



# User's Guide to Calcium & Magnesium (Basic Health Publications User's Guide)

*Kathryn Nan Fuchs, Nan Kathryn PhD Fuchs*

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**User's Guide to Calcium & Magnesium (Basic Health Publications User's Guide)** Kathryn Nan Fuchs, Nan Kathryn PhD Fuchs

Calcium is essential for health, but it actually works best with magnesium to build strong bones, maintain a healthy heart, improve mood, and reduce PMT. This guide explains the health benefits of this nutritional team and how you can use calcium and magnesium together to enhance your health.

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