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Why Magnesium?

Magnesium is considered the "anti-stress" mineral. Deficiency is very common especially in the elderly, people who use alcohol, caffeine, excess sugar, hypertension medication, high stress lifestyle or birth control pills. Magnesium is needed for calcium absorption. Without adequate magnesium, extra calcium collects in the soft tissues instead of bone and causes calcium deposits and arthritis.

Magnesium deficiency may result in chocolate cravings, muscle cramps, trouble relaxing or going to sleep, and the inability to optimally metabolize estrogen in the liver. Inadequate magnesium intake may exacerbate age related diseases such as cardiovascular disease, diabetes and hypertension. Magnesium provides relief for those suffering from constipation.

Good sources of magnesium: nuts, seeds, legumes, unprocessed, whole/unrefined grains, dark chocolate, meat and seafood.

A recent study has demonstrated that cell replication and metabolism is negatively impacted when human endothelial cells and fibroblasts are grown in a culture that is deficient in magnesium. The scientists go on to say, "we propose that broadly correcting nutritional intakes of Mg might contribute to healthier aging and the prevention of age-related diseases."

Supplementing with magnesium is best taken between meals or before bedtime when little or no fat is present in the G.I. (fat binds to magnesium and prevents absorption). Magnesium has been shown to be very helpful in calming the nervous system and relaxing muscles, alleviate constipation, headaches from caffeine withdrawal, PMS, peri-menopause, hypertension, kidney stones, osteoporosis, atherosclerosis and preventing muscle spasms (Charlie horses).

RDA: 300-400 mg. Levels used by physicians: 600 - 1,000 mg. (up to bowel tolerance)
Always check with your health practitioner prior to supplementing with magnesium.

Read more about magnesium in my book, ***The Power of 4 – Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life.***

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