



Wellness Update May 2014

by Susan Hanly - Naturopath

The Wonder Mineral for Pain and Fatigue

Not Firing On All Four Cylinders?

Do you struggle through the day feeling fatigued, in pain or just plain fed up? If you wake up in the morning with exhaustion, experience cramping or muscular aches, pains, backaches or headaches your body may be crying out for more magnesium.

Many Australians and New Zealanders have below the recommended daily intake of magnesium in their diet, which may lead to magnesium deficiency. A magnesium deficiency may cause symptoms and disorders affecting nerves, muscles, bones, the cardiovascular system and metabolism. Stress can also increase the body's demand of magnesium, leaving you depleted and with lower reserves of this important mineral.

Magnesium - the Wonder Mineral

Magnesium is an essential mineral which is vital for producing energy to fire every cell in your body, so you function at your best. When you are deficient in magnesium, it can exacerbate feelings of exhaustion and heighten the intensity of pain and inflammation. If you have ever suffered from symptoms of pain, muscular cramps, headaches, fatigue or even fibromyalgia, you may have increased requirements for therapeutic doses of a highly bioavailable magnesium.



Energy to Go, Go, Go!

Magnesium is ideal for increasing energy levels in those with physical and/or mental fatigue. It is responsible for the cellular production of energy

which powers everything you do; helping your muscles contract and your heart, one of the most important muscles in the body, to beat rhythmically. Magnesium can assist with any health challenges that involve tiredness and malaise, including both short term fatigue, chronic fatigue syndrome, low thyroid function, and fatigue due to poor sleep. Magnesium is an excellent mineral in its own right for battling fatigue, and has even greater results when combined with other energy kicking nutrients:

- N-acetyl carnitine works wonders for energy, breaking down fat stores as a source of fuel. It also helps to reduce mental and physical fatigue, while improving memory and cognition.
- Another gem is tyrosine, which can aid memory and reduce the effects of stress and fatigue. Tyrosine can also assist in thyroid hormone synthesis, improving metabolic rate and energy output.
- Selenium and iodine also support thyroid function, minimising physical and mental sluggishness.

Pain, Pain Go Away!

If you experience pain and tenderness, magnesium is your mineral. Whether you have muscle soreness after exercise, a headache after a long hard day at work, period pain, or are suffering from the common chronic pain syndrome, fibromyalgia, magnesium can help you manage your pain. This important mineral also helps your muscles to relax, so they are not tense, stiff and angry. Magnesium plays a role in moving fluid into the cells of all of your tissues, to make sure they are fully hydrated in order to function optimally. Magnesium deficiency can lead

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to more inflammation in the body, causing more pain; another good reminder to maintain your magnesium levels.

Pain Fighting Combinations

While magnesium is well known for being the main “muscular mineral”, you can find relief from pain when combined with other nutrients:

- Malic acid and magnesium are great mates for pain relief, significantly reducing chronic pain in as little as 48 hours.
- Calcium works with magnesium to aid muscle contraction and movement, and to support energy production.

The Type of Magnesium Matters

Ensure you take a magnesium with superior absorption; the more your body absorbs, the greater symptom improvement you will experience. Magnesium bisglycinate (also known as Meta Mag®) is a highly absorbable form of magnesium which is shown to be eight times more absorbable than other forms of magnesium. Meta Mag® absorbs intact so you are getting a pure and highly useable form of magnesium straight into your cells, without digestive upset for the greatest results.

Unfortunately many of the supermarket magnesium supplements are not well formulated or dosed and so you do not get the required results. Good quality supplements make a big difference.

Magnesium Makes the Difference

Speak to me today about how you can achieve optimal levels of magnesium to improve your health and wellbeing. You can trust I will provide you with the right magnesium to address your individual health needs. Magnificent magnesium can help free you from the clutches of pain, with an energy boost to boot.

Cold and Flu Season is Coming

As the weather starts to cool off the cold and flu season fires up. Many people have had a nasty virus already this season. So it is definitely time to get your immune system in fighting order to fend off these bugs. Herbal immune stimulants, zinc



and vitamin C are all good supplements to keep your immune system ready for action. Remember antibiotics are of no use in treating a virus.

If you find you succumb to a virus and it won't clear then come in and get some treatment so that it does not drag on and on.

Remember the Phone App!

Remember to download the phone app for the clinic. You'll find lots of information and also a loyalty program which will save you money.

Simply scan this QR code with your smart phone and it will get you started. It is really simple and quick to download and really useful.



Don't suffer colds and flu and the resultant coughs and sinus problems – Ring me!!

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