

Top 5 Health Benefits of Magnesium

The top five health benefits of magnesium are:

1. Magnesium may reverse osteoporosis

Multiple research studies conducted have suggested that calcium supplemented with magnesium improves bone mineral density. Magnesium deficiency alters calcium metabolism and the hormones that regulate calcium, resulting in osteoporosis. Intake of recommended levels of magnesium is important because it averts osteoporosis.

2. Magnesium prevents cardiovascular diseases

One of the most important benefits of magnesium is that it is associated with lowering the risk of coronary heart diseases. Dietary surveys have suggested that sufficient magnesium intake may reduce the chance of having a stroke. Magnesium deficiency increases the risk of abnormal heart rhythms, which increases the risk of complications after a heart attack. Therefore, consuming recommended amounts of magnesium dietary supplements may be beneficial to the cardiovascular system.

3. Magnesium regulates high blood pressure (Hypertension)

Magnesium plays a key role in regulating blood pressure naturally. Magnesium supplements and a diet including plenty of fruits and vegetables, which are good sources of potassium and magnesium, are consistently associated with lowering blood pressure.

4. Magnesium treats diabetes

Studies show that individuals with a magnesium deficiency have a risk of developing type-2 diabetes and severe diabetic retinopathy. Magnesium aids in carbohydrate metabolism and influences the release and activity of insulin, thereby controlling blood glucose levels. It has been proven that for every 100 milligrams of increase in magnesium daily intake, there was a 15 percent decrease in the risk of developing type-2 diabetes.

5. Magnesium treats migraines, insomnia, and depression

The numerous magnesium health benefits also include the treatment of migraines, insomnia, and symptoms of depression. Magnesium is also known to cure severe forms of psychiatric dysfunctions including panic attacks, stress, anxiety, and undue agitations. Magnesium supplements considerably reduce the severity of such attacks and may also help in reducing the rate of recurrence.

<http://www.newsmax.com/FastFeatures/Magnesium-health-benefits-supplements/2011/01/20/id/369647>