

# HEMANT'S MAG-A-HOL COMPLEX

Magnesium chloride readily dissolves in Alcohol giving a complex of Magnesium Alcohol. Some 60 additional compounds of the type  $MgCl_2 \cdot nEtOH$  ( $6 \leq n \leq 1.4$ ), are formed between magnesium chloride and ethanol.

This fact was considered by me to take full advantage of Magnesium availability for Skin infusion in human body.

I had a small problem of stabilizing Alcohol and other Magnesium Alcohol compounds so that they do not evaporate at room temperature.

I had to choose a chemical that would be an added benefit to human skin also.

Hence I chose Glycerin.

To make MAG-HOL complex, you will need:

Ethyl Alcohol	100 proof 200 ml (about 7-8 oz)
Magnesium Chloride flakes/powder	120-140 grams (approx. ½ cup)
Glycerin	1.5 to 2.0 ml. (less than ½ teaspoon)

Other supplies: One glass Wide mouth Jar/Bottle  
One stirring Spoon  
One or two Spray bottles made of Glass/Polypropylene/pet.

Process:

Fill up the Alcohol in Glass Jar first and start adding Magnesium Chloride little by little. Keep stirring. After 100 grams of Magnesium Chloride, it will take some time to dissolve. Put the lid on and vigorously shake the jar and let it rest for five to ten minutes. You will see more Magnesium chloride dissolving.

This way, go on adding till no more Magnesium Chloride dissolves.

Now add maximum 2 ml of Glycerin and shake the bottle vigorously.

Let it rest for couple of hours.

You will find that the complex has cleared and little sedimentation is at the bottom.

Carefully fill up the spray bottle with MAG-HOL complex.

(DO NOT HEAT THE MIXTURE AT ANY POINT OF TIME PLEASE)

Test it out on affected body part just like you would use Magnesium Water.

Most of you will not be able to get 100 proof Alcohol. So I suggest that you just go to your nearest Liquor store and buy 80 proof Vodka.

DO NOT USE ISOPROPYL OR RUBBING ALCOHOL.

If you use Vodka, do not add Glycerin because *most* Vodka already has Glycerin.

Rest of the process is same.

Go ahead and please be happy. May you be painless/problemless.