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Magnesium

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Magnesium is an essential mineral required in abundant amounts for human development, function and survival. Without magnesium, the human body could not absorb calcium, which is needed in part for bone density and growth. Magnesium also helps sodium and potassium move across cell membranes, and it is involved in the metabolism of proteins and activates most of the body's essential enzymes. Magnesium helps bones grow and teeth remain strong, enables nerve impulses to travel through the body, keeps the body's metabolism in balance, and helps the muscles, including the heart, work properly. Small doses of magnesium work as an antacid, and large amounts of magnesium work as a laxative. The recommended daily allowance for magnesium is 300-350 mg.

Overdose of magnesium can lead to vomiting, severe nausea, muscle weakness, and difficulty breathing, as well as dangerously lowering blood pressure and creating an irregular heartbeat. Other symptoms of magnesium toxicity include loss of appetite, diarrhea, abdominal pain, mood swings, fatigue, weakness and pain during urination. Conversely, magnesium deficiency leads to higher risk for osteoporosis, clumsiness, cramping, heart palpitations, irregular heartbeat, low blood sugar, muscle spasms, nervousness and weakness.

Numerous studies have been conducted around the world to pinpoint the health benefits of magnesium supplementation and the health detriments of magnesium deficiency. One early study, conducted in 1958 by Dr S.



completely relieved of pain or greatly im-

proved. Current studies concur that magnesium supplementation (not necessarily given intravenously) can assist with heart disease, or angina, because, magnesium is thought to affect muscular action, which includes heartbeat and heart health. A study published in a 1989 issue of American Journal of Cardiology on the consequences of magnesium deficiency stated that magnesium deficiency is surprisingly high in the United States and can lead to cardiovascular disease in people of ages. The study went on to say that most Americans' diets are deficient in magnesium, and this deficiency is exacerbated in young people (owing to diet), alcoholics, people under high stress or those on certain drug therapies. Magnesium supplementation was shown to reduce the incidence of heart disease and heart arrhythmias, and assist in recovery of heart conditions. In addition, the study noted that vegetarians generally have a lower risk of heart attack owing to high intake of magnesium-rich vegetables, A compilation of studies published at <http://lonezone.com> by Dr. H. Ray Evers seemed to agree with the 1989 study & Evers' article quoted Dr Mildred Seeling, magnesium expert, as saying that typical American only consumes an average of 40 percent of the recommended daily allowance of magnesium, and this deficiency can lead to severe health problems and even death. Magnesium deficiency can also lead to potassium and/or calcium deficiency, as magnesium is necessary for absorption of those minerals. Dr. Evers noted that many mineral deficiencies will stimulate a person to crave a food rich in that mineral; however, Dr. Evers notes that

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there is no specific food people will crave for magnesium

In addition, if a person eats a diet high in phosphorus, which is common in many meat dishes and soft drinks, the phosphorus "binds" the magnesium and keeps it from being absorbed effectively, so more magnesium is required. It is essential for those taking calcium supplements to receive



an adequate amount of magnesium. as well as calcium is taken in high doses without magnesium, the body begins to develop cellular calcium levels, Calcification of the cells can cause numerous difficulties. If no magnesium is available, then calcium cannot be completely absorbed by the bones, which can lead to osteoporosis. Then the calcium travels around the body, attaching itself to various tissues of the body instead of the bones. The calcium builds up in different places, depending

on the person. If the buildup occurs in the joints, arthritis occurs. If the deposits land in blood vessels hardening of the arteries occurs. Buildup of calcium in the heart leads to heart disease and buildup of calcium in the brain leads to senility. For these reasons, it is imperative to take magnesium supplements with any calcium supplements. Dr. Evers noted in his paper that balance is the key to a healthy body, and for balance, a healthy diet and a balance of supplements taken in appropriate doses is needed.

Magnesium is found in many foods, but the best, sources include fish and seafood, fruits and fruit juice, leafy green vegetables, peas, beans, dairy products, nuts, molasses, soybeans, sunflower seeds, wheat germ and snails.

People with kidney and/or liver disease can have toxic reactions to magnesium supplementation. Athletic training or any other types of high stress activities increase the need for magnesium. Typical supplemental doses range from 200 mg and 500 mg.