

## The Many Uses of Magnesium



with Dr. Ritamarie Loscalzo

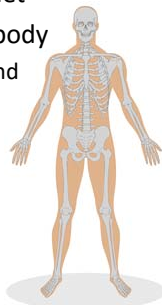
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## The Magic of Magnesium

- 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

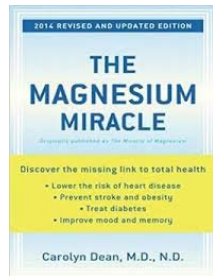
- Food and herbs
- Oral supplements: to bowel tolerance
- Topical: magnesium oil
- Intravenous
- Intramuscular



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## Resources

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



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