



ARE YOU DEFICIENT IN MAGNESIUM?

So important especially for bone density, Attention All Women!

A deficiency in magnesium affects virtually every area of the body, and can cause headaches, backaches, muscle spasms, heart arrhythmia, high blood pressure, PMS, osteoporosis, kidney stones, insomnia, anxiety, depression, tingling and numbness in limbs and extremities, and constipation.

Magnesium is also a powerful immune modulator, and magnesium deficiency has been linked to immune disorders and deficiencies, such as triggering or worsening the symptoms in such conditions as hyperthyroidism, fibromyalgia and multiple sclerosis.

Magnesium is essential for the proper absorption of calcium. Many instances of magnesium deficiency are simply due to an excessive intake of calcium. We are told about the benefits of taking calcium but, sadly, magnesium (which is needed for proper calcium absorption) is very seldom mentioned. Too much calcium can actually be responsible for adverse health conditions. Dairy foods, for example, are rich in calcium and it is easy for dairy eaters to consume too much calcium if they do not balance their diet with foods rich in magnesium.

Our Standard Australian Diet (SAD) is woefully lacking in proper nutrients such as magnesium.

Toxins and additives in our diets often prevent our bodies from properly absorbing what little magnesium and other nutrients that we do consume - as do other culprits such as alcohol, caffeine, and smoking.

Because magnesium is not produced by the body, it is important to eat and supplement wisely to make sure that the body receives the amount it needs.

It is important to eat healthful foods, focusing on as many raw fruits and vegetables as possible. Foods rich in magnesium include: green leafy vegetables, avocados, bananas, almonds and raisins.

Even with the best of diets, however, mineral depletion in the soil over the last hundred years makes it difficult to get enough magnesium through diet alone.

SYMPTOMS OF MAGNESIUM DEFICIENCY:

- **Anxiety and Panic Attacks** - Magnesium (Mg) normally keeps adrenal stress hormones under control.
- **Asthma** - Both histamine production and bronchial spasms increase with Mg deficiency.
- **Blood Clots** - Mg has an important role to play in preventing blood clots and keeping the blood thin. (Much like aspirin, but without the side effects.)
- **Bowel Disease** - Mg deficiency slows down the bowel, causing constipation, which can lead to toxicity and mal-absorption of nutrients, as well as colitis.
- **Cystitis** - Bladder spasms are worsened by Mg deficiency
- **Depression** - Serotonin, which elevates moods, is dependent on Mg. A Mg-deficient brain is also more susceptible to allergens (foreign substances that can cause symptoms similar to mental illness.)
- **Detoxification** - Mg is crucial for the removal of toxic substances and heavy metals such as aluminium and lead.
- **Diabetes** - Mg enhances insulin secretion, facilitating sugar metabolism. Without Mg, insulin is not able to transfer glucose into cells. Glucose and insulin build up in the blood, causing various types of tissue damage.
- **Fatigue** - Mg-deficient persons are known to commonly experience fatigue, because dozens of enzyme systems are under-functioning.
- **Heart Disease** - Mg deficiency is common in people with heart disease. Mg is administered in hospitals for acute myocardial infarction and cardiac arrhythmia. Like any other muscle, the heart muscle requires Mg. Mg is also used to treat angina, or chest pain.
- **Hypertension** - Insufficient Mg causes spasm of blood vessels, which leads to high blood pressure.
- **Hypoglycemia** - Mg keeps insulin under control; without Mg episodes of low blood sugar can result.
- **Insomnia** - Sleep-regulating melatonin production is enhanced by sufficient Mg.
- **Kidney Disease** - Mg deficiency contributes to atherosclerotic kidney failure. Mg deficiency creates abnormal lipid levels and worsening blood sugar control in kidney transplant patients.
- **Migraine** - Serotonin balance is Mg-dependent. Deficiency of serotonin can result in migraine headaches and depression.
- **Musculoskeletal Conditions** - Fibrositis, fibromyalgia, muscle spasms, eye twitches, cramps and chronic neck and back pain may be caused by Mg deficiency.
- **Nerve Problems** - Mg alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating central nervous symptoms of vertigo and confusion.
- **Obstetrics and Gynecology** - Mg prevents Premenstrual Syndrome; prevents dysmenorrhea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, preeclampsia, and eclampsia in pregnancy. Intravenous Mg is given in obstetrical wards for pregnancy-induced hypertension and to lessen the risk of cerebral palsy and Sudden Infant Death Syndrome (SIDS). Mg is excellent for pregnant women.
- **Tooth Decay** - Mg deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages teeth.