

Magnesium And Blood Clots

Website: [Healthy Christian Living - Living by the Blueprint](#)

QUESTION:

"Can you elaborate on magnesium when it comes to calcium and magnesium and blood clots? I have a friend who suffered a pulmonary embolism last year and the doctors couldn't tell her why. They worked her up and told her the cause was "unknown". She was on Xaralto (spelling?) and has since taken herself off of it because of the cost (she didn't have insurance at the time), but is afraid of it potentially reoccurring. She is in her mid to late 40's, SDA, eating a plant based diet, is pretty active, etc. How can she find out the cause and what can she do going forward to prevent this from happening again?"

CHRISTINE'S ANSWER:

We were never meant to take calcium and magnesium supplements.

Most supplements that have both calcium and magnesium have 3:1 ration, with calcium being the 3 and magnesium being the 1. This is where the clots come in. The ration should be 3:1 magnesium being the 3 and calcium being the 1. But as I said before, we are not to take supplements.

But those who do take calcium supplements or calcium and magnesium supplements are clotting their blood and don't even realize it.

But when you make the magnesium drink and eat cooked dark green veggies every day, you can dissolve the clots slowly and get the proper balance of magnesium and calcium, as these dark greens have both the way nature intended for our bodies to have them

Is this making sense to you?

I can send you the protocol that I gave an elderly friend of mine who had a clot from their groin area down to right above their ankles.

They tried the medication and it didn't work. They tried some SDA med miss remedies they were told about and didn't have success.

When I put them on my protocol, their clots were completely gone in about 7 weeks. [The pain from the clots subsided in about 3 weeks of consistent treatment.](#)