

# Wellness

## REVIEW

### Stress Less with Magnesium



#### An Essential Mineral for Maintaining Health and Vitality

Minerals such as zinc, iron and magnesium are essential nutrients that your body needs in small amounts for normal growth and development. Magnesium is one of the most important minerals – it is required for more than 300 biochemical reactions in the body! It helps maintain normal muscle and nerve function, helps your cells make energy and keeps your heart rhythm steady. Magnesium is also required for:

- Maintaining healthy blood sugar levels
- Breaking down protein, carbohydrate and fat to make energy
- Regulating calcium metabolism, helping keep your bones strong
- Keeping your blood pressure low
- Improving blood flow around the body
- Enhancing muscle relaxation and relieving muscle cramps and spasms
- Helping you cope with stress better

#### Are You Missing Magnesium?

Early signs of magnesium deficiency can include:

- Tiredness, lethargy and fatigue – not having enough energy to get through the day
- Muscle cramping and spasms
- Muscle tension
- Tension headaches and migraines
- Stress, nervousness and anxiety
- Insomnia
- Premenstrual syndrome (PMS)
- High blood pressure

*If you're experiencing one or more of these symptoms on a regular basis, or have one of these conditions, you may be magnesium deficient.*

#### Most Diets Are Deficient in Magnesium

Magnesium is found in a wide range of foods, especially green vegetables, grains, nuts, legumes and chocolate. However, the bad news is that it can be difficult to get an adequate supply of magnesium from your diet. In fact, a recent scientific study found that the daily intake of magnesium was below the Recommended Daily Intake (RDI) for 76% of men and 86% of women tested! Compounding this is the fact that modern lifestyles actually increase your daily magnesium requirements significantly. For example, stress can deplete magnesium levels, as can a high consumption of tea, coffee and alcohol. Exercise can also increase your magnesium requirements.



#### Stressed Out?

If you are stressed, you actually need more magnesium than usual to keep your muscles relaxed and keep your nervous system going. The irony is that during times of stress, you excrete more magnesium, leaving your stores of magnesium depleted. This depletion of magnesium can leave you feeling anxious, uptight and can even affect your sleep. This results in a vicious cycle, whereby stress lowers your magnesium levels and low magnesium levels increase your stress!

#### Break the Stress Cycle!

To break the vicious stress cycle, you may need to take some supplemental magnesium. There are many different forms of magnesium, and having the correct form of magnesium is extremely important when it comes to supplementation. Some forms of magnesium can cause gastric upsets and diarrhoea for many individuals. Magnesium diglycinate is a form of magnesium that does not cause digestive upsets. This form of magnesium is highly absorbable and can help alleviate stress, anxiety and insomnia. Magnesium diglycinate is the best form of magnesium to take if you are magnesium deficient.

#### What's the Best Magnesium for Me?

Magnesium diglycinate is available from this clinic in an easy-to-take, pleasant-tasting powdered form. We have magnesium available in combination with other important nutrients to help you cope more effectively with the stress in your life. We have formulas that combine magnesium diglycinate with:

- **Taurine** - The amino acid taurine plays a vital role in regulating mood, stress and anxiety. Taurine has been shown to directly reduce stress.
- **B vitamins** - All the B vitamins are important during times of stress and a combination that includes magnesium with B vitamins will certainly help restore you to a state of calm.
- **Potassium citrate** - When you are stressed, your body can become more acidic. This can deplete your energy and cause other health problems in the long-term. For optimal health, a more alkaline state is beneficial. The nutrient potassium citrate is an alkalising agent and will assist in alkalising your body during stressful periods.

#### Need a Magnesium Boost?

If you are experiencing any stress, nervousness or anxiety, make an appointment today. We can help you make simple diet and lifestyle changes and recommend the right natural medicine to help you manage your stress more effectively and get your magnesium levels back to optimal levels!

*Your Healthcare Practitioner can advise you on the right magnesium supplement for you; so if you think you might be magnesium deficient, talk to your Practitioner today!*