

Magnesium

## Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Magnesium

“Magnesium is a mineral most people don’t get enough of & is essential for physical & mental health.

Magnesium levels, not calcium, are associated with bone strength in multiple studies.

Most heart & most health problems are improved with magnesium.

Getting enough magnesium appears to prevent & reverse memory loss.

Magnesium is used in over 300 functions in the body. Over 4/5ths of Americans may be deficient.

Magnesium benefits are far greater than previously imagined. Because your body requires and uses magnesium for so many different functions, you can quickly become low in magnesium especially if you are not consuming enough high magnesium foods, and especially under stress.

Some of the major functions that require magnesium are:

Making protein, nerve functioning, controlling blood sugar, releasing neurotransmitters, regulating blood pressure, making energy & glutathione, using vitamin D3

## Are We Getting Enough Magnesium?

### Deficiency symptoms-

Hormone imbalance and PMS

Fibromyalgia

Heart Attack

Type 2 Diabetes

Osteoporosis

Constipation

Tension or Migraine Headaches

Anxiety and Depression

Chronic Fatigue

### Increase Your Magnesium Intake

Buying foods from your local farmers market and foods that are certified organic may have higher levels of magnesium. The soil from conventional farms is depleted of magnesium because they do not rotate their crops or let the land rest. Also, they typically only put nitrogen, phosphorus and potassium back in the soil, but leave out magnesium.

Typically, the foods you'll find that are highest in magnesium are green leafy vegetables like organic kale that have a lot of other vitamins & minerals that complement magnesium's benefits in the body.

Organic kale has the fourth least oxylates of the dark leafy greens & the most nutrients tested in a vegetable, twice as much as other dark leafy greens except 50% more than spinach

Spinach 1 c: 157 mg (40% DV) is high in oxylates, which can cause kidney stones & other health problems

Chard 1 c: 154 mg (38% DV) is also high in oxylates

Pumpkin seeds 1/8 c: 92 mg (23% DV)

Yogurt or Kefir 1 c: 50 mg (13% DV)

Almonds 1 oz: 80 mg (20% DV)

Black Beans ½ c: 60 mg (15% DV)

Avocado 1 medium: 58 mg (15% DV)

Figs ½ c: 50 mg (13% DV)

Dark Chocolate 1 square: 95 mg (24% DV)

Banana 1 medium: 32 mg (8% DV)

Cardiovascular Disease – A study published in the American Journal of Clinical Nutrition, which was done on 241,378 participants, found a diet high in magnesium could reduce the risk of a stroke by 8%. Another study found that increasing magnesium through diet decreased the risk of a heart attack by 38%.

Fibromyalgia – A study published in Magnesium Research examined how magnesium may improve outcomes for fibromyalgia. The research indicated that increasing magnesium consumption reduced pain and tenderness and also improved immune blood markers.

Type 2 Diabetes – Diets high in magnesium foods can also significantly lower the risk of type 2 diabetes because magnesium

plays a role in glucose metabolism. An increase of 100 mg/day of magnesium was found to decrease the risk of diabetes by 15% in a meta-analysis of the data.

**Osteoporosis** – Magnesium is an essential mineral for bone formation and for the utilization in calcium. In fact, more than half of the magnesium in the human body is stored in the bones. A study published in Biology Trace Element Research found that supplementing with magnesium slowed the development of osteoporosis.

**Migraine Headaches** – Magnesium food deficiency has been linked to migraine headaches because of its importance in balancing neurotransmitters in the body. A study published in Expert Review of Neurotherapeutics found that taking 300mg 2x of magnesium reduced the frequency of migraine headaches.

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[draxe.com/magnesium-deficient-top-10-magnesium-rich-foods-must-eating/](http://draxe.com/magnesium-deficient-top-10-magnesium-rich-foods-must-eating/)

Magnesium helps so many body systems like the heart & bones that taking extra magnesium may improve longevity.

What type of magnesium?

Magnesium glycinate may help anxiety, stress, and insomnia & be the best absorbed version, not causing gastrointestinal side effects like diarrhea.

Magnesium L-threonate may help memory & learning.

Magnesium taurate may help blood pressure, cholesterol, and arrhythmias.

Magnesium malate & magnesium chloride may help fibromyalgia.

Magnesium carbonate may help heartburn, reflux, constipation, & dyspepsia.

Magnesium sulfate may be very highly absorbed, help severe mania.

Magnesium citrate may help constipation, depression, not as well absorbed.

Magnesium oxide may be poorly absorbed.

[herbs-info.com/blog/the-best-and-worst-forms-of-magnesium-to-take-as-supplements/](https://herbs-info.com/blog/the-best-and-worst-forms-of-magnesium-to-take-as-supplements/)

### Category

1. Uncategorized

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