

# Magnesium

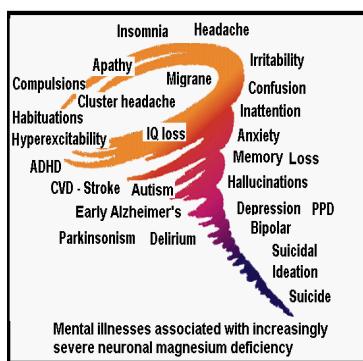
Magnesium is an important mineral in the body. Magnesium is needed for more than 300 chemical reactions in the body. Every organ in the body, especially the heart, muscles and kidneys, needs magnesium in order to function. It helps maintain normal muscle and nerve function, keeps heart rhythms steady, supports a healthy immune system and keeps bones strong.

## Sources of magnesium:

Magnesium is a mineral. This means that plants and animals can't make their own magnesium, and it has to be absorbed from the ground. Green vegetables such as spinach are good sources of magnesium. Some beans and peas, nuts and seeds and whole, unrefined grains are also good sources of magnesium. Refined grains are generally low in magnesium. Peanuts and peanut butter can also contain magnesium. **Brown** rice is a good source of magnesium, rather than white rice. Banana and avocado contain magnesium.

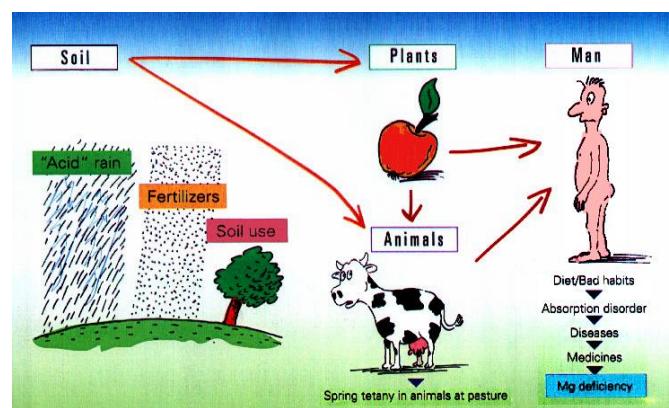


## Magnesium deficiency:



Early signs of magnesium deficiency include loss of appetite, nausea, vomiting, fatigue and weakness. As magnesium deficiency worsens, numbness, tingling, muscle contractions and cramps, seizures, personality changes and abnormal heart rhythms can occur. Low magnesium has also been linked to allergies, asthma, attention deficit disorder, anxiety, heart disease, muscle cramps and other conditions. Because magnesium is needed for muscle relaxation, if you are deficient you can get muscle cramps and tremors. Magnesium is also needed for the central nervous system and your brain. There are many neurological symptoms of magnesium deficiency. A deficiency in magnesium can also affect your mental health.

Magnesium deficiency can occur in two ways. Either you are not eating enough food that has magnesium in it, or the food you are eating does not have enough magnesium. Plants cannot make magnesium, so it has to be absorbed from the ground. Magnesium is constantly depleted in soil through farming. A lot of chemical fertilizers deplete the soil of magnesium as well. If this magnesium is not being replaced, then food that is typically high in magnesium will be low, and can



lead to a magnesium deficiency.

***What to do if you are deficient in Magnesium:***

If you are deficient in magnesium you should try to increase the amount of magnesium rich foods in your diet. However, because magnesium in the soil can be depleted from farming, the food you are eating might not have enough magnesium. In this case you should take supplements, which readily available at the pharmacy. You need to get your deficiency sorted as soon as possible, because the longer you leave it the harder it is to correct and the damage can be long term.

***Too much magnesium:***

If you are getting your magnesium from your diet, then you don't have to worry about having too much. If you are taking supplements, then you could take too much and cause magnesium toxicity. When you have too much magnesium you can get diarrhea and abdominal cramping, loss of appetite muscle weakness and difficulty breathing.

