

Benefits of Magnesium

Magnesium is a mineral that is vital to our health. It is one of several essential minerals we need on a regular basis to maintain health. About 60 to 65 percent of magnesium is found in our bones. Another 25 percent is found in our muscle and the rest is found in body fluids and other cell types. Magnesium, like every other mineral cannot be manufactured by our bodies and must be received through nutrition. Magnesium is well known for its ability to relax our muscles. We need magnesium to stay calm and maintain healthy blood pressure.

Functions of Magnesium :

1. Needed for the proper functioning of muscles and nerves (inhibitory to muscle contraction).
2. Activates cellular enzymatic activity.
3. Important for calcium, vitamin C, phosphorus, sodium, potassium, carbohydrate, protein and fat metabolism
4. Important for converting blood sugar into energy.
5. Anti-stress
6. Magnesium plays a huge role in the elimination of toxins from the body. If magnesium is low in our body, we are much more susceptible to the ill effects of those toxins.

Daily Requirements - 300 to 600 mg.

Supplemental Dosage - 400 mg. chelated magnesium

Symptoms of Deficiency : Sensitivity to sound, Muscular twitching and weakness,, Aching muscle, Muscle spasms and tremors, Rapid heart rate, Menstrual cramps or pain, Convulsion (Seizures), Depression, Grouchiness, Vomiting, Insomnia, Irritability, Hyperacidity, Anxiety, Confusion, Disorientation, Cardiovascular disease, Imbalanced blood sugar, Hypertension (High blood pressure), Softening and weakening of bone, Heart arrhythmia, irregular contraction, No appetite, Nausea, Headaches.

Food Sources of Magnesium

- Ø The best sources are: raw spinach and Swiss chard (بنجر).
- Ø Very good sources include: broccoli, mustard greens, summer squash, halibut, blackstrap molasses, turnip greens, pumpkin seeds and peppermint.
- Ø Several good sources of magnesium include: celery, cucumber, green beans, kale and a number of different seeds such as flax seeds, sunflower seeds, sesame seeds.
- Ø Other Sources : Cereals, legumes, yellow corn, bran, wheat germ, soybean, green leafy vegetables, almonds, seeds, nuts, apples, lemon, grapefruit, seafoods, meat, milk and dairy products.

References:

1. [ezinearticles.com/ Magnesium](http://ezinearticles.com/Magnesium)
2. health.learninginfo.org/benefits-of-magnesium.htm