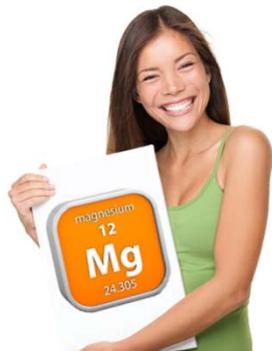


# Dr. Ritamarie: The Many Uses of Magnesium

## The Many Uses of Magnesium



with Dr. Ritamarie Loscalzo

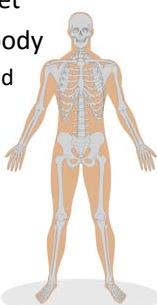
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## The Magic of Magnesium

- Essential mineral
- Very frequently deficient in modern diet
- Vital for over 325 enzymes in human body
  - ✓ Energy production, transport, storage, and utilization
  - ✓ Nerve conduction
  - ✓ Heart and skeletal muscle contraction
  - ✓ Skeletal strength
  - ✓ DNA and RNA synthesis
  - ✓ Cell reproduction and growth



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## Impact of Magnesium Deficiency #1

- **Anxiety and panic attacks:** adrenals
- **Asthma:** bronchial spasms and histamine
- **Blood clots:** blood becomes thicker
- **Bowel disease:** slower bowel function
- **Cystitis (bladder infection):** bladder spasms
- **Diabetes and blood sugar imbalances:** glucose transport into cells
- **Fatigue:** important in Krebs cycle
  - glycolysis

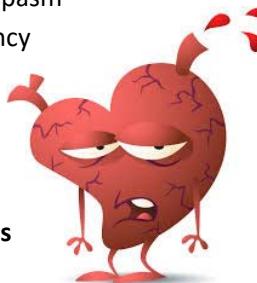


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## Impact of Magnesium Deficiency #2

- **Heart disease:** heart contraction
- **Hypertension:** blood vessel spasm
- **Insomnia:** melatonin deficiency
- **Kidney disease**
- **Migraine:** serotonin related, muscle spasms
- **Fibromyalgia**
- **Muscle cramping and spasms**
- **Vertigo**



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## Impact of Magnesium Deficiency #3

- **Osteoporosis**
- **Raynaud's**
- **Tooth decay**
- **Complications of pregnancy:** preeclampsia
- **PMS and menstrual cramps**
- **Mental confusion**
- **Depression:** serotonin is magnesium dependent
- **Slow detoxification**



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## Cause of Magnesium Deficiency

- Deficient soil
- Processed foods
- Fluoride in water
- Food antagonists: high protein, tannins, oxalates, phytate
- Excess mineral antagonists: calcium, phosphorus
- Drugs
- Deficient vitamin D



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## Methods of Magnesium Administration

- Food and herbs
- Oral supplements: to bowel tolerance
- Topical: magnesium oil
- Intravenous
- Intramuscular



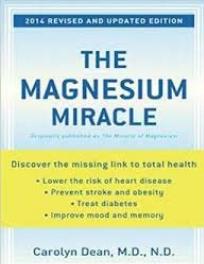
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# Dr. Ritamarie: The Many Uses of Magnesium

## Resources

- *The Magnesium Miracle*  
– Carolyn Dean, MD
- *Magnesium Factor*  
– Mildred Seelig, MD
- *Transdermal Magnesium Therapy*  
– Mark Sircus



The image shows the front cover of the book 'The Magnesium Miracle' by Carolyn Dean, M.D., N.D. The cover is light blue with the title 'THE MAGNESIUM MIRACLE' in large, bold, black capital letters. Below the title, it says '2014 REVISED AND UPDATED EDITION'. A yellow horizontal bar contains the text 'Discover the missing link to total health' and a bulleted list: '• Lower the risk of heart disease', '• Prevent stroke and obesity', '• Treat diabetes', and '• Improve mood and memory'. The author's name, 'Carolyn Dean, M.D., N.D.', is at the bottom of the cover.