Healthful Hint: Magnesium Deficient? The Many Signs and What You Can Do

Signs of magnesium deficiency are everywhere in The United States, if you know what to look for. Unfortunately, the symptoms are so incredibly common that they constantly slip under the radar! Hardly anyone, especially doctors, notice that the ailments we suffer from on a daily basis are actually magnesium deficiency symptoms—and we're all paying for it. Almost as common as Vitamin D deficiency, just about every single person you come in contact with—especially those with a health problem, but even those with only minor complaints—are suffering in some way from this nationwide deficiency.

What Exactly Is Magnesium? *Magnesium is life.* It is the fourth most abundant mineral in the body, right next to sulfur (which is JUST as important). Along with being a mineral, magnesium is also an electrolyte. "Sports drinks" (aka sugar-filled scams) claim to contain electrolytes such as magnesium, potassium, and sodium because we sweat away these important nutrients during exercise, and their deficiency is what leads to the common problems athletes face, such as muscle cramping! But electrolytes (especially magnesium) do *so much more* than treat and prevent muscle cramps.

First off, electrolytes are what allow us to be living, electrical beings. They are responsible for all electrical activity (and thus brain conductivity) in the body. Without electrolytes like magnesium, muscles can't fire, your heart cannot beat, and your brain doesn't receive any signals. We need magnesium to stay alive, point blank. As soon as we don't have enough of it, we start to lose the energy and conductivity that keeps us going. Technically, as soon as we become deficient, we slowly begin to die, getting more aches and pains day by day, feeling worse year after year. I can't stress it enough… signs of magnesium deficiency are *everywhere*, if you just look.

Magnesium is a cofactor in over three hundred reactions in the body, necessary for transmission of nerve impulses, temperature regulations, detoxification in the liver, and formation of bones and teeth. However, magnesium shows its true power in cardiovascular health. The Weston A. Price foundation writes, "Magnesium alone can fulfill the role of many common cardiac medications: magnesium inhibits blood clots (like aspirin), thins the blood (like Coumadin), blocks calcium uptake (like calcium channel-blocking drugs such as Procardia) and relaxes blood vessels (like ACE inhibitors such as Vasotec) (Pelton, 2001), and it's been proven to lower blood pressure.

Nearly EVERYONE has signs of magnesium deficiency, but we don't realize or recognize it…
Symptoms include:
Constipation
High blood pressure (Hypertension)
Anxiety
Depression
Insomnia
Behavioral disturbances
Lethargy
Impaired memory/thinking
Seizures
Fatigue
Sleep disturbances
Pain
Muscle cramps
Chronic back pain
Headaches
Migraines
Muscular pain
Tendonitis
Anger
Aggression
ADHD
Brain fog
Tension
Chronic Fatigue Syndrome
Adrenal Fatigue
Fibromyalgia
Heart Disease
Atrial Fibrillation
Heart Palpitations
Diabetes
Kidney Stones
Anxiety disorders such as OCD

The Best Ways To Get Magnesium

1. Eat magnesium rich foods grown on organic soil.

2. Take ionic magnesium drops. As touted in *Invisible Minerals-Magnesium (see posting on Team Portal).*
3. Apply magnesium oil to your skin! This is the second best way to raise your levels.
4. Soak in Epsom salt baths. This will provide not only magnesium, but sulfur for your liver as well.

Additional References (not linked in the article)
Oxford Journals – Magnesium
Basics: http://ckj.oxfordjournals.org/content/5/Suppl_1/i3.full
Dr. Carolyn Dean, MD: http://drcarolyndean.com/magnesium_miracle/
Source: http://collective-evolution.com

Anything that makes you tense and tight could potentially be due to magnesium deficiency. If you can't relax or you can't stop — think magnesium! Full-blown health problems can even be tied back to this crucial mineral. Most people with ANY chronic disease or issue benefit greatly from magnesium supplementation therapy. This is because chronic illness = stress, and stress depletes magnesium. The following are conditions that are likely to have magnesium deficiency as a part of the puzzle:
Osteoporosis (yes, magnesium is more important than calcium for bone health!)
Sudden Death in patients with Congestive Heart Failure

"Similarly, patients with diagnoses of depression, epilepsy, diabetes mellitus, tremor, Parkinsonism, arrhythmias, circulatory disturbances (stroke, cardiac infarction, arteriosclerosis), hypertension, migraine, cluster headache, cramps, neuro-vegetative disorders, abdominal pain, osteoporosis, asthma, stress dependent disorders, tinnitus, ataxia, confusion, preeclampsia, weakness, might also be consequences of the magnesium deficiency syndrome." – *Journal of the American College of Nutrition*

Amazingly, the article referenced above even mentions neuro-vegetative disorders as a possible result of magnesium deficiency. This would include comas. Stress hormone production requires high levels of magnesium and stressful *experiences* can immediately lead to complete depletion of magnesium stores; could this be a contributing factor to why we see comas after traumatic accidents/injuries? As I mentioned above, magnesium is an electrolyte responsible for brain signals and conductivity. Without magnesium, people in comas may not be able to come to and resume conductivity. Many people with *diabetes* also fall into diabetic comas. Diabetes is listed as another possible consequence of magnesium deficiency. Could this be a factor in diabetic comas as well? Something to think about and research further!

Cravings: Do you crave chocolate? Why, when people are stressed out, do they go for chocolate? Chocolate is one of the highest food sources of magnesium. Magnesium is associated with so many disorders that Dr. Carolyn Dean of the Nutritional Magnesium Association has devoted an entire book to discussing how she has treated thousands of patients for a wide array of diseases, with magnesium as the primary component. Her book, *The Magnesium Miracle,* is a must-read, if you have any of the magnesium deficiency symptoms above, or any health problems in general – as there is likely a magnesium component to everything.

Why Don't Doctors Find Magnesium Deficiencies In Tests?
Unfortunately, conventional medicine has not woken up to the amount of research that has been done on magnesium deficiency. One of the reasons Western Medicine is so off base with magnesium is how they test it: with blood tests.

Blood tests do not yield ANY information about magnesium… why? Because the body controls the levels of blood magnesium very tightly. If the magnesium in the blood drops *just* a little bit, you're going to have a heart attack. It's that simple. So to prevent this, the body will rob **all** of its cells, tissues, and bones of magnesium in order to keep the blood levels constant. If you do a *blood* test for magnesium, the *cells* could be completely empty while your blood levels remain constant. What's worse is that magnesium is not even *in* your blood. 99% of the magnesium in the body is stored in the cells that get robbed, while a mere 1% of your body's total magnesium is in the blood. These tests are a complete waste of time, and they're not educating doctors to this reality.
"A serum test for magnesium is actually worse than ineffective, because a test result that is within normal limits lends a false sense of security about the status of the mineral in the body. It also explains why doctors don't recognize magnesium deficiency; they assume serum magnesium levels are an accurate measure of all the magnesium in the body." – Dr. Carolyn Dean, The Magnesium Miracle.

Why Are We So Deficient? Here's the short(ish) version: **Number one**, we're being poisoned by our food. **Number two**, we're increasingly stressed out. We're running our engines on high to keep up with life and it's draining us. Stress hormone production requires high levels of magnesium and stressful experiences lead to depletion of magnesium stores. **Number three**, we're eating more sugar than ever. For every molecule of sugar we consume, our bodies use 54 molecules of magnesium to process it. **Fourth**, low levels in the soil and modern farming techniques deplete stores of magnesium. **And lastly,** magnesium is depleted by many pharmaceutical drugs and estrogen compounds such as oral contraceptives, antibiotics, cortisone, prednisone, and blood pressure medications ("Drug-induced nutrient depletion handbook," Pelton, 2001). Diuretics in coffee and tea (caffeine) also raise excretion levels. Oh, and by the way – flouride competes for absorption with magnesium!

Nowadays, nearly everyone is magnesium deficient – no test needed. Refined/processed foods are stripped of their mineral, vitamin, and fiber content. These are anti-nutrient foods because they actually steal magnesium in order to be metabolized. When consumed, they demand that we supplement with magnesium or we are destined to break down eventually due to severe deficiency. Like I said, sugar is the worst offender. Every single molecule of sugar you consume drags over 50 times the amount of magnesium out of your body.
Well, what if you eat a healthy diet? Processed products are not the only foods that are devoid of magnesium. In general, magnesium has been depleted from topsoil, diminishing dietary intake across the board while our need for magnesium has increased, due to the high levels of toxic exposure we come across in our daily lives (air, water, plastics, chemicals, the list goes on!). The soil is depleted of magnesium because of the pesticides that are sprayed on all conventionally grown plants and worldwide pollution that affects even the cleanest fields. Pesticides also kill those beneficial bacteria/fungi that are necessary in order for plants to convert soil nutrients into plant nutrients usable by humans.

Good reason not to use Cannabis
We need to remember that cannabis is a powerful herbal medicine and should be treated in such a way.
It turns out that using marijuana tends to deplete the body's stores of magnesium, with the result that the person feels more on-edge after coming down from the high. Of course, that doesn't mean that it isn't safe in moderation. It means that over time, if used consistently without proper balance via magnesium replenishment, it can and *will* cause magnesium deficiency. This is not an endorsement for Cannabis.