

Magnesium

Magnesium is a mineral I often use in my clients treatment plans as it is so commonly a mineral that we become deficient in. Magnesium plays a starring role in a number of chemical activities in our bodies. It helps maintain energy, normal nerve and muscle functioning, keeps our blood circulating properly, and ensures strong bones. A deficiency can be a serious health hazard.

Magnesium deficiency has been linked to diabetes, asthma, cardiovascular disease, chronic fatigue, autoimmune diseases such as MS and Parkinson's disease, behavioural problems in children and adults, ADHD, Autism Spectrum Disorder, depression, anxiety, headaches and migraines, osteoporosis, fibromyalgia, sleep disorders, muscle cramps and PMS, just to name a few.

Where do we get magnesium?

In all plants, magnesium is part of the structure of chlorophyll. Chlorophyll converts light into energy. Interestingly magnesium in the human body is an essential element in the mechanism of action whereby we convert food into energy. Therefore it is logical that dark green leafy vegetables are a great source.

Wholegrains, nuts and seeds are all good sources of magnesium (pumpkin seeds are reputedly at the top of the list) but be aware a lot of magnesium is lost as they become processed and refined.

Then there's navy, black, pinto, and lima beans, milk, avocados, bananas, sweet potatoes and yoghurt. So there are all sorts of ways to boost your magnesium intake.

What are the signs and symptoms of magnesium deficiency?

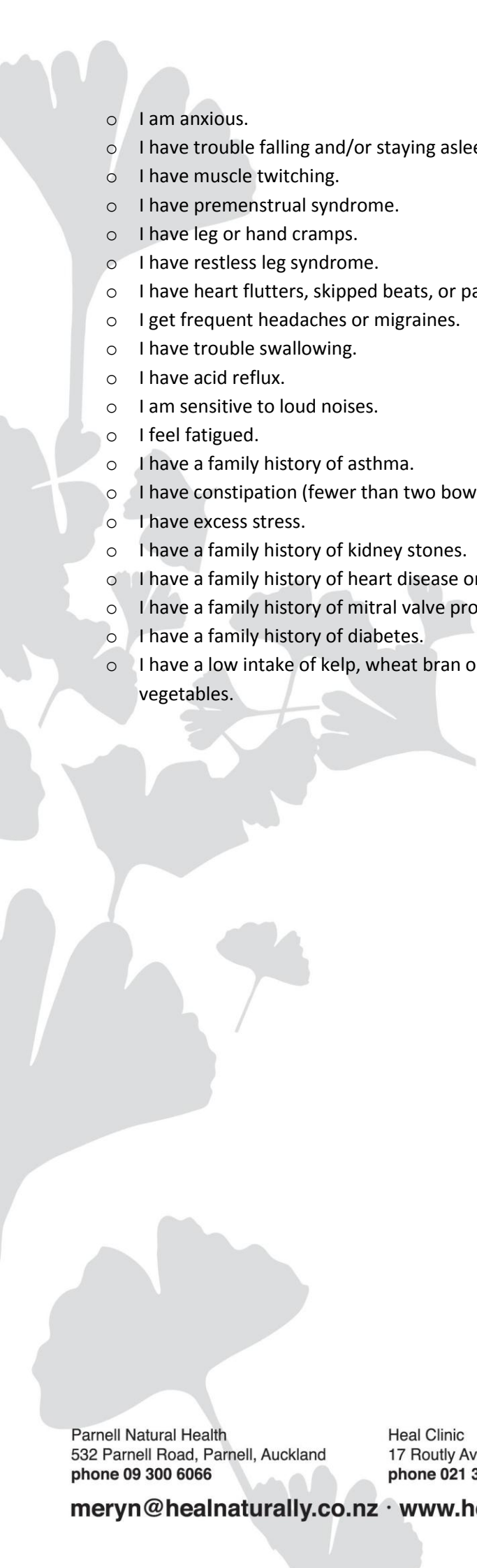
Have a look below. This is a list of questions about symptoms of Magnesium deficiency. This comes from the magnesium section of a new questionnaire I now use in my clinic to help identify hormone imbalances, vitamin and mineral deficiencies, and how they may affect a person's brain function.

Go ahead and answer the questions and see if you might be Magnesium deficient, and please don't hesitate to call me if you have any questions or concerns about your results, or would like to complete the whole "Better Brain" questionnaire.

Of course there are many reasons for at least some of the following questions e.g. "I feel irritable"...! However, the perpetually irritable person who also gets muscle cramps, has a random twitching eye and gets migraines is almost definitely magnesium deficient.

Symptom questionnaire for MAGNESIUM DEFICIENCY (answer yes or no to each question)

- I have a poor mood
- I feel irritable.
- I have difficulty focusing.
- I have a family history of autism.

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- I am anxious.
 - I have trouble falling and/or staying asleep.
 - I have muscle twitching.
 - I have premenstrual syndrome.
 - I have leg or hand cramps.
 - I have restless leg syndrome.
 - I have heart flutters, skipped beats, or palpitations.
 - I get frequent headaches or migraines.
 - I have trouble swallowing.
 - I have acid reflux.
 - I am sensitive to loud noises.
 - I feel fatigued.
 - I have a family history of asthma.
 - I have constipation (fewer than two bowel movements a day).
 - I have excess stress.
 - I have a family history of kidney stones.
 - I have a family history of heart disease or heart failure.
 - I have a family history of mitral valve prolapse.
 - I have a family history of diabetes.
 - I have a low intake of kelp, wheat bran or germ, almonds, cashews, buckwheat, or dark-green leafy vegetables.

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