

Don't Miss Out on the Health Benefits of Eating Magnesium-Rich Foods

Magnesium is one of four essential electrolytes circulating through our blood-stream. The others are Sodium, Calcium and Potassium. A normal electrolyte balance would be Sodium 134-145, Potassium 3.5-5.0, Calcium 2.2-2.55 and Magnesium 0.7-0.95.

Whilst we generally have adequate supplies of the first three, Magnesium is in danger of being undersupplied because of our diet preferences. Magnesium is predominant in dark green vegetables, but dark green vegetables such as spinach, silver beet and kale are not the most popular vegetables.

Magnesium has neuroprotective, cardio-protective, anti-hypertensive, anti-inflammatory, anti-obesity and hypoglycemic properties.

A magnesium deficiency or low level of magnesium in your food creates an out-of-balance condition in your body linked to many diseases from diabetes, heart disease and metabolic syndrome to depression and neurological disorders.



Heart Disease

Because of chronic diseases, medications, decreases in food crop magnesium content and higher availability of refined and processed foods, the vast majority of people in modern societies are at risk of magnesium deficiency (often undiagnosed).

In an analysis of 48 genetic studies with a total of 60,801 coronary vascular disease (CVD) cases and 123,504 free from CVD, researchers found that low serum magnesium levels are associated with an increased risk of heart disease.

Metabolic Syndrome

Generally, the triad of obesity, high blood pressure and Type 2 Diabetes is referred to as metabolic syndrome. Overall, a lower level of magnesium is seen in those having metabolic syndrome.

Magnesium supplementation has been shown to significantly lower blood pressure. In patients with high blood pressure taking anti-hypertensive medication, systolic blood pressure decreased by 18.7 points and diastolic blood pressure dropped by an average of 10.9 points.

Neurological Disorders

Magnesium is often called the "mind mineral," as it is abundant in the central nervous system and contributes to a balanced brain, influencing serotonin, dopamine and neuro-transmissions. Recent research has linked magnesium deficiency and low magnesium levels with many neurological disorders such as, Alzheimer's disease, Parkinson's disease, depression, stroke and migraine.

Take Home Message

Eat more dark green vegetables, nuts and beans, and supplement with a daily consumption of a 300mg magnesium tablet.

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