

# **Magnesium Sufficiency Is Crucial To Our Optimal Health**

Magnesium deficiency impacts up to 80% of the U.S. population and contributes to a myriad of conditions that affect our friends, family, and colleagues on a daily basis.

In real estate, the phrase "Location! Location! Location!" is a recurring theme. In natural health care, "Education! Education! Education!" greatly influences the health choices made. Here are some tips.

Dr. Carolyn Dean, MD, ND, author of *The Miracle of Magnesium*:

- Magnesium deficiency is associated with significant conditions including heart disease, type-2 diabetes, blood clots, nerve problems, mood disorders, migraines, and liver and kidney disease.
- Magnesium guides a large number of important physiological functions including creation of ATP, the pumping of our heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function.
- The best way to optimize your magnesium level is by consuming plenty of organic green leafy vegetables, nuts, and seeds.
- Magnesium is of particular importance to your heart as it can help dilate blood vessels, prevent heart muscle spasm, help dissolve blood clots, and prevent arrhythmias.

Dr. Melvin Werback notes in his book, *Nutritional Influences on Illness*, that magnesium deficiency is often associated with conditions such as restlessness-leg, cramps, muscle pain, nervousness, anxiety, irritability, and muscle tremors.

There is a completely non-invasive method of assessing magnesium status in yourself that has been researched and reported by Dr. Herbert Mansmann, Jr., Director of the Magnesium Research Laboratory. It is a functional challenge test you perform at home in the evening:

- Begin with (4) tablets of [Mg-Zyme™](#) (this will provide 400mg of magnesium, the current RDA as excellent absorption magnesium as aspartate, glycinate, and gluconate).
- Increase the dose by (1) tablet every evening until you have diarrhea or a loose stool the next morning. Then reduce the dose by (2) tablets (200mg) and continue until you have loose stools again and then reduce the dose by (2) tablets again, and so on until you arrive at the correct dose for yourself, which should be (3-7) tablets daily.
- If you need more than 500mg to 700mg of magnesium to produce a loose stool, then you probably have a need for magnesium.

Dr. Mansmann is of the opinion that we all should be getting enough magnesium to have loose stools every morning. Please contact us if you have any questions. You can schedule a free 15 minute consultation by using the link at the top of the page.

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