

## The Miracle of Magnesium

By Carolyn Dean, MD, ND

Studies have found that magnesium deficiencies can trigger or cause a variety of conditions. The inclusion of magnesium can help alleviate these conditions. The list of conditions is long, see if you find yourself in this list:

1. Anxiety and panic attacks
2. Asthma
3. Blood clots
4. Bowel disease
5. Cystitis
6. Depression
7. Diabetes
8. Fatigue
9. Heart disease
10. Hypertension
11. Hypoglycemia
13. Insomnia
14. Kidney Disease
15. Liver Disease
16. Migraines
17. Musculoskeletal conditions
18. Nerve problems
19. Premenstrual syndrome, dysmenorrhea (in other words, cramping pain during the menstrual cycle), infertility.
20. Osteoporosis

### Why Don't We Hear More About Magnesium?

I feel that medicine has turned its back on magnesium because most of the funding for medical research now comes from drug companies. Magnesium is not a patented drug and therefore won't be studied by drug companies, except to try to disprove its action.

Doctors have been prescribing magnesium for heart disease since the 1930s. A review of seven major clinical studies showed that intravenous magnesium reduced the odds of death by more than half in patients suffering acute myocardial infarction (heart attack).

One study, titled "LIMIT-2," developed a protocol for giving magnesium as soon as possible after onset of the heart attack and before any other drugs. If those criteria were followed, heart muscle damage was greatly reduced, and neither hypertension nor arrhythmia developed.

During and after a heart attack, people can suffer from:

- Extension of the area of heart damage as calcium floods into the muscle
- Blood clotting, which blocks blood vessels in the heart muscle
- Decreased blood flow as blood vessels go into spasm

- Arrhythmia as the areas where muscle contraction in the heart originate are damaged

Magnesium has been reported to:

- Dilate blood vessels
- Prevent spasm in the heart muscle and blood vessel walls
- Counteract the action of calcium, which increases spasm
- Help dissolve blood clots
- Dramatically lessen the site of injury and prevent arrhythmia
- And act as an antioxidant against the free radicals forming at the site of injury <sup>1-4</sup>

Many heart drugs are diuretics and have the bad habit of depleting magnesium--along with potassium.

Drs. Bella and Burton Altura have performed laboratory research and clinical research to the tune of about 1,000 studies over the past 40 years. The Alturas personally confirmed that magnesium-related conditions I listed earlier have a solid basis in science.

Dr. Burton Altura said that during his 40 years of research he was appalled at the lack of attention given to this life-saving nutrient. He has all but given up on conventional medicine recognizing the need for magnesium due to million-dollar marketing budgets that drug companies have for their latest drugs.

### How do you Get Enough Magnesium?

In general, to get as much magnesium as possible in the diet, eat plenty of leafy green vegetables, nuts and seeds every day, and supplemental magnesium:

muscle twitches, tics, or spasms	"Charlie horse" (the muscle spasm that occurs when you stretch your legs)	insomnia or restless sleep	stress	back pain
headaches, cluster headaches, migraines	stiff and aching muscles	joints that need continued chiropractic treatment	weakness	Hypoglycemia

diabetes	nervousness	Hyperactivity	high blood pressure	osteoporosis
PMS	constipation	Angina	kidney stones	aging
depression	heart attack	Irregular heartbeat	attention deficit disorder	aggressive behavior
chronic fatigue syndrome	stroke	Anxiety	confusion, muscle weakness	hiccups
	high-strung	Exhaustion from exercise	seizures	

Supplementing with magnesium must be done with the right balance between calcium and magnesium. Finland, which, from 1973 to 1999 had the highest recorded incidence of heart attack in middle-aged men in the world, also has a high calcium-to-magnesium ratio in the diet at 4 parts calcium to 1 part magnesium.<sup>16-17</sup> Americans in general have a high calcium-to-magnesium ratio in their diet and consequently in their bodies; the U.S. ratio is 3.5-to-1.

Our dietary emphasis on a high calcium intake without sufficient magnesium and because of the excessive emphasis on women taking high doses of calcium for osteoporosis, we are creating more imbalance between the two minerals.

Some researchers predict that the American ratio of calcium to magnesium is actually approaching 6-to-1, yet, the recommended dietary ratio of calcium to magnesium in the United States is 2-to-1. Current research shows that the ratio of calcium to magnesium in the diet that our bodies should be closer to 1-to-1.<sup>18</sup>

The study I have reviewed suggests that in order to offset a magnesium deficiency induced by excess calcium and to assist the body in dealing with the symptoms I listed earlier, that it may be necessary to take one part magnesium to one part calcium in supplement form for a period of months to a year. The study then suggests that stabilization on a healthy diet may be possible after that time.

Now, the most common sources of magnesium are oxide, citrate, glycinate, and malate.

People should use oxide and citrate if they suffer from constipation to take advantage of magnesium's laxative effect. Glycinate seems to cause little diarrhea and is the best choice for people who already have loose stools.

Magnesium malate has been promoted for people with fibromyalgia to help break up lactic acid that seems to be part of the fibromyalgia picture.

**For more information I would suggest going to Dr. Carolyn Dean's** web site.

Dr. Dean is a medical doctor and naturopathic doctor. Her website is [carolyndean.com](http://carolyndean.com)