

# Magnesium - needed for more than muscles!

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Magnesium is one of the key minerals for regeneration; it is used in over 350 enzymatic reactions in the body, more than any other mineral. Next to oxygen & iodine, magnesium is the third most important element for sustaining life as well as reversing disease and aging.

*It is estimated that **80% of the population of "western" countries are magnesium deficient.***

Magnesium is the calming mineral for relaxing muscles, relaxing arteries and calming nerves, whereas calcium contracts muscles. Nutritionist Thomas Steinmetz found that **magnesium deficiency is the cause of death from sudden heart attacks** in 8 million people in the US from 1940-1994. Magnesium is rapidly used by the adrenal glands in times of stress. Magnesium maintains proper electrical potential (voltage) across nerve and muscle membrane and increases white blood cells ability to fight infection by 300%.



**The body does not hold onto magnesium like it does calcium. Magnesium is excreted as a result of high stress, sugar intake, alcohol, caffeine, diarrhoea, high protein diets and fruits.**

When it comes to healing and life itself, after the water we drink and the air we breathe, magnesium lives up to its billing as the miracle mineral that can save us in our time of desperate need. Called "the beautiful mineral" by the ancient Chinese, its beauty is seen in the absolute healing power it contains. It is nothing short of a **miracle mineral**. It holds the key for hundreds of crucial enzyme reactions and cellular processes. Magnesium, when supplied in sufficient quantities, can kick start cell physiology in a very powerful way.

*The most crucially important thing we need to do is address, in the most powerful way possible, our magnesium deficiencies.*

Few know that magnesium is an impressive **infection fighter** and even fewer know that an efficient way to deliver magnesium to all the cells is by transdermal means. This would happen naturally if we spent hours a day bathing in the sea. (Adding Epsom Salts to the hot bath water for a long hot soak is almost as good.)

Magnesium is the ultimate in preventive supplementation as well as an all purpose remedy used to treat more clinical situations than any other single therapeutic agent. There is no substitute for **magnesium**; it's as close as a metal comes to being **as necessary as air**.

## Why We Need Magnesium

Magnesium is essential for the functioning of hundreds of different enzyme processes in the body, particularly those that produce, transport, store and utilize energy. Magnesium is important for the following metabolic processes:

- \* Protein synthesis: DNA and RNA in our cells require magnesium for cell growth and development.
- \* Sparking the electrical signals that must travel through the nerves in our bodies (including the impulses for brain, heart and lung function).
- \* Energy regulation and distribution throughout the body.
- \* Normal blood pressure, vascular tone, transmission of nerve-cell signals, and blood flow.
- \* Nerve & muscle functions.

## Signs of Magnesium Deficiency

As Magnesium is fundamental to virtually all metabolic processes in can help restore health in almost any health disorder and has been used as a corner stone in systemic mineral and vitamin therapy to this effect since the 1980's. Taking extra Magnesium should provide benefits to people with any of the disorders listed below, but also has wide ranging benefits for general good health.

## Conditions improved by raising Magnesium levels

- |                         |                          |
|-------------------------|--------------------------|
| • ADD & Autism          | • Headaches/migraines    |
| • Anger & aggression    | • Heart attacks          |
| • Anorexia              | • Heart failure          |
| • Anxiety               | • Hiccups                |
| • Arrhythmias           | • Insomnia               |
| • Asthma                | • Kidney stones          |
| • Backache - muscular   | • Memory problems        |
| • Blood Pressure - high | • Nervousness            |
| • Chronic Fatigue       | • Nervous tics           |
| • Cold hands & feet     | • Noise sensitivity      |
| • Constipation          | • Numbness & tingling    |
| • Cramps                | • Obesity                |
| • Depression/Apathy     | • Osteoporosis           |
| • Diabetes              | • Panic attacks          |
| • Epilepsy              | • PMT, Menopause         |
| • Emotional instability | • Sleep - better quality |
| • Fracture pain         | • Stress                 |
| • Gall stones           | • Sweating - excessive   |
| • Grinding teeth        | • Restless legs          |