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*Ana María Lajustica*

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La alimentación actual tiene, entre otras características, la de presentar una deficiencia de magnesio, un elemento fundamental. El magnesio es indispensable en la síntesis de las proteínas de nuestro cuerpo y, por tanto, determinante en la fabricación y reparación del desgaste de los cartílagos, los huesos, los tendones, las paredes del estómago, los vasos sanguíneos, etc. Este libro recoge los nuevos estudios realizados hasta la fecha que confirman la enorme importancia del magnesio para nuestra salud.

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