



New Health Coach Video On How Magnesium Oil Can Help With Sleep Released

March 14, 2016

March 14, 2016 - PRESSADVANTAGE -

Beaverton, OR business Pure Vitality Minerals has recently launched a new video on their Facebook page. This video, presented by a certified health coach, explains the possible use of magnesium for sleep. The company also cites research that shows that many people who have a magnesium deficiency are unaware of it, meaning they often have to suffer the symptoms, including insomnia, without knowing what is causing them.

Keegan Allen from Pure Vitality Minerals says: "Our body's ability to handle stress and regulate our sleep cycle has a lot of dependence on our body's hormones. One thing that can be helpful for sleep and stress is magnesium. It is a very important mineral and nutrient for the body. Magnesium can help to balance our levels of serotonin and melatonin with the result of possibly helping our body let go of physical stress."

It has been found that a deficiency in magnesium may lead to various health consequences. These include anxiety, stress, restless leg syndrome, migraine, insomnia, and more. However, the deficiency will not show up in a blood test because, as a mineral, magnesium is only stored in the blood in very small quantities. Because of this, magnesium deficiency is often overlooked.

The video goes on to address how people can better manage a deficiency in this mineral. Keegan Allen says, "Pure Vitality Mineral's magnesium oil can be used topically on skin or the bottom of your feet, or you can spray it in water. This makes it easy to incorporate into your lifestyle. It has a plethora of potential benefits in terms of what it does in our body. It may reduce stress, relieve muscle tension and help rebalance the hormones in our system."

This magnesium oil is currently available exclusively on Amazon, where it has received numerous positive reviews. It is a very versatile oil in terms of how it can be used and in terms of the benefits it may provide. This is particularly true as the oil is 100% undiluted, meaning users can dilute it with water themselves to get the desired strength. Created in fully accredited labs, the oil is quickly becoming a bestselling item on Amazon, with people from various walks of life declaring that they have experienced some benefits.

###

For more information about Pure Vitality Minerals, contact the company here: Pure Vitality Minerals Keegan Allen +15036084615 keeganallen@purevitalityminerals.com 9450 SW Gemini Dr #41107 Beaverton OR 97008 7105

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.

Email: keeganallen@purevitalityminerals.com

Phone: +15036084615



Powered by PressAdvantage.com