



The Wellspring

Newsletter of the

Appalachian Chapter
American Society of Dowsers

WEBSITE: <http://wncdowsers.org>

LISTSERV: WNCdowsers@yahoo.com

September 2008

September meeting program

When: Saturday, September 20 (see announcement on page 3)

Speaker : **Beatriz Orive**, founder, Awakening The Soul center

Topic: **Shamanism: Healing the Earth, Healing Ourselves**

These quotes from Beatriz provide an insight into her teachings:

“Are you ready to find your soul and listen to its longings? Are you ready to access your own Inner Teacher and Divine light so that you can make all decisions from the perspective of your Higher Self? Are you ready to walk with truth, beauty and lightness through life? The time is ripe for us to find our own internal wisdom and to build upon our Divine connection through awareness and purity of intent.”

“[These teachings] help us learn to tap into our own inner source of wisdom and deepen our spirituality, relationships, health, intuition, self-esteem and passion.”

“We are entering a time where the path of the feminine is the key to moving into a new renaissance. “Culturally creative” males and females feel empathy and sympathy for others, see personal experiences and stories as important ways of learning, embrace an ethic of caring, take better care of our children and families, and improve relationships in all areas of life.”

“All dis-ease or illness begins at the energetic level and therefore within our energy body. Energy Medicine addresses the source of a given situation, regardless of whether the manifestation is emotional, psychological and/or physical.

Healing at the energetic level is immediate, although its manifestation at the physical level is more gradual. We all have an innate wisdom about how to heal ourselves. We just need to learn how to access it.”

“Shamanism is a way of life, where we are intimately connected and nurtured by Mother Earth, and in turn we become her caretakers.”



Beatriz is a multi-cultural entrepreneur and teacher, raised in Guatemala and educated in the United States. During the past 12 years, she has been immersed in studying many diverse spiritual disciplines as part of her own personal quest to find that “something missing”, finally settling on Energy Medicine and Shamanism within the last 6 to 7 years. She most recently studied at Healing the Light Body, a mystery school. Beatriz has transitioned out of the corporate business world and into the arena of teaching and healing, delving into her mission and passion by developing Awakening the Soul.

We are excited to present this important and very timely program. Please plan to attend

Recent Chapter Activities

March Social

Seven members and guests assembled in Patty Peffer's newly-decorated basement in Horse Shoe (outside of Hendersonville) on a very rainy Ides of March for a social. There was much stimulating conversation touching all manner of interesting and useful information. We dowsed underground water and some of the attendees sensed significant elemental presence in the yard. We were introduced to Patty's three (?) cats.

April Social

Seven dowsers enjoyed a cool but sunny spring day at the home of Chiwa and Andrew Brown in East Asheville. With Zu Zu the cat we roamed peacefully around the one-acre organic garden. Birds sang loudly, trees were in full bloom, and honey bees flocked to the fragrant holly trees. We dowsed several energy vortexes and a possible 10 GPM water well location. We learned what species of vegetables, fruit trees and berries are easy to grow organically. When they aren't gardening, Chiwa is an artist and potter, and Andrew teaches classes in permaculture



June social



15 or so dowsers converged on the home of Christianna Morgan in the Connestee community near Brevard on June 21. We sat on the back porch and enjoyed the peaceful setting with its view of the lake. Some of us dowsed in the yard and tried to spot the energy vortex in the lake. Thanks Christianna for hosting this event.

July social

Newcomers and oldcomers enjoyed a fascinating day of dowsing at Dora Nell Hedrick's beautiful place in Clyde. We layed out a grid of Curry lines with colored flags in the front yard and measured the spacings. After lunch we went up on the knoll and located the DIC (deva in charge) of that area, who we had found a year ago. These nature spirits exist in higher dimensions and are invisible in 3D but can be located with dowsing, which is an interdimensional skill.



Announcements

September Chapter Meeting

Saturday, September 20, 2008

10 am – 3 pm; pot luck lunch. Registration starting at 9:15 am.

Members \$3 Nonmembers \$6

Leicester Community Center, 2979 New Leicester Hwy (Hwy 63), Leicester NC

Other meeting details and directions: page 8

As always the meeting will be followed by our 1-hour basic dowsing class outside (weather permitting), for those interested in hands-on instruction.

Dowsers' Picnic – Saturday August 23

Please join us for socializing and dowsing at the home of Janet Shisler on Saturday August 23 (11 am - 3 pm). Please bring something for the pot luck lunch. Directions on page 9.

New membership fee structure

At the September meeting, the annual membership fee will increase to \$25 per year. As a member you will be entitled to:

- free admission to quarterly chapter meetings (just sign in – no payment delays)
- the quarterly newsletter
- 10% discount coupon good for one purchase at the book table
- a free business card-size ad in the newsletter
- a link to your business on the chapter website
- free social events throughout the year

If you come to all meetings over the course of a year, you will save \$2 compared to the previous fee and admission structure.

The non-member admission charge for chapter meetings will increase from \$ 6 to \$ 8.

If you are not up for renewal now you will continue to pay the \$3 admission until you renew.

Many members are listed in our records as having expired memberships. We will be sending out notices to these members. Sometimes a renewal doesn't get recorded, so if you get a notice and believe you are up to date, let us know and please accept our apologies. We promise to be more diligent about recording renewals.

New officers to be elected in November

Annual elections will be held at the November meeting for President, Vice President and Secretary, and one board member-at-large. Officers and other board members serve for a term of two years. If you are interested in serving the Chapter in one of these positions, please contact an officer or board member at the September meeting.

Jeri Edwards material from the May 17 meeting

We were intending to send out copies of some of Jeri's charts and diagrams to those interested, but there was too much material to make copying practical, as well as copyright issues, since most of them came from published books. The three books are: *Life Energy* by John Diamond, MD; *Light Years Ahead* by G. Cousens, MD and Elsa Haas, MD; and *Universal Truths* by Wayne and Wanda Cook. The first two are available at Barnes and Noble.

The Awe of Dao-sing

By Richard Crutchfield

Most dowzers I have known have sooner-or-later bumped into their "special" unique project or interest to explore. Something, some need or calling – call it an Inner Voice or Angel- will haunt us, even dog us, demanding to be heard until we stop and listen. Is it related to the Mission, the Gift we came in with? I suspect so, the subtle little trickster! It now occurs to me that the discovery and active cultivation of this "Something" in everyone is exactly the purpose of this newsletter and even of this organization – and indeed of education itself! If that is so, then how successful are we?

Mine, I finally realized during a dowsing talk I was giving a few weeks ago, has something to do with Life Force or Chi- not only that which flows like a river over the land, which the ancient Chinese geomancers called the Path of the Dragon or Lung Me, but Chi in all its forms, including that related to water, the granite of these mountains, and ourselves. These manifestations, one relating to us and the other of a terrestrial nature, are both, I suspect, of a cosmic, even divine Origin and are therefore an enormous mystery to me. Especially in relation to how dowsing and other "psychic" activity really works and what happens with its twin calling, prayer, whether Huna or otherwise.

I say Mystery with a capital "M" because the more I work with this phenomenon – not to mention that connected with megalithic structures and sacred sites- the more questions arise for me as to what this energy really is, where it comes from and what its purpose is. And, of course, questioning means dowsing at deeper-and-deeper levels, which in turn results, for me at least, in greater-and-greater awe, as the Sufi poet Rumi would call it. Or reverence, as Einstein seemed to imply. I seem to be plagued with the outlandish idea that dowsing, if pursued long enough and with enough integrity and humility, can be the most sensitive and reliable instrument we humans have inherited for probing the Essence, the Truth of things both seen and unseen. Like who we are, why we are here, what our powers really are, and our relationship to this world and the Other. Perhaps this heritage is a key to our access to the mythical Water of Life and that it, more than the technology we now

believe in, can provide the crucible for what Fritjoff Capra described years ago in *The Dao of Physics*; the meeting place of two opposing modalities for exploring the Ineffable -- modern physics and the ancient spiritual traditions of shamanism, mysticism, and by implication, myth, dream time and poetry.

A British physicist, mathematician, engineer and dowser, Jeffrey Keen, seems to want to take on this task. In his recent *Consciousness, Intent and Structure of the Universe*, he uses modern physics and math, sacred geometry and precision dowsing with great skill to explore and diagram the characteristics of thought forms, the auric fields of humans and inanimate objects, etc., specifically in relation to the idea prevalent in quantum physics of the Information Field. This is a tall order. Although I cannot claim to follow him very far through the bewildering language and concepts of advanced science and math -- and therefore judge how successful he is in this endeavor -- I do feel that he makes a valiant effort to push dowsing as far as that world view and language frame of reference will allow us at the present time to explore the mysteries of this Life Force thing, though he would call it an "information field". Dowsing, then, he sees as a means of accessing the Information Field. We might even read Universal Mind, Field of Consciousness. In Huna terms this could be equivalent to accessing the High Self.

So far so good. What makes me uneasy, however, is this use of dowsing in such a mathematical and technical manner to conform to and really confirm a view of reality that is highly theoretical, abstract and impersonal, even, I would say, artificial. There is "awe" here, but it comes not from exploring Life and its ineffable mysteries, but from the elegant and refined beauty of the *process* of inquiry, the *system itself*. Keen never seems to refer to "spirit" (much less Spirit), "chi", "life force", "entity", and more to the point, "soul". Like the present day psychologist or M.D., he seems imprisoned in the closed world of professional jargon -- and therefore the closed world view -- of analysis and classification, of processes and mathematical relationships instead of human experience. I cannot help but be reminded of the virtual and soulless world of the computer, in which there is no spirit, life force, emotion, prayer or healing - only "data", "information".

Of course we dowse “information” and to get “information” all the time. But what for? What are we going to do with it? Does it bring us and others any closer to growth, healing, compassion, self-discovery, our life purpose, being One with Spirit? Will mathematics, technology and science get us there, with or without dowsing? Experience has taught me personally to go in the other direction. Call it “metaphysics” or what you will. Example: when I dowse the human energy scene (“information field”), I run into Mystery and Awe right away. First the biggest surprise: the soul. For me, at least, it encircles the body at about 70ft. out, has a width of about 15ft. and a height of about 5ft. .Most notably, It can expand or contract and be present or not present, depending on circumstances and one's emotional states and intentions. The presence of the Dragon Path (Chi), for example, causes it , as well as the entire auric field within, to expand. It is also intimately connected with the entire auric field except for the “etheric” body or sheath, and should it be not present for some reason, the entire auric field -- minus the etheric body -- is also absent. This is my experience; others should test it as well.

The auric field itself, I find, is as described in the Yoga tradition, except that I cannot find a “causal” body for some reason. The outermost sheath of the aura, the “spirit body” is, I get, what the ancient Hawaiian Kahunas called the High Self, our connection to the Spirit realm. Only the etheric body is “bioelectric” and can be visible through Kirlian photography. Aside from finding the soul actually detectable through dowsing, my greatest surprise – and of course Awe- has been in discovering the dowsable presence of a mysterious activity or information (intelligence) field I had never heard of which surrounds the body beginning at about 3 feet out, extends another 6 feet out and has no depth or thickness, but which is not connected to or part of the auric field. Unlike the soul, which is apparently three dimensional, this “field” is two dimensional and

registers as “non local” and as unaffected by the Chi phenomenon or human emotions or mental activity. Rather, it does the reverse. It seems to continuously *influence* one's thoughts, feelings, actions! And, it is somehow intimately connected to the soul, which in spatial terms surrounds it farther out from the body.

The more I investigated these strange findings, the more the Mystery grew, until I ran across a detailed discussion of what the soul undergoes in the Other World before incarnating, in *The World Behind The World*, by Irish mythologist and story teller Michael Meade (pp.167-8) whose language context, of course, is that of intuition, dream time, myth, story and poetry, rather than that of Keen and the New Physics which does not even acknowledge soul and spirit. According to this perspective, the soul, before encountering the Tree of Forgetfulness and entering birth, is met by a being from higher realms who becomes its “inner companion” and teacher or divine twin, and presents it with “an outline of the gifts and talents it will bring to life as well as a sense of its purpose for going there.” This is an “agreed-upon purpose and direction in life... and a destiny to seek and learn in living from” and the companion always “remains nearby... tending to the core of the soul” and trying in subtle ways to remind us of the details of the agreement which we have – by necessity -- long forgotten before birth.

This, to my amazement, is exactly what I had stumbled upon with dowsing rods: the soul's life-long Companion with all the divine agreements intact! And, like the soul, present, yet non-local! And apparently it is not even a form of energy, has no frequency and is not an “information field”! Perhaps one of my Agreements was precisely to discover this piece of the Mystery – and without geometry or quantum physics! This “companion” guy can be tricky. Awesome.

Chapter Officers, other Board Members, and Associates

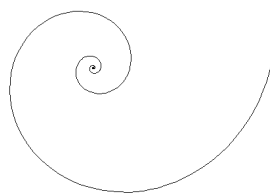
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Dowsing the Trees

By Paul Bennett

Life in 3D reality is energized by an incredibly rich system of ley line grids and spiral vortexes that exist in the higher dimensional realms but are invisible to us here. If we could see these support lines we would be stunned. They would be everywhere and so numerous that we would barely be able to see the life forms they flow to. It's not necessary to know the geometric details of these energies to appreciate them, but those of us of a scientific bent can't help trying to find out those details.

Before we can discuss dowsing trees, we need to talk a little about spiral geometry.



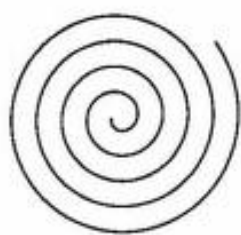
Logarithmic spiral

In nature, they are usually of the logarithmic type, where the spacing between lines gets bigger as you go outward (or less as you go inward). But in vortexes the spacing seems to stay the same. These are arithmetic spirals, and that's the kind we will be dealing with here.

There are two kinds of flat spirals. In one type, you go around counter-clockwise to go from outside toward the center. I will call this **Type 1**. In the other, which is **Type 2**, you go around clockwise to go in to the middle. There are other equivalent ways of thinking about them; for example Type 1 goes outward as you go clockwise. The two types are mirror images of each other.



Type 1 spiral

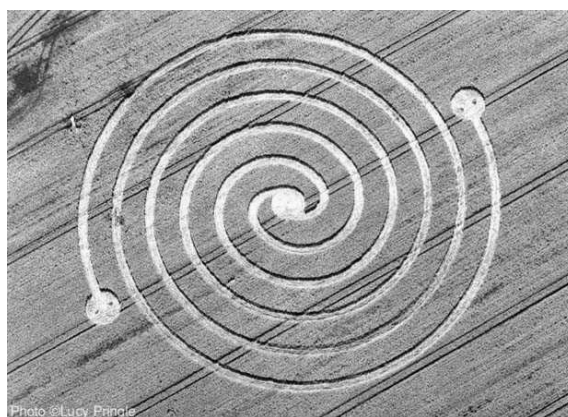


Type 2 spiral

You can talk about **direction of flow** of energy in a spiral. In each geometric type, the flow can be either inward or outward (four possibilities in all).



A **double spiral** is two spirals of the same type that start from the same central point (again we are talking only about flat (2D) spirals). They are interleaved with



This crop circle measured 160 feet in diameter and was made on June 23rd, 2002 in a barley field at West Overton in southern England.

each other. The crop circle picture shows a double Type 2 spiral. The Maori amulet is a double Type 1.



Maori engraving

The Mayan Hunab Ku symbol (not shown) is also a double Type 1. The copper spiral shown below is described as an "energizing device", and as shown is a double Type 1. But if you turn it over it's a Type 2.

Which makes you think maybe we don't need to be overly concerned about which type a spiral is. The folks who promote the energizing copper devices say it has to be a "counterclockwise spiral", but as you can see now,



Copper energy device

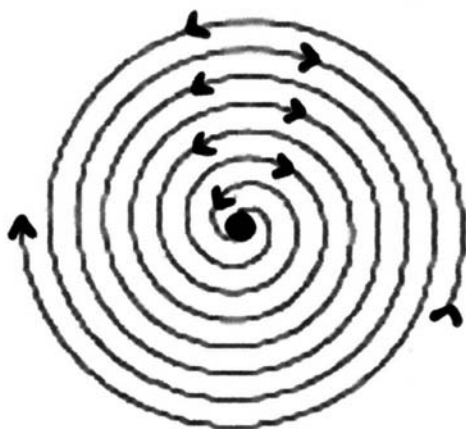
that's not enough information. However, the main reason for pointing out the two types is that nature seems to always use the double Type 1 pattern, and this is VERY useful to know when dowsing trees.

Vortexes and trees

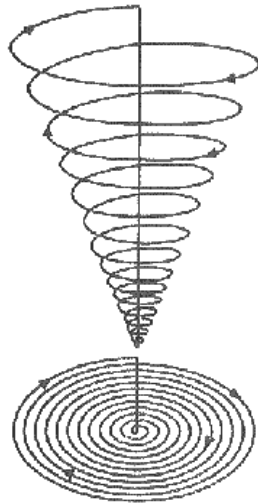
Vortexes (or vortices) seem to be the means that the universe uses to bring energy from higher-dimensional spirit to the 3D world. There are vortexes around people and trees, and at the energy grid intersection points. The spiraling energy lines of a vortex form the shape of an inverted cone.

If you imagine a thin horizontal slice through the cone, the 3D spiral (or more properly the 3D conical helix) would intersect that plane only at one point. So when we dowse spiral lines on the ground, my dowsing source says that what we are actually detecting is a vertical field emitted by the lines in the conical vortex.

This picture of a vortex shows it being made of only one spiral. But the tree vortexes, at least, seem to always have a double spiral. The diagram below shows the pattern I have found around the trees I have checked. It is a double Type 1 pattern. Energy flows in toward the tree trunk in a counter-clockwise direction on one of the spirals, and flows clockwise out from the tree on the other.



In his booklet *Dowsing: A Path To Enlightenment*, Georgia dowser Joey Korn says "Energy fields around humans, animals, plants, trees, domes, power spots, and probably all of natural existence, form interrelated spirals or vortexes that radiate out and draw in,



simultaneously and infinitely...We found that the energy fields of most trees and plants radiate in a clockwise direction outward." In that last part, he is just saying that geometrically the lines form a Type 1 spiral. And "interrelated spirals" means a double spiral geometry. So my findings agree with Joey's. But there isn't universal agreement that energy flow from spirit to 3D always is in the form of a Type 1 spiral.

How to dowse tree spirals

For this study I checked a Norway Maple, Red Maple, several Sugar Maples, an apple tree and a recently-planted Weeping Willow. In all cases the spiral lines were about 8 inches or so apart. That means dowsing them has to be done CAREFULLY. It's very easy to get onto a different line. If you mark the lines with flags, space them close together. Checking the pattern of a tree properly will take at least an hour. The further out from the tree trunk you are, the longer it will take to make a complete rotation around the tree, and the more flags you will need if you use them.

A thin, light rod about 12 inches long, with a sleeved handle so the rod can freely rotate, seems to work best. One technique is to find a line, mark it, then face along the direction of the line and pass the rod slowly and evenly in front of you until it moves. Step to that point and do it again, and so on all the way around. With care you can go all the way around without flag markers except for the beginning and ending ones. An even faster way is to walk along the line, letting the rod or rods direct you back onto the line when you veer off. Even with these methods you can still get off onto a different line if you're not careful.

Another fact to be aware of is that the spiral representing energy flowing into the tree is usually stronger than the one flowing out. If the difference is significant, you may end up laying out only the inward spiral. If you are marking both spirals, then each turn



Flags marking lines around a small tree

around the tree will bring you back to a point that is TWO lines off from where you started. Do at least two turns around the tree to be sure of the pattern. If your marked lines are 16 to 20 inches apart, you have detected only the strong spiral. If they are 8 to 10 inches apart on average, you have both spirals.

The 8 to 10 inch spacing seems to be constant or almost constant. I expected the lines to get closer together as they neared the tree, but the spacing seems to stay the same right up to the tree trunk. The spacing MAY get slightly larger further away from the tree. And the spacing seems to be the same regardless of whether it's a large tree or a newly-planted youngster. I also have noticed that two trunks close together will share the same vortex, making them one tree in essence

My questioning confirmed that the spiral lines do not move because the vortex pattern is more or less fixed in 3D space; the shape itself doesn't rotate. Also, the cone is "hollow"; in other words the spiral lines are only on the cone's surface.

At least some of the trees I dowsed also had straight lines radiating out from (or in toward) the center. One tree had 30 lines, another had 44. Probably all trees have them. They are separate from the energy vortex. To count these lines, you just walk around the tree and count the number of times you cross a line, keeping the intent to see just radial lines. If you get the same count at several different distances from the trunk, you know you are counting only the radial lines.

People and trees have an energy field that we call the aura. This is different from the energy vortex, and when dowsing a person or tree you need to specify to your dowsing system what energy you want to detect. There can also be a nature deva at a tree and this is yet another energy to be aware of. A tree deva can have two or more "shells".

One maple tree I dowsed had an aura radius of about ten feet when I started. When I was done dowsing it, the aura had expanded to thirteen feet! There's no question that trees have some sort of awareness.

See ya there!



QUARTERLY MEETING INFORMATION

| | | | |
|---------------|------------------|--------------|--------------------|
| 9:15 – 10:00 | Registration | 12:30 – 1:30 | Lunch / book table |
| 10:00 – 12:00 | Program | 1:30 – 3:00 | Program, continued |
| 12:00 – 12:30 | Business meeting | 3:00 – 4:00 | Dowsing clinic |

Admission Fee: **members: free** if you join or renew now, otherwise \$ 3.00 ; **non-members:** \$ 8.00.

Lunch Arrangements: **Pot luck** with ample kitchen facilities for warming and preparing dishes. Volunteers are needed for setting out food and cleaning up.

Books and Supplies: sales table, with books and other items related to dowsing, will be open during lunch and from 3:00 to 4:00 PM. Members and guests are invited to bring their used books and periodicals related to dowsing, healing, earth sciences etc. as a donation to the chapter to be sold during quarterly meetings. Because storage space is limited, however, unsold items should be retrieved at 4:00.

DIRECTIONS TO LEICESTER COMMUNITY CENTER

From I-40, Exit 53B and Asheville center : follow I-240 west thru Asheville; on the Westgate Bridge over the river be in the left two lanes, and continue onto 19/23 west (Patton Avenue). 4th light, near Ingles, is Leicester Hwy (state hwy 63). Turn right onto 63.

After turning onto 63, follow it for about 9 miles, passing signs for Erwin Middle and High Schools, and Leicester Elementary. The Community Center is less than one mile past the Leicester Supply Company, which will be on the right. There will be a low sign for the Center on the right.

From I-40, Exit 44: turn Left at the end of the ramp onto 19/23 (Patton Ave) going toward Asheville. Leicester Hwy (Rt 63) will be on the left near the second Ingles grocery store. Turn left on 63. See directions above ("after turning onto 63").

From I-26 going north toward Asheville: exit I-26 onto I-40 West. Take Exit 44 off I-40 and follow the above directions.

From I-26 East going south toward Asheville: I-26 will merge with 240. On the Westgate Bridge over the river be in the left two lanes, and exit 240 onto 19/23 west (Patton Avenue). 4th light, near Ingles, is Leicester Hwy (state hwy 63), going to the right. Follow directions for "After turning onto 63" above.

Recent Member Spotlight

Spotlight on: Michele Kilgore

Where do you currently live?

Hendersonville

What is your occupational identity?

I am a massage therapist, energy worker, and aromatherapist

Tell us a little about yourself as it relates to dowsing.

I was reintroduced to dowsing by Ed O'Keefe and Romella Hart-O'Keefe when I moved to Hendersonville last year. I've used dowsing to locate human energy fields and check chakra spin for about 15 years but had found that for personal dowsing (when I had an emotional bias) my pendulum responses were confusing and unreliable. When Ed and Romella used dowsing along with EFT, I was inspired to learn more and try again. *Letter to Robin* really helped me understand and overcome any issues with dowsing for myself. The members of the dowsing association here have been a wonderful inspiration also.

Chapter News

Founder Harry Mills passes on

By Marilyn Gasque

One of our founders, Harry Mills, passed away at age 102 on August 9. When we [Marilyn and Sam] met him in 1994 after moving up here from Charleston, he was Mr. Old Radio and was the town radio expert. He had been a radio engineer at RCA for a long time. We heard that there were about 1200 employees working under him there. Harry had worked on ELF (extremely low frequency) technology which is used for submarine communications, specifically the underground antennas in Wisconsin.

I was delighted to learn that he was one of the founding fathers with Vern Peterson and Walt Dale (and others, I am sure) of our Appalachian Chapter of ASD. One of the tales Sam tells is that when he once called asking for Harry, his son Richard said that he was in the tub. Thinking he would be out soon, Sam said, "I guess he can call me back in a few minutes". Richard said, "You don't understand....he's in the tub". It turned out that his time in the big old house tub was very important to him. It was how he meditated and he would stay in there a LONG time.

Since then, Sam has realized that his own tub time is his meditation time, where he works through his inventions and projects. So it goes to show how we are all connected and how just a few words may lead to changes in your life. So, let's not forget to thank all our ancestors for the wisdom they impart.

Directions to Janet Shisler home (137 Bob Barnwell Rd. Fletcher, NC 28732 828-628-1758)

From I-40, exit 53A, and I-240 exit 9: turn onto 74A toward Fairview (away from Asheville) and go about 5 miles. Turn Right on Emmas Grove Rd. just before the "Fairview Station/Huddle House" Go almost 1.4 mile. As you go up a hill, look for Bob Barnwell Rd. on the right. If you go past the Emma's Grove Baptist Church you've gone too far. Go almost ½ mile on Bob Barnwell Rd. Turn left at Cloud Nine, mailbox #137. Park in the field next to the garden. Walk to pond through woods path.

Directions from Arden: Go to the intersection of Hwy. 25 and Mills Gap Rd. (Eckerds Drug, Ingles, Food Lion corner) Turn onto Mills Gap Rd. Cross over RR tracks, go straight through light (crossing Hwy 25A). Go about 1 mile to Concord Rd. on the left. Turn L and follow Concord to Y where Concord veers to right, you stay straight which is Emmas Grove Rd. Go past the Emma's Grove Baptist church then turn Left sharply on Bob Barnwell Rd. Go almost ½ mile and turn left at Cloud Nine, mailbox 137.

Magnesium: a vital mineral

By Margery Bastian

What is magnesium? It is a mineral that's vital to every cell in your body.

The mineral juices of magnesium are in every cell in your body and it has a hand in more than 300 biochemical reactions. If it is severely deficient the nerves stutter, insulin is unbalanced and the heart beat loses rhythm. A lack of this mineral can make matters worse for people who suffer from migraines and PMS. A lack also contributes to osteoporosis by the body not absorbing calcium. Restoring the necessary amount of magnesium can ease the symptoms of heart disease and diabetes. It could help hypertension.

Magnesium is not abundant in food. Leafy greens, beans, grains, avocados and nuts are good sources, but people seldom get enough each day. Other dietary sources are hard water, carrots, beets, sesame seeds and legumes. Too much calcium, sodium, protein, fat, potassium, wheat, alcohol, sugar or caffeine can deplete magnesium levels. Diarrhea, taking diuretics, laxative abuse and severe stress are some other causes of deficiency.

Bone health: People generally aren't aware that magnesium is essential for calcium absorption. Taking calcium without magnesium to prevent osteoporosis can give women a false sense of security. 1200 mg of calcium each day is a common recommendation for women. I suggest an equal or greater amount of magnesium be taken at the same time. There should also be boron, zinc, vitamin D, and strontium included. There are supplements that contain all or most of these.

PMS and headaches: Magnesium can help to ease symptoms of PMS. In one study, women who took 200 mg of magnesium daily had less bloating and weight gain than those who didn't. It may also help people with migraine headaches. Scientists suspect it helps by widening the blood vessels that otherwise constrict and impede blood flow to the brain.

Blood pressure control: Magnesium is the mineral that tells arteries when to relax, so it is useful in controlling hypertension (high blood pressure).

Pain control: In one study, people who took 365 mg of magnesium twice a day for six months noted significant improvement in their pain levels.

Heart and circulation: Magnesium thins the blood and can correct abnormal heart rhythms.

Diabetes: It is not known whether low magnesium causes diabetes, but it's widely recognized as a marker for the disease and occurs in about 40 percent of diabetes patients. Patients who took magnesium for 16 weeks were able to reduce their insulin dosage.

Depression: Depressed patients often show significant magnesium deficiency. Magnesium is the natural calcium channel blocker. Besides what has already been mentioned, magnesium deficiency has been associated with myocardial infraction, strokes, anxiety, panic attack, epilepsy, immune dysfunction, and chronic fatigue. These are all illnesses with a high incidence of depression.

Dosage: The RDA for magnesium (from all sources) is 320 mg for women and 420 mg for men. If your diet is high in the foods mentioned earlier, it is recommended that you take a multivitamin that has at least 50 percent of the RDA. If your diet isn't high in these foods, take at least 80 percent of the RDA. This should be enough to control PMS and headaches and ward off high blood pressure. If not, increase it. If PMS is bad, you may want to take more: 360 mg three times a day. You may also need more if you have heart disease or diabetes, but you should ask your practitioner about this. Magnesium citrate and magnesium oxidate are two of the least expensive and most user-friendly forms.

Risks: Magnesium supplements are remarkably safe. Large doses may cause diarrhea. It is recommended that you take it in two separate doses, with meals. You can also start with a low dosage and work up over time. Since the kidneys regulate the body's magnesium level, people with kidney disease shouldn't take more than the RDA, and should check with their physician. Magnesium also blocks the effectiveness of some antibiotics like tetracycline, minocycline, and doxycycline, so avoid taking magnesium supplements within three hours of taking these medications. In general, if you are on any medications, consult with your physician about the amount of magnesium you can safely take.

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