

# Magnesium

**Magnesium:** Imperative for heart health and normal blood pressure. Needed by nervous system, "Nature's tranquilizer." Used in storage and utilization of energy. May be helpful in relieving asthma.

## Did you know?

Very few people are aware of the enormous role magnesium plays in our bodies. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies. So vitally important, yet hardly known. Magnesium is by far the most important mineral in the body, activating over 300 different biochemical reactions in your body all necessary for your body to function properly.

Magnesium is more important than calcium, potassium or sodium and regulates all three of them. When we get too low on oxygen, water or food, the consequences are serious. Yet, we often don't realize the consequences of magnesium deficiency.

The Improper use of magnesium among health professionals and the population in general, is deeply responsible for many of the failures encountered daily in treating chronic health conditions nationwide.

Millions suffer daily from magnesium deficiency without even knowing it. What are the symptoms of a magnesium deficiency?

Insomnia	Sleep-Disorders	Fatigue	Body Tension
Low Energy	High Blood Pressure	Headaches	Heart-Disorders
PMS	Muscle Tension	Backaches	

## Other conditions are:

Constipation	Kidney Stones	Irregular-Heartbeat	Osteoporosis
Depression	Anxiety	Muscle Cramps or Spasms	Irritability
Accelerated Aging	And the list goes on.		

90-95% of the population is deficient, including many of those what already supplement it. Why? Due to the misleading information presented in common magnesium texts. As a result, magnesium remains largely misunderstood, largely misused and the problem goes on undetected.

## Calcium Warning

The use of magnesium today is often incorrect, resulting in frequent failures to improve common conditions and complaints. One reason is this: Calcium needs magnesium in order to assimilate into the body. However, when too much calcium is consumed, it will pull magnesium out of the body parts in order to assimilate. This creates a magnesium deficiency and the person will get

worse and feel accordingly. This occurs with people who drink pasteurized milk. Milk is about 8 calcium to 1 magnesium and will create a deficiency in magnesium. Contrary to common belief, magnesium deficiency is very common even amongst those who supplement it regularly

Excess calcium in the body results in calcium deposits such as gallstones, kidney stones, and arthritis). All of these have been known to disappear after taking extra magnesium.

To understand the importance of magnesium let's consider this: magnesium is the most important mineral in the body, activating over 300 different processes in your body. Among these functions are: digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins, relaxation of muscles, the functioning of your heart, kidneys, adrenals, brain, as well as the nervous system. Magnesium deficiency, to any extent, will interfere with any of these factors.

## **More Specific Symptoms**

### **FATIGUE & LOW ENERGY**

Magnesium plays a key role in the energy process within each individual cell, and our overall energy level. When magnesium is low, energy production is inhibited, and the eventual outcome is fatigue and weakness. Magnesium is vital for the maintenance of adequate energy levels. Magnesium is essential in regulating potassium levels, and functioning of the adrenal gland, both important for maintaining high energy levels. This may be why our energy levels drop during stress and heat.

### **NERVOUSNESS & INSOMNIA**

Magnesium deficiency can cause insomnia (inability to sleep), as well as waking up with muscle spasms, cramps, tension and stiffness. Magnesium is essential for the proper functioning of the nervous system. Without sufficient magnesium the nerve cells cannot give or receive messages, and becomes excitable and highly reactive. This causes the person to become highly sensitive and highly nervous. Noises will seem excessively loud and the person will jump at sudden sounds like a door slamming and will generally be nervous and on edge. Lights can appear to be too bright.

### **MUSCLE DISORDERS**

Muscle spasms, muscle cramps, muscle jerks, muscle tics, eye tics, hiccups can all be caused by a magnesium deficiency. Magnesium and calcium work together to control muscle action. Calcium tenses (tightens) the muscles; magnesium relaxes the muscles. With insufficient magnesium the muscles stay tense, causing a cramp in the muscle. This could happen when you have too much calcium and too little magnesium. Athletes in general will benefit by increasing their magnesium. Less muscle cramps, muscle fatigue and muscle soreness.

### **PMS & OSTEOPOROSIS**

PMS is mostly a magnesium deficiency. Too much calcium and not enough magnesium can cause PMS. When it comes to Osteoporosis, magnesium is crucial in regulating bone density, as it is magnesium, which allows calcium to assimilate. Calcium alone is useless and potentially harmful.

## WHAT DEPLETES MAGNESIUM?

Excess calcium is a vastly widespread problem, as excess calcium depletes magnesium from the body. Besides calcium there are many other factors dramatically speed up the depletion of your body's magnesium storage. And make it necessary for much more magnesium to be consumed: mental stress, coffee, sugar, high sodium diet, alcohol, cola type sodas, tobacco, medical drugs, low thyroid, diabetes, chronic pain, diuretics, high perspiration, sports, and working outside.

## The Heart Connection

Did you know that without sufficient magnesium you would actually die? Your heart will stop beating and the doctors will then call it a "heart attack" (#1 cause of death in America). Never do they say, "He dies from a Magnesium Deficiency." This is how critical it is to have proper magnesium levels in the body. The early signs of such terminal extinction are racing heart-beats, or any unusual change in heart beats, angina pains, collapsing from exhaustion after heavy physical exercise or work such as running a race, playing football or basket ball. Due to lack of magnesium the heart muscle develops a spasm or cramp and stops beating. this is because there is insufficient magnesium to relax the heart ready for the next contraction. Irregular heartbeats are also caused by magnesium deficiency. This may be the answer why so many young athletes are having heart attack for no known reason.

**Food Sources:** Wheat bran, wheat germ, almonds, cashews, peanuts, sesame seeds, millet, wheat, wild rice, tofu, beet greens, brown rice, dried figs.

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