interesting things that came out of it was that people with depression often had low levels of magnesium. They also all felt that they had high levels of anxiety and stress."

The scientists were looking into causality in depression. The main question was whether symptoms are caused by depression, or whether depression is caused by these symptoms. Common symptoms include poor sleep patterns, anxiety and stress. While they have not been able to come to a full conclusion in terms of their original thesis, they were able to uncover the link to magnesium.

"We found that people who suffer from depression have significantly lower levels of magnesium in their body," says Dr. Ellen Parker, who led the research. "Interestingly, we found that if we increased their levels of

magnesium, their levels of anxiety and stress would drop and they would feel better overall as well. Magnesium levels were not actually part of our original research, we just happened to stumble upon it. Now that we know its amazing effects, however, we really want to encourage people to take magnesium supplements, even if it is just to help them cope with the stresses of their hectic lifestyles."

This new piece of research demonstrates just how important magnesium oil is. While Pure Vitality Minerals also markets their magnesium oil as being beneficial for skin and hair, muscle pain and migraine, they are pleased with this confirmation that the oil has many other benefits as well. Knowing that they can make a significant difference in both the physical and mental health and well-being of people has boosted their belief in their product.

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## **Pure Vitality Minerals**

*The Online Connection launched the Pure Vitality Minerals brand in response to demand for a high quality, pure Magnesium Oil sourced in the USA.*

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