

"Magnesium - it is a Miracle!"

Magnesium is miraculous - a sentiment echoed by many WA polio survivors, their friends and families.

The book "**The Miracle of Magnesium**" written by **Dr Carolyn Dean MD ND** published by **Ballantine 2003 New York**, bears out a lot of the recent findings on magnesium we have made ourselves here in WA.

Some excerpts from her book and our own experiences include this information -

Composition of Magnesium in Body

53% in bone 19% in soft tissue
27% in muscle 1% in blood, sweat, fat

MAIN SYMPTOMS OF LOW MAGNESIUM

tension (muscle & emotional)
tightness - inability to relax
hypersensitive - high strung - on edge

These actions can be seen in the following areas -

EFFECT ON MUSCLES & NERVES

- * headaches, migraines
- * tight sore aching knotted muscles
- * backache, shoulder girdle ache, chest pain
- * cramps, twitches, spasm,
- * inability to sit still, fidgety, restless
- * restless leg syndrome, cold hands & feet
- * anxiety, agitated, nervy, ready to explode
- * panic attacks, irritable, apprehensive, aggressive
- * poor attention span & concentration, ADD

EFFECT ON HEART & BLOOD VESSELS

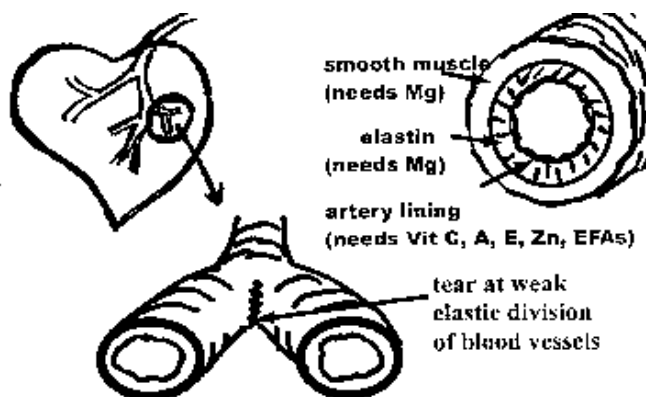
- * abnormal heart rhythms, palpitations, racing pulse
- * high blood pressure, heart attacks
- * poor circulation, purple hands & feet
- * tingling, prickly feeling, crawling sensation on skin
- * light headed, dizzy, numbness
- * muscles seize up in cold due to constriction
- * skin sensitivity - sore to touch
- * noise sensitivity - TV too loud, lawn mower hurts ears

EFFECT ON SLEEP

- * body jumps on point of going to sleep,
 - * legs restless & jumping - (wears holes in sheet),
 - * leg & anal cramps, body rocking,
 - * grinding teeth, hiccups, lump in throat feeling
 - * poor breathing, sleep apnoea,
 - * wake stiff & sore
 - * feet feel puffy, swollen, sore to walk on on rising
- can feel every pebble through shoes or crumb on sheet

MAGNESIUM and the HEART

- * Magnesium prevents clot formation
- * Magnesium prevents artery spasm
- * Clots form where blood vessels divide
- * Infection can damage arteries
- * Low magnesium = loss of elasticity



MAGNESIUM & ASTHMA

1. Research show that many patients with asthma & other respiratory diseases have low magnesium.
2. Many drugs used to treat asthma cause a loss of magnesium so only make symptoms worse.

Weak points in heart blood vessels develop when low magnesium. Loss of stretch allows blood vessel to tear where it divides (think of it like the crutch of a pair of pants). The body tries to fix the weak spot with an inelastic clot made of cholesterol and calcium. Increasing

3. Patients treated with simple magnesium supplementation report marked improvement

available magnesium & Vit C restores elasticity and fixes wall.

MAGNESIUM & DIABETES

1. Magnesium deficiency may be an independent predictor of diabetes.
2. Diabetics both need more magnesium & lose more magnesium than most people.
3. Magnesium is necessary for the production, function & transport of insulin.

MAGNESIUM, CHILDREN & ADD

Signs of low magnesium in children include - restless, can't keep still, body rocking, grinding teeth, hiccups, noise sensitive, poor attention span, poor concentration, irritable, aggressive, ready to explode, easily stressed, growing pains



MAGNESIUM & the BRAIN

1. Magnesium protects the brain from toxic effects of chemicals such as food additives.
2. Magnesium is a natural blood thinner, preventing clots, strokes, blood vessel spasm & pain.
3. Magnesium relaxes head & neck muscle tension that makes migraines worse.
4. People with Alzheimer's & Parkinson's have been found to be low in Magnesium.
5. Low magnesium produces symptoms of anxiety, depression, fatigue, insomnia, anorexia, confusion, poor memory, apprehension, nervousness.

OSTEOPOROSIS, KIDNEY & GALLSTONES, PMT

1. Magnesium keeps calcium dissolved in blood so it is not deposited in joints as osteo arthritis, blood vessels as arteriosclerosis, kidney & gall stones, patches in lungs and beneath skin. Boron & magnesium help bone formation in fractures and osteoporosis.
2. Magnesium is needed for hormone production so helps prevent problems associated with PMT, meno-pause & depression.

WHAT HELPS MAINTAIN Mg LEVELS

1. Need stomach acid for absorption so take lemon juice or apple cider immediately before meals
2. Nutrients
B6 helps at cellular level, boron - stabilise Mg & Ca
medium chain fatty acids, Vitamins A & C, taurine, insulin
3. Exercise improves retention in body & incorporation into bone
4. Needs protein transport molecule (chelated magnesium has amino acid)
5. Water - drink 8 -10 glasses per day

Dietary Sources of Magnesium - mg/100g

kelp	760	rye flour	115
wheat bran	490	oat meal	110
sunflower seed	354	shrimps/prawns	110
wheat germ	336	brown rice	88
hazelnuts	285	spinach/silverbeet	68
almonds	270	apricots - dried	65
cashews	265	chocolate	55
brazil nuts	225	sardines	52
tea	220	green peas/beans	35

MAGNESIUM and FOODS

1. Alcohol causes magnesium to drop causing headaches, dizziness, hangovers
2. Body acidity (meats & grains in diet) increase need for Mg to neutralise
3. Sugary foods use up more Mg

ginger powder	184	potato with skin	34
nutmeg	183	bananas	33
peanuts	175	broccoli or cauliflower	24
pecans	142	carrots	24
wholemeal	140	celery	22
walnuts	131	eggs	10
macadamia	116	lettuce	9

MAGNESIUM DEPLETED BY

DIETARY - alcohol, caffeine, soft drinks

- * foods containing - dairy, lactose, sugar, fats
- * phytates (grains - wheat, rice, corn, oats, seeds)
- * legumes - (beans, soya, coffee, peanuts)
- * oxalics (spinach, rhubarb, fig)

MINERALS - calcium, copper, fluoride, iron, lead, mercury, phosphorous

PHYSICAL - excessive exercise, sweating, stress, vomiting, diarrhoea, coeliacs, Crohn's, malabsorption, kidney disease, liver & gall bladder disease, bowel surgery, dialysis, gut infections & parasites

Mg ABSORPTION BLOCKED BY

1. FOODS - fatty foods, grains, soya, seeds, nuts, diet sweeteners, diet drinks & foods, processed meats, soft drinks, dairy foods, coffee, alcohol, high protein diet, Aspartame ie nutra sweet

2. INDIGESTION & ANTACIDS

low hydrochloric acid, fermentation of sugars in stomach, backflow of pancreatic enzymes.

3. CALCIUM in antacids cause excretion of Mg from body.

DRUGS THAT LOWER MAGNESIUM

1. Antibiotics (esp tetracyclines)
2. Anti-fungal (amphotericin)
3. Diabetic drugs (insulin)
4. Heart drugs (digoxin, beta-blockers, diuretics ie water pills) (NB beta-blockers are used for migraine too)
5. Asthma drugs (tablets, sprays, injections)
6. Hormonal (the Pill, HRT)
7. Chelation agents & chemo



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