

Magnesium for Bone Health and Beyond

Getting enough of this mineral can bring plenty of positive changes to your health.

Magnesium performs a significant role in bone mineral density (BMD), which refers to how much calcium and other minerals are included in a specific area of bone. The disease osteoporosis reduces bone mineral density. In a study on nutrition and BMD, researchers found that a proper intake of magnesium was associated with greater bone mineral density in elderly men and women.²

And magnesium is important to reduce the impact of stress - a problem linked as a contributing factor in many serious health conditions. A study review published in the *Journal of the American College of Nutrition* revealed, "When magnesium (Mg) deficiency exists, stress paradoxically increases risk of cardiovascular damage including hypertension, cerebrovascular and coronary constriction and occlusion, arrhythmias and sudden cardiac death."³

Stress can also be a key factor in less serious but life-altering conditions like chronic fatigue syndrome. Research shows that CFS patients are often under stress and stress hormones reduce magnesium levels in body tissues.⁴ This can lead to a compromised immune system for people with this syndrome.

You can help keep your immune system operating at its best with sufficient magnesium and getting chiropractic adjustments, which are proven to help boost immune function.⁵

Research shows magnesium can also be useful in the treatment of:

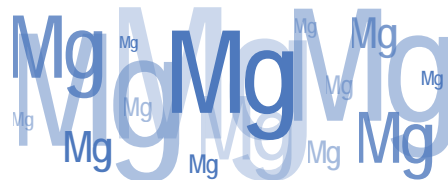
- Depression
- Anxiety
- Metabolic syndrome
- Muscle spasms
- Insomnia
- Headaches
- Hyperactivity
- Seizures
- PMS

How to Increase Your Magnesium Levels

Adjust your diet to include plenty of magnesium rich foods like halibut, almonds, spinach, soybeans, bananas, and brown rice (long grain).

However, the amount of magnesium in food sources can vary considerably depending on where they're grown. In many parts of the world, damaging agricultural practices have led to soil with low levels of this mineral.

In some situations, it may be necessary for you to supplement your dietary intake of magnesium. Getting magnesium through your diet is safe. But you need to be aware that magnesium supplements can negatively interact with some medications and can also pose a serious risk for people with certain medical conditions. Get advice from your chiropractor before supplementing with this nutrient.



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Quote of the Week

"The universe is full of magical things patiently waiting for our wits to grow sharper."

- Eden Phillpots

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Topic of the Week

newsletters are written and designed by Brican Systems Corporation exclusively for its chiropractic clients.

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