

One of the most significant interactions between elements that disrupt cellular health is the one between calcium and magnesium.

The following has been prepared to identify the fact that the two elements have an antagonistic relationship that can disrupt cellular health if the ratio is disrupted.

<http://www.mcfip.net/upload/Optimal%20Example%20-%20Causes%20of%20Chronic%20Diseases%20x.pdf>

Because biomedical research has not focused on element interactions and imbalances, only a small number of research studies exist. Examples are as follows:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1363054/> --- 1957

<https://www.ncbi.nlm.nih.gov/pubmed/1237879> --- 1975

<http://www.nejm.org/doi/full/10.1056/NEJM198405103101910> --- 1984

<http://www.sciencedirect.com/science/article/pii/S0168945203003340> --  
- 2003

[http://www.jpma.org.pk/full\\_article\\_text.php?article\\_id=3191](http://www.jpma.org.pk/full_article_text.php?article_id=3191) --- 2011

<http://www.return2health.net/articles/vitamin-mineral-antagonists/>