

Magnesium and Pregnancy

Case Study by Michaela Teefy

I am the mother of a healthy baby girl 'Willow', who was born 25 June 2019 without any complications and without medications or epidural. I attribute the health of my pregnancy and delivery mainly to my daily magnesium protocol, healthy natural foods (chem-free) diet, and applying techniques of hypnotherapy. During my 9 month pregnancy I used Elektra Magnesium products every single day.

I used Elektra Magnesium Flakes in my drinking water and found I didn't need to use the bathroom as often. I could drink about 1 litre of water and not need to use the bathroom for at least 2-3 hours at a time. I also only needed to get up once per night for the bathroom.

I knew my body was prone to stretch marks so I used Elektra Magnesium Cream religiously every day on my belly and hips. Needless to say, I did not get a single stretch mark for the entire pregnancy. I also used the cream on my face, which really kept the pimples under control.

Every night before bed I would spray ten times on each leg with Elektra Magnesium Oil Spritz as I found this worked 100% of the time to prevent cramping and restless legs at night.

I found Elektra Magnesium Charge Lotion was fantastic as an underarm deodorant, so put it on after my shower each night and I would be odor-free for the entire next day.

Last but not least, the magnesium soaks were very relaxing. I had a foot soak every second or third day, which really helped keep my ankles from getting puffy and helped soothe my aching feet after doing a lot of walking or standing. This was a real life saver, especially towards the end of the pregnancy. Magnesium soaking also gave me the best night's sleep. As soon as my head hit the pillow I was out and slept for a good 9-10 hours.



During labour my husband used Elektra Magnesium Oil Spritz on my back and hips, which gave me really good pain relief. As an added bonus, it helped me stay calm and relaxed. I also had a few magnesium baths during labour, which helped tremendously with the pain.

I truly believe that the use of all these fantastic products every day resulted in a worry-free pregnancy and a wonderful and memorable birth experience.

Now that bub is born, I have been using Elektra Magnesium Cream (Herbal) on her legs, back and feet every night from about two weeks old just before bed, which gives her (and me) a great night's sleep.

I have been using Elektra Magnesium Flakes in her bath water since birth, which has helped a lot with upset tummy and colic, as it has a great calming effect. She also seems to sleep particularly well afterwards.

Elektra Magnesium products offer so many benefits. I am also thankful that they are made with quality natural and organic ingredients, and the magnesium flakes are top of the range food grade quality. My family will continue to use them every day!



9 MONTHS PREGNANT



1 DAY AFTER BIRTH



6 WEEKS AFTER BIRTH

