



Magnesium The Most Important Mineral In Your Body

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 a co-factor in activating over 350 different biochemical reactions including energy production (Co Q10), protein synthesis, bone formation, creation of new cells, activation of B vitamins, function and relaxation of muscles, functioning of the heart, kidneys, adrenals, and brain as well as the nervous system.

Factors causing the depletion of the Magnesium in the body are mental stress, coffee, sugar, diet high in sodium (especially table salt), alcohol, cola-type sodas, tobacco, high perspiration, most medical drugs, low thyroid, diabetes, chronic pain, diuretics, high-carbohydrate diet, etc.

Once Magnesium is deficient, dozens of processes are disturbed, and thus many minerals and nutrients cannot function, causing the body to go out of balance. When we get too low on oxygen, water, or food, the consequences are serious. Yet, Magnesium has not received the press it deserves, and we often remain unaware of the consequences of a deficiency. This contributes to millions of dollars of needless health expenses. It is not the amount of Magnesium you ingest that is the most important thing, but what actually gets utilized.

Magnesium helps correct such deficiency problems as: inability to sleep, low energy, high blood pressure, headaches, heart difficulties, chronic fatigue syndrome, body tension, muscle tension, irregular heartbeat, nervousness, weakening bones, needless worrying, bowel imbalances, organ calcification, accelerated aging, backaches, tightening of muscles, irritability, fatigue, swollen painful joints, chocolate craving, bone spurs, kidney stones, pre-menstrual symptoms and muscle cramps to name a few.

90-95% of our population is deficient in Magnesium, or below healthy levels, including many of those who are already using Magnesium supplements. Few common foods are a good source of Magnesium – some of the best are Almonds, Cashews, Brazil nuts, Baked beans, Molasses, and dark green leafy veggies. Even with the usage of Calcium supplements, North America still has the highest incidence of osteoporosis in the world. This could very well be due to the lack of Magnesium in combination with the Calcium.

Please see Dr. Hoffmann ND for more information about Magnesium