

Why 80% of Us Are Deficient In Magnesium

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Magnesium deficiency is often misdiagnosed because it does not show up in blood tests – only 1% of the body's magnesium is stored in the blood.

Most doctors and laboratories don't even include magnesium status in routine blood tests. Thus, most doctors don't know when their patients are deficient in magnesium, even though studies show that the majority of Americans are deficient in magnesium.

Consider Dr. Norman Shealy's statements, "Every known illness is associated with a magnesium deficiency" and that, "magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient." The truth he states exposes a gaping hole in modern medicine that explains a good deal about iatrogenic death and disease. Because magnesium deficiency is largely overlooked, millions of Americans suffer needlessly or are having their symptoms treated with expensive drugs when they could be cured with magnesium supplementation.

One has to recognize the signs of magnesium thirst or hunger on their own since allopathic medicine is lost in this regard. It is really something much more subtle than hunger or thirst but it is comparable. In a world though where doctors and patients alike do not even pay attention to thirst and important issues of hydration, it is not hopeful that we will find many recognizing and paying attention to magnesium thirst and hunger, which is a dramatic way of expressing the concept of magnesium deficiency.

Few people are aware of the enormous role magnesium plays in our bodies. Magnesium is by far the most important mineral in the body. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies; vitally important, yet hardly known. It is more important than calcium, potassium or sodium and regulates all three of them. Millions suffer daily from magnesium deficiency without even knowing it

In fact, there happens to be a relationship between what we perceive as thirst and deficiencies in electrolytes. I remember a person asking, "Why am I dehydrated and thirsty when I drink so much water?" Thirst can mean not only lack of water but it can also mean that one is not getting enough nutrients and electrolytes. Magnesium, Potassium, Bicarbonate, Chloride and Sodium are

some principle examples and that is one of the reasons magnesium chloride is so useful.

You know all those years, when doctors used to tell their patients 'its all in your heads,' were years the medical profession was showing its ignorance. It is a torment to be magnesium deficient on one level or another. Even if it's for the enthusiastic sport person whose athletic performance is down, magnesium deficiency will disturb sleep and background stress levels and a host of other things that reflect on the quality of life. Doctors have not been using the appropriate test for magnesium – their serum blood tests just distort their perceptions. Magnesium has been off their radar screens through the decades that magnesium deficiencies have snowballed.

Symptoms of Magnesium Deficiency

The first symptoms of deficiency can be subtle – as most magnesium is stored in the tissues, leg cramps, foot pain, or muscle 'twitches' can be the first sign. Other early signs of deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur.

A full outline of magnesium deficiency was beautifully presented in a recent article by Dr. Sidney Baker. "Magnesium deficiency can affect virtually every organ system of the body. With regard to skeletal muscle, one may experience twitches, cramps, muscle tension, muscle soreness, including back aches, neck pain, tension headaches and jaw joint (or TMJ) dysfunction. Also, one may experience chest tightness or a peculiar sensation that he can't take a deep breath. Sometimes a person may sigh a lot ."

"Symptoms involving impaired contraction of smooth muscles include constipation; urinary spasms; menstrual cramps; difficulty swallowing or a lump in the throat-especially provoked by eating sugar; photophobia, especially difficulty adjusting to oncoming bright headlights in the absence of eye disease; and loud noise sensitivity from stapedius muscle tension in the ear."

"Other symptoms and signs of magnesium deficiency and discuss laboratory testing for this common condition. Continuing with the symptoms of magnesium deficiency, the central nervous system is markedly affected. Symptoms include insomnia, anxiety, hyperactivity and restlessness with constant movement, panic attacks, agoraphobia, and premenstrual irritability .

Magnesium deficiency symptoms involving the peripheral nervous system include numbness, tingling, and other abnormal sensations, such as zips, zaps and vibratory sensations ."

" Symptoms or signs of the cardiovascular system include palpitations, heart arrhythmias, and angina due to spasms of the coronary arteries, high blood pressure and mitral valve prolapse . Be aware that not all of the symptoms need to be present to presume magnesium deficiency; but, many of them often occur together. *For example, people with mitral valve prolapse frequently have palpitations, anxiety, panic attacks and premenstrual symptoms. People with magnesium deficiency often seem to be "uptight*." Other general symptoms include a salt craving, both carbohydrate craving and carbohydrate intolerance, especially of chocolate, and breast tenderness."

Magnesium is needed by every cell in the body including those of the brain. It is one of the most important minerals when considering supplementation because of its vital role in hundreds of enzyme systems and functions related to reactions in cell metabolism, as well as being essential for the synthesis of proteins, for the utilization of fats and carbohydrates. Magnesium is needed not only for the production of specific detoxification enzymes but is also important for energy production related to cell detoxification. A magnesium deficiency can affect virtually every system of the body.

Like water we need magnesium everyday. There is an eternal need for magnesium as well as water and when magnesium is present in water life and health are enhanced.

One of the principle reason doctors write millions of prescriptions for tranquilizers each year is the nervousness, irritability, and jitters largely brought on by inadequate diets lacking magnesium. Persons only slightly deficient in magnesium become irritable, highly-strung, and sensitive to noise, hyper-excitabile, apprehensive and belligerent. If the deficiency is more severe or prolonged, they may develop twitching, tremors, irregular pulse, insomnia, muscle weakness, jerkiness and leg and foot cramps.

If magnesium is severely deficient, the brain is particularly affected. Clouded thinking, confusion, disorientation, marked depression and even the terrifying hallucinations of delirium tremens are largely brought on by a lack of this nutrient and remedied when magnesium is given. Because large amounts of calcium are lost in the urine when magnesium is under supplied, the lack of this nutrient indirectly becomes responsible for much rampant tooth decay, poor bone development, osteoporosis and slow healing of broken bones and

fractures. With vitamin B6 (pyridoxine), magnesium helps to reduce and dissolve calcium phosphate kidney stones.

Magnesium deficiency may be a common factor associated with insulin resistance. Symptoms of MS that are also symptoms of magnesium deficiency include muscle spasms, weakness, twitching, muscle atrophy, an inability to control the bladder, nystagmus (rapid eye movements), hearing loss, and osteoporosis. People with MS have higher rates of epilepsy than controls. Epilepsy has also been linked to magnesium deficiencies.[1]

Another good list of **early warning symptom** suggestive of magnesium insufficiency:

- Physical and mental fatigue
- Persistent under-eye twitch
- Tension in the upper back, shoulders and neck
- Headaches
- Pre-menstrual fluid retention and/or breast tenderness

Possible manifestations of magnesium deficiency include:

- Low energy
- Fatigue
- Weakness
- Confusion
- Nervousness
- Anxiousness
- Irritability
- Seizures (and tantrums)
- Poor digestion
- PMS and hormonal imbalances
- Inability to sleep
- Muscle tension, spasm and cramps
- Calcification of organs
- Weakening of the bones
- Abnormal heart rhythm

Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia). Magnesium levels drop at night, leading to poor REM (Rapid Eye Movement) sleep cycles and unrefreshed sleep. Headaches, blurred vision, mouth ulcers, fatigue and anxiety are also early signs of depletion.