



## Interesting facts about magnesium

Magnesium is an essential mineral that you take in with your food. The current official recommendations are 300 to 400 mg a day for an adult. However, the requirement can vary greatly depending on the stress to which you are currently or chronically exposed. Stress and environmental toxins significantly increase the requirement. Even if you would take the "minimum amount" daily, but you do not have a sufficient amount of vitamins B1 and B6, vitamin E, selenium and zinc, magnesium cannot develop its effect.

There are other reasons that can impair the effect of this valuable substance:

- If you take medications such as diuretics ("water tablets"), asthma or bronchitis medications, insulin, digitalis preparations, cortisone, laxatives or the pill, the effect of magnesium is reduced.
- Antibiotics damage your intestinal flora. If you have to take them, make sure that you rebuild the intestinal flora at the same time. Otherwise, fungi (*Candida albicans*) will thrive in excess, producing a lot of toxins, which will inhibit the absorption of magnesium and other minerals by the intestinal mucosa that is no longer intact.
- Your diet can also cause magnesium to be excessively consumed, resulting in excess acidity in your body, which your body tries to neutralize with its supply of minerals. Acids are produced by the metabolism of fast food, cheese, sausage, bread, cookies, sweets, ready-made sauces, dips, soft drinks, etc. and consume alkaline minerals such as magnesium, calcium or potassium in order to become harmless. An unhealthy diet can at the same time lead to a lack of stomach acid. Where acid is actually needed to digest food, it is then too little. This can manifest itself in heartburn, which is then supposed to improve with acid blockers, but only further reduces the necessary stomach acid.
- If you take too many calcium tablets or dairy products, the absorption of magnesium is blocked. For absorption to work well, a ratio of calcium to magnesium of 2:1 is necessary.

### **Why do you need magnesium so urgently?**

It is involved in at least 300 enzymatic reactions as a co-factor, including energy production in the cell, the building of genetic material and proteins. Magnesium ensures smooth muscle and heart function, a healthy nervous system, normal blood pressure and proper insulin metabolism.

### **What symptoms do you experience with a deficiency?**

If you lack magnesium (e.g. after a stressful situation or after strenuous sport with the release of the stress hormone adrenaline), neither your muscles nor your blood vessels can relax. As a result, blood pressure rises, the heart tightens, the pulse increases, and your heart rhythm gets out of sync. This can lead to anxiety and panic attacks.

Migraines, depression, hyperactivity and insomnia can be aggravated by magnesium deficiency. Osteoporosis and arteriosclerosis, but also type 2 diabetes, obesity, tooth decay, infertility or impotence can result from magnesium deficiency.

### **How can you find out if you have a deficiency and how can you correct it?**

You may already know the first warning signs of night cramps in your calves or a sudden twitching of your eyelids. In order to find out about a deficiency, you can have your blood (whole blood! Not serum!) tested.

If you take in magnesium through food, an "overdose" is impossible. Whole grain products and legumes are super magnesium suppliers. Instead of cooking peas, for example, and then throwing away most of the magnesium with the cooking water, you can let them sprout [1] and enjoy a tasty, high-quality vegetable protein source at the same time. Amaranth, quinoa, leafy vegetables or seaweed also provide a lot of magnesium.

If you have been diagnosed with a deficiency, you can take magnesium as a dietary supplement or as a magnesium spray. Until not too long ago it was considered impossible that magnesium (dissolved as magnesium chloride in water, it has an oily consistency) can be absorbed through the skin. But there are studies [2] that prove this. However, research needs to be extended. My personal experience with such a spray is a very good effect on sore muscles or to fall asleep, sprayed on the legs just before going to bed.

**Summary:** Magnesium is not only "the" therapy for many diseases, but an excellent prevention. Fill your stores regularly with healthy and tasty snacks such as pumpkin and sunflower seeds, almonds, or raw chocolate with high cocoa content and little sugar.

[1] <https://www.dropbox.com/s/kwmnflkfe1m0ir5/Gekeimte%20gr%C3%BCne%20Erbsen.pdf?dl=0>

[2] <https://www.magnesium24.com/magnesiumoel/magnesium-transdermal-studien/>

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