



Healthy4life.ca Newsletter - May 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Minerals

"And as with vitamins and other nutrients, for each mineral there is an optimum requirement. Too little will inhibit many important reactions in the body and too much will be toxic." Dr. A. Hoffer

Magnesium

Magnesium is an essential macro-mineral, an anti-stress mineral or natural tranquilizer. The body uses it to regulate muscle tone. The heart is a muscle so magnesium is important to the heart's proper function. It is involved in hundreds of enzymatic reactions, energy production, lipid (fat) synthesis, protein synthesis, formation and excretion of urea, muscle relaxation, neuromuscular transmission and activity, constipation, building bone and prevention of tooth decay.

Anything that has a diuretic effect can flush magnesium out of the body, including excessive water intake, diuretic medications, caffeine, alcohol and sugar.



Magnesium Rich Foods

Vegetable, some seafood like crab, dark leafy greens (magnesium is a component of chlorophyll), swiss chard, spinach, most nuts and seeds (almonds, pecans, cashews, Brazil nuts, peanuts, pumpkin seeds), legumes, soy flour, tofu, whole grains (wheat germ, wheat bran, brown rice, buckwheat), brewers yeast, garlic, raisins, potato skins, avocado, dried apricots, dried figs, banana, kefir and hard water.

CoFactors

" To function optimally, magnesium must be balanced with calcium, phosphorus, potassium, and sodium chloride." Elson M. Haas MD

Magnesium toxicity can occur if calcium intake is too low. In a future newsletter I will discuss the mineral calcium.

If taking a calcium supplement, most sources recommend taking half the amount in magnesium, together with vitamin D3 and vitamin C for maximum absorption. Always check with your medical team before starting or increasing any supplements.

Magnesium and Your Brain

There is an interesting article entitled "Rapid recovery from major depression using magnesium treatment", published in Medical Hypothesis in 2006.

"In 1968, [Wacker and Parisi \(link is external\)](#) reported that magnesium deficiency could cause depression, behavioral disturbances, headaches, muscle cramps, seizures, ataxia, psychosis, and irritability - all reversible with magnesium repletion."

[Full Article](#)

Resources

Staying Healthy With Nutrition Rev. The Complete Guide To Diet and Nutritional Medicine by Elson M. Haas MD and Buck Levin PhD RD, ISBN 978-

1587611797 paperback and Kindle ASIN B00AGVNGNG and Kobo ISBN 978-1607745075

New Optimum Nutrition for the Mind by Patrick Holford ISBN 978-0749927851

Optimum Nutrition Made Easy by Patrick Holford ISBN 978-0-7499-2866-7 paperback, and Kindle ISBN 0749928662 and Kobo 978-0-7481-25074

National Institutes of Health Magnesium Fact Sheet

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

Mayo Clinic Magnesium Supplements <http://magnesiumrichfoods.com/tag/mayo-clinic/>

Mayo Clinic Magnesium Rich Foods <http://magnesiumrichfoods.com/foods-high-in-magnesium/>

Dieticians of Canada Food Sources of Magnesium

<https://www.dietitians.ca/your-health/nutrition-a-z/minerals/food-sources-of-magnesium.aspx>

**Be healthy 4 life,
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