

The Many Uses of Magnesium

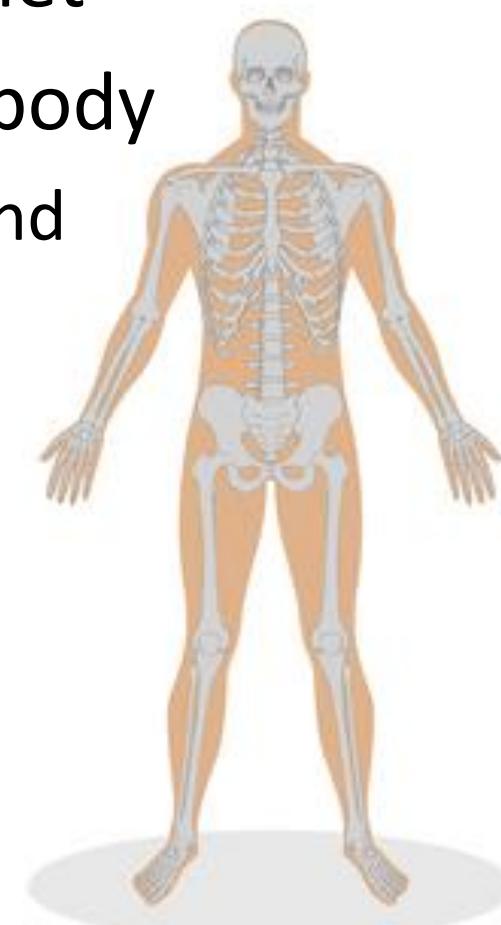


with Dr. Ritamarie Loscalzo

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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



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



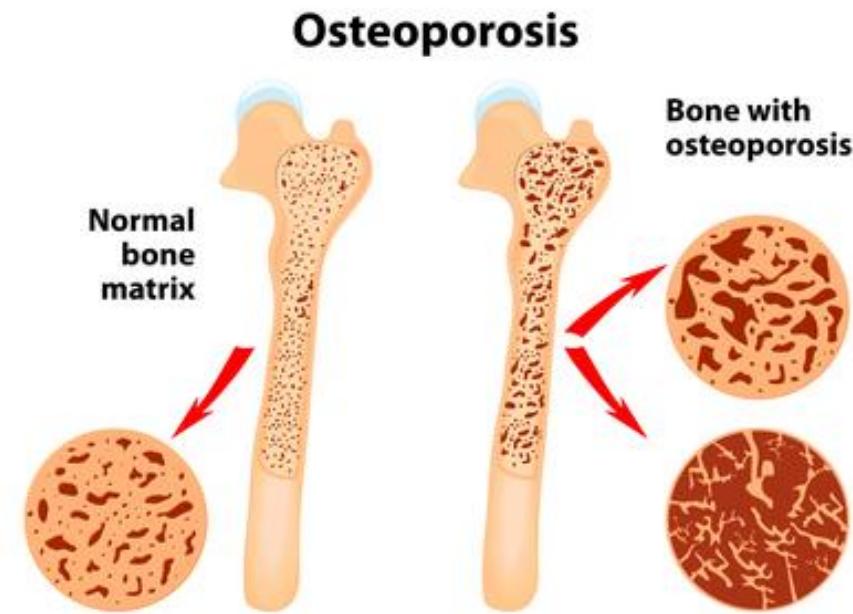
Impact of Magnesium Deficiency #2

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



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**



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



Methods of Magnesium Administration

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



Resources

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

