

Magnesium - Nature's Tranquilliser

by Allan Wohrnitz(BSc)

Ever wondered why the prescriptions of tranquillisers and anti-depressants are so prevalent nowadays? How come heart attacks and cholesterol problems are on the increase, hyperactive children more common? People unable to cope with Stress, getting highly strung and anxious? Want to know? Read on.

For every case above, Magnesium is lacking - either deficient or inadequate.

Magnesium is a mineral found in the soil. Unfortunately today's soils are full of chemical fertilisers and this prevents magnesium to be absorbed into the soil or picked up by the plants. It could be quite safe to say that the world at large is deficient in this key mineral.

The best sources of magnesium are nuts, soybeans, cooked green leafy vegetables (spinach, chard, kale and beet tops - provided they are grown without chemical fertilisers and no cooking water discarded).

How key is magnesium?

- It is needed by **every** cell in the body, including the brain cells
- It is essential for the synthesis of proteins (see my previous article on proteins) (synthesis - producing a compound from simpler starting materials by a series of chemical reactions. Greek - to put together)
- It is essential for the utilisation of fats and carbohydrates
- It is essential for hundreds of enzyme systems, especially involved in energy production. Enzymes also contain Vit B6 which is not well absorbed unless magnesium is generously supplied.

Deficiencies of magnesium cause the following:

- Slight deficiency: irritable, highly strung, sensitive to noise, hyper-excitable, apprehensive, nervous, grouchiness, jitters (anxious)
- More severe or prolonged deficiency: twitching, tremors, irregular pulse, insomnia, muscle weakness, jerkiness, leg & foot cramps, clouded thinking, confusion, disorientation, marked depression, delirium tremens.
- Records of electrical waves of the brain, heart and muscles all become abnormal

Heart:

Low magnesium, heart trouble develops with cells dying, haemorrhages and calcification of heart muscles. Potassium cannot be retained in the heart muscles and can cause death by heart attack.

Cholesterol:

A diet high in magnesium, no heart problems will develop. Magnesium is effective as a blood-cholesterol-lowering agent

Epilepsy:

Dr L.B. Barnett, a Texas physician gave 450mg of Magnesium daily to epileptic children - all anti-convulsant drugs were discontinued. Consistently good results can only happen when the entire diet is adequate, especially in Vit B6. Start with 25mg of B6 and a balance of B vits (B Complex). B6 is lost with diuretics and antibiotics

Babies:

Milk, commercialised baby formulas and baby foods are low in magnesium. Babies don't sleep, are sensitive to noise, have muscle spasms and convulsions. As potassium leave the cells, they get infant colic.

Headaches and migraines:

Lack of Magnesium & vit B6 can allow the loss of potassium in the cells. With lost potassium, cells swell and is possibly a cause of headaches due to brain cells swelling against the skull.

Bed wetting - magnesium deficiency causes muscle weakness closing the urinary bladder.

Alcohol - daily intake of alcohol causes the excretion of magnesium by 5 times in the urine. Can result in a heart attack if magnesium is not supplemented

Bone problems - with magnesium undersupplied, large amounts of calcium is lost in the urine.

This causes tooth decay, poor bone development, osteoporosis, slow healing of broken bones & fractures, formation of kidney stones

Magnesium stays largely in the cells. It is unusually low of those who have taken diuretics and antibiotics and those who suffer from epilepsy, diabetes, diarrhoea and nephritis (kidney damage)

Intake of magnesium as a supplement:

Magnesium requirement is in proportion to calcium intake; the more calcium in the diet, the more magnesium is needed. Calcium given alone induces magnesium deficiencies. The correct proportion of calcium to magnesium is 2:1. Ill and convalescent people have high magnesium requirements.

The best supplement is the Cal Mag formula in powder form. It is a mixture of Calcium Gluconate and Magnesium Carbonate in the correct ratio dissolved in an acid base before consumption. Calcium and magnesium in it's basic form (powder) is alkaline and if taken on it's own, can neutralise the stomach acid and can interfere with normal stomach digestive processes. It is best taken in dissolved form as it will have maximum absorption in the body and the magnesium will enter the blood stream directly and get into the cells where it belongs and handle the symptoms mentioned above.

Help create a calmer environment by making sure yourself and those around you are not deficient in Magnesium.

References: Nutrition advices by Adelle Davis.