



# Wellness Update July 2013

## by Susan Hanly - Naturopath

### Magnesium - Are You Missing Out?

Magnesium is an essential mineral that is used by the body in over 300 different biochemical processes. Because magnesium is so widely used, it is easy for it to become depleted. Common signs of magnesium deficiency include muscular cramps and spasms, headaches, eye twitches and even a decreased resilience to stress. Magnesium deficiency is surprisingly more common than you may think. To ensure that you are replenishing your magnesium levels, it is important to choose the right type of magnesium.

### Not All Magnesiums Are Created Equal

The type of magnesium used in a supplement will greatly affect how much of it is absorbed and the results you receive. Magnesium bisglycinate is a specific form of magnesium amino acid chelate where magnesium is bound to two glycine molecules. This molecular structure means that magnesium bisglycinate does not compete with other minerals for absorption, improving the absorption and therapeutic effect. Magnesium bisglycinate also decreases unwanted side effects, such as gastrointestinal upsets, that can be experienced from other forms of magnesium. Clinical studies have shown that magnesium bisglycinate is eight times more absorbed than magnesium oxide and is extremely well tolerated.

### Do You Need More?

While magnesium is critically important in the body, it also requires other vitamins and minerals to complement its function. Specific magnesium combinations are available to me to prescribe to help address your presenting symptoms.

Common presentations of magnesium deficiency can include;

**Stress:** During times of stress there is an increased requirement for magnesium. If stress persists, this can often result in magnesium deficiency, which then heightens the stress response. A combination of magnesium, B complex vitamins and glutamine can help regulate the stress response. Likewise, an addition of potassium citrate can help alkalise the body which is beneficial because stress can increase metabolic acidity.



**Cardiovascular support:** Magnesium is a great supportive nutrient for heart health. Magnesium and taurine supplementation have been shown to decrease both systolic and diastolic blood pressure and support healthy heart function. Specific activated B vitamins can also help decrease homocysteine levels and support cardiovascular health.

**Irregular blood glucose levels:** Magnesium, along with chromium and activated B vitamins, can help regulate blood glucose levels, therefore decreasing fluctuations between hyperglycaemia and hypoglycaemia.

**Restless legs and cramps:** Muscular cramps, tension and spasms are commonly associated with magnesium deficiency. Magnesium has therapeutic applications in enhancing muscle relaxation and relieving spasms.

**Fatigue and Thyroid function:** In every cell we have our own powerhouses, known as mitochondria. To produce good amounts of energy for our body and brain, these powerhouses need magnesium and Acetyl Carnitine (NAC). Thyroid hormones support the

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function and numbers of mitochondria and are therefore important for energy production. Minerals iodine, zinc and selenium support thyroid health. Magnesium, combined with iodine, zinc, selenium, tyrosine and NAC can support fatigue.

### Don't Leave Out The Little Ones

Magnesium can also be useful for our children too. If your child experiences symptoms such as cramps, spasms or restless legs they could also be deficient in magnesium and may benefit from supplementation with a great tasting magnesium supplement designed for kids.



### Mighty Magnesium Food Inclusions

Magnesium comes in a wide variety of foods, from nuts and seeds, to leafy greens and grains. Include these nutrient-rich foods in your diet to support your magnesium status:

- Nuts and seeds - Raw almonds, cashews, Brazil nuts, walnuts, pumpkin (pepitas) and sesame seeds.
- Green leafy vegetables - Kale, silver beet, chard and spinach.
- Whole grains - Quinoa, wheat, buckwheat and rye are not only high in magnesium, but other nutrients too.
- Dark chocolate - Feel like a treat? Raw cocoa is also high in magnesium and makes a great guilt free treat in moderation. Especially if you suck it instead of chewing it, it will last longer and you will tend to eat less of it.



fatigue or other signs associated with magnesium deficiency, it is time to top up! The right magnesium supplement, prescribed by me, alongside simple dietary and lifestyle advice can help you replenish your magnesium reserves. Establishing good magnesium levels can help increase your vitality and wellness and maintain your health in the long-term.

***Talk to me today about the right magnesium choice for you.***

\* References available on request.

### Just for something different this winter!

Just for something different this winter why don't you join the thousands of others who are giving up alcohol for a month and doing **DRY JULY!** Maybe give it a go – you might find it beneficial!

***Check out my new website at***

**[www.suehanly.com.au](http://www.suehanly.com.au)**

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