



Magnesium Loading: Getting the Proper Dose

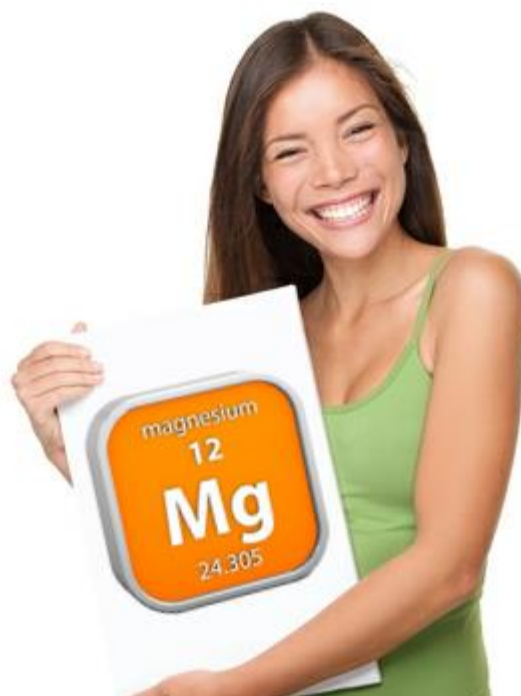
Magnesium plays a role in so many parts of your body; it's important to get enough. If you eat a large variety and large quantities of green leafy vegetables, you likely take in a lot of magnesium. In fact, if you don't start out deficient before upgrading your diet, you can probably rely on food alone for magnesium.

That's not the norm, however. Soils are depleted and most people's diets are woefully low in magnesium.

Magnesium activates 350 different bodily processes, including digestion, energy production, insulin receptors, muscle function, bone formation, creation of new cells, activation of B vitamins, relaxation of muscles, as well as assisting in the functions of the heart, kidneys, adrenals, brain and nervous system. Lack of sufficient available magnesium in the body can interfere with any or all of these processes.

Magnesium is depleted by stress, caffeine, sugar, alcohol, tobacco, drugs, low thyroid function, diabetes, chronic pain, diuretics, and a high-carbohydrate, high-sodium or high-calcium diet, and by drinking pasteurized milk.

It's estimated that 90-95% of the population are below healthy magnesium levels, including many who already supplement. This is because the foods they are eating are deficient in magnesium and/or the supplemental forms they take may not be well absorbed. There's so much stress and toxicity around us, it's hard to get enough magnesium.





Symptoms of Magnesium Depletion

- Low energy
- Stress
- Constipation
- Irritable bowel
- Spastic colon
- PMS and hormonal imbalances
- Insomnia
- Headaches
- Muscle tension and cramps
- Back pain
- Weakening of bones
- Heart-related difficulties
- Arrhythmias
- Anxiousness
- Nervousness
- Irritability
- Adrenal exhaustion
- Calcium deposits
- Kidney stones
- TMJ problems
- Teeth grinding
- Eye twitching
- Charlie horses in muscles
- Restless legs
- Poor concentration
- Inability to hold chiropractic adjustment

Recent research suggests that most people require up to 1000 - 1200 mg of magnesium. When you've had enough magnesium, you'll get loose stools.

How Much Magnesium Do You Really Need?

To determine the correct dose of magnesium, proceed as follows:

Step 1: Start with 2-3 doses of between 150 and 200 mg Magnesium Citrate or Glycinate. Observe for loose stools. Stay at this dose for 2-3 days and if you don't experience diarrhea, proceed to Step 2. If you experience diarrhea or loose stools, back off by one dose.

Step 2: Increase by one dose and again check for signs of loose stools. If bowels become loose, reduce to the dose in Step 1. If well tolerated, continue to repeat Step 2 until you get loose stools from the magnesium. Increase by 1 dose daily and always spread the magnesium across the day. Ideal would be 4 doses a day, but start with as many as you can handle.

Once you replenish your stores, you'll most likely be able to decrease your dose.