



The Benefits of Magnesium

Why Are We So Deficient in Magnesium?

Are we being poisoned by our food? We are increasingly stressed, and our bodies are working overtime to keep up with the demands of life, draining us of energy. Stress hormone production requires high levels of magnesium, and stressful experiences can deplete our stores of this vital mineral.



We are consuming more sugar than ever before. For every molecule of sugar, we consume, our bodies use 54 molecules of magnesium to process it.

Unfortunately, the soil that our food is grown in contains low levels of magnesium, and modern farming techniques only serve to deplete this mineral further.

Magnesium is also depleted by many pharmaceutical drugs, including estrogen compounds such as oral

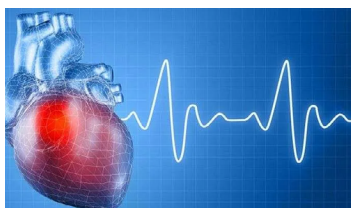
contraceptives, antibiotics, steroids, and blood pressure medications like diuretics. The diuretic effect of coffee and tea (i.e. caffeine) may also raise excretion levels. Additionally, fluoride competes with magnesium for absorption. Heartburn medications including proton pump inhibitors (PPIs), like Omeprazole®, have also been linked to magnesium deficiency.

Nowadays, nearly everyone is deficient in magnesium. Even when you eat a healthy diet, refined or processed foods are stripped of their mineral, vitamin, and fiber content. However, magnesium is not only lacking in processed products, it has been depleted from topsoil across the board, reducing our dietary intake even further. This comes at a time, when our need for magnesium is higher than ever before.



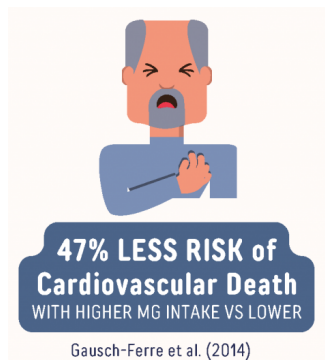
1. Heart Arrhythmias

Magnesium deficiency predisposes individuals to serious and even deadly arrhythmias, such as irregular and abnormally fast heartbeats or atrial fibrillation. In a British study, taking magnesium supplements daily for six weeks reduced the incidence of arrhythmias between 25% and 50%. In recent tests conducted by the U.S. Department of Agriculture, women who were deficient in magnesium developed irregular heartbeats within just three months. However, taking supplements corrected the abnormality. It is crucial for people to be aware of the role of magnesium plays in heart health and to make sure they are getting enough of this important mineral.



2. Blocked Arteries

According to researchers and the center for disease control and prevention, having high levels of magnesium in the blood can reduce the likelihood of dying from common ischemic heart disease, which involves blocked or narrowed arteries, by one-third. Magnesium lowers LDL (the bad Cholesterol), raises HDL (the good Cholesterol), and reduces inflammation, clotting and plaque formation.



3. Blood Pressure

Lawrence Resnick of Cornell University has recently documented that individuals with higher levels of magnesium inside their cells are more likely to have lower blood pressure, more elastic blood vessels, and a less enlarged heart. Resnick refers to magnesium as a natural calcium-channel blocker, which is a type of blood pressure medications, and recommends that individuals take magnesium supplements to help normalize blood pressure.

4. Diabetes

According to Jerry Nadler, M.D of the University of Virginia School of Medicine, "Diabetes is a magnesium deficiency state". His research indicates that 80% of diabetics have low levels of intracellular magnesium. In fact, studies have shown that low magnesium levels increase the risk of developing type 2 diabetes by one-third. Dr. Nadler suggests that magnesium supplements can improve insulin sensitivity and may decrease the risk of diabetes and its complications.



5. Strong Bones

According to Mildred Seeling of the university of North Carolina, magnesium is just as important as calcium in preventing osteoporosis as it is essential for normal bone metabolism.

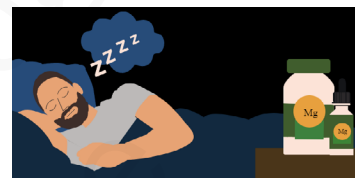
6. Migraines

Research has shown that 50% of individuals who suffer from migraine have low levels of magnesium. However, increasing magnesium intake has been found to reduce the duration, intensity, and frequency of migraines. For example, in a study conducted in Germany, the frequency of headaches dropped 42% in adults who took 600 mg magnesium daily for a month.



7. Sound Sleep

Various studies have suggested that a deficiency of magnesium can cause disruption in the electrical activity in the brain, leading to agitated sleep and frequent awakenings. As Forrest H. Nielsen, a researcher at the USDA, notes: "It appears that magnesium plays a significant role in promoting good night's sleep."



8. Safer Pregnancy

Numerous studies have shown that magnesium can help to reduce the risk of pre-eclampsia, a condition in which blood pressure rises during late pregnancy, increasing the likelihood of spontaneous abortions and premature, low-birth-weight babies. A recent large-scale British study involving 10,000 women from 33 countries, found that taking magnesium sulfate supplements reduced the risk of pre-eclampsia by 50%.

9. Pain Relief

According to Seelig, if you experience leg or other muscle cramps, taking 100- 400 mg of magnesium daily may provide relief. Additionally, magnesium can reduce a pain transmitter in the nervous system called substance P. supplementing with magnesium may also help prevent or alleviate painful myalgias, including fibromyalgia, as well as chronic lower back pain, restless legs syndrome, and chronic fatigue syndrome.

10. Extra Benefits

- Magnesium may help treat premature ejaculation.
- Magnesium may relieve certain symptoms of premenstrual syndrome.
- Magnesium may help reduce constipation.
- Magnesium may help reduce anxiety and anger.
- Heartburn and ulcer medications, proton pump inhibitors (PPIs) like Omeprazole, lead to a decrease in magnesium absorption and, therefore, low levels of magnesium. Magnesium replacement can reduce complications associated with PPIs.
- Taking magnesium could counteract some hazards of hormone replacement therapy (HRT), like heart attack and stroke. Seelig says, "I still use HRT, because research shows magnesium counters estrogen's clot-producing abilities."

ALWAYS CONSULT WITH YOUR HEALTHCARE PROVIDER BEFORE TAKING ANY MAGNESIUM SUPPLEMENT