

Magnesium!

Magnesium is the second largest mineral in the human body. Calcium is the largest!

Calcium cannot be effective in the body without magnesium.

Calcium needs magnesium to dissolve in the body

Try this:

Take a calcium pill and crush it down to a powder and place in one oz of water. That's 2 tablespoons of water

Try as you may it does not completely dissolve

Now crush a magnesium pill and start to sprinkle it into the water and you will see that the calcium dissolves completely

The calcium has become more water-soluble

The same thing happens in your body. If you don't have enough magnesium in your body calcium does not dissolve completely and can create havoc in the body.

Excess muscles spasms, fibromyalgia, hardening of the arteries, kidney stones, and dental cavities and don't forget high blood pressure and a host of other problems.

Frequent urination happens as the bladder walls harden from excess calcium build up. Magnesium prevents this and reverses this also.

With the use of anti-acids and calcium supplements it is easy to see why so many are deficient in magnesium and suffer because of it.

We need at minimum a 1 to 1 ratio of calcium and magnesium to keep calcium from damaging the body.

Vitamin D is needed to absorb calcium and magnesium

Diuretics, birth control pills, asthma medications, insulin, digitalis for heart issues, antibiotics, cocaine and nicotine, caffeine, iron supplements, all cause a deficiency in magnesium

Vitamin B1 is needed for magnesium absorption at the cellular level

Selenium helps magnesium stay inside of the cells where it belongs

Conditions related to magnesium deficiency:

- Anxiety
- Depression
- Muscle weakness
- Muscle spasms (Helps in recovery after exercise)
- Fatigue
- Eye twitches
- Insomnia
- Apathy
- Anorexia
- Apprehension
- Poor memory
- Confusion
- Anger
- Nervousness
- Rapid pulse
- Adrenal stress
- ADD & ADHD in kids
- Autism
- Acting out
- Childhood depression
- Migraines
- Stress & tension headaches
- Raynaud's syndrome (lack of circulation in the hands)
- Ticks & twitches and spasms
- Tourette syndrome
- Sudden cardiac arrest after exercise

What does magnesium do for the body?

- ❖ Protects the brain from toxic chemicals in foods
- ❖ Keeps calcium out of cells (when magnesium is low calcium enters cells causing cell death)
- ❖ Opens up blood vessels to reduce blood pressure
- ❖ Protects the inner layer of the blood vessels
- ❖ Prevents excessive calcium buildup in the tissues of the body
- ❖ Stops stress headaches and migraines
- ❖ Can prevent strokes
- ❖ Helps in healing after brain injury or surgeries
- ❖ Helps prevent seizures and seizure like spasms
- ❖ Reduces cholesterol levels
- ❖ Reduces plaque from forming in arteries
- ❖ Prevents the inflammation in the arteries that leads to heart attacks
- ❖ Helps the body digest, absorb and utilize fats, proteins and carbohydrates
- ❖ Necessary for insulin to allow glucose to enter cells
- ❖ Helps prevent the obesity genes from expressing themselves
- ❖ Increases insulin sensitivity at the cellular level to correct insulin resistance
- ❖ Magnesium is needed for the production, function, and transport of insulin
- ❖ Protects the eyes from diabetic problems
- ❖ Protects the nerves from diabetic neuropathy
- ❖ Helps treat PMS, and PMS headaches
- ❖ Helps prevent seizures during delivery
- ❖ Helps prevent SIDS in infants and sudden cardiac arrest in teens and adults
- ❖ Hard brittle bones happen when calcium is taken without magnesium
- ❖ Helps prevent and treat BPH, enlarged prostate
- ❖ Helps restore normal gut bacteria and flora
- ❖ Helps alleviate symptoms of fibromyalgia
- ❖ Chronic fatigue
- ❖ Muscle pain
- ❖ Helps those with hyper-sensitivities to environmental chemicals
- ❖ Magnesium binds with and removes heavy metals from the body
- ❖ Helps with Alzheimer's disease and Parkinson's disease
- ❖ Helps control anger and rages
- ❖ Magnesium is a powerful anti-oxidant that prevents free radical damage in the body
- ❖ Helps with memory