

Magnesium (Mg⁺⁺), unlike calcium, is not often spoken of but is just as important in maintaining healthy body functions. It is necessary for activating muscles and nerves, detoxification, digestion, RNA and DNA synthesis, and creating energy. Unfortunately, magnesium deficiency is not easily determined both because the majority of this mineral is stored in your bones and organs, and because magnesium deficiency can be misdiagnosed as a plethora of other issues.

Some of the common signs of magnesium deficiency include:

- eye twitching
- abnormal heart rhythms
- unexplained fatigue
- chronic muscle tightness and cramps
- headaches
- numbness and tingling
- hypertension
- migraines
- chronic back pain

Since magnesium works synergistically with calcium, vitamin D3 and K2, their intake must also be taken into account. Too much calcium can result in muscle spasms, and a severe imbalance between calcium and magnesium could lead to strokes and heart attacks. Vitamin K2 keeps calcium in its appropriate place. It is recommended that magnesium and calcium be taken at a 1:1 ratio rather than the higher calcium-to-magnesium ratio most people are currently achieving. Vitamin D toxicity can also occur without sufficient amount of K2 and magnesium.

The recommended daily intake of magnesium is 350mg-400mg/day; however, a therapeutic dosage is closer to 650-1000mg/day. Excellent sources of magnesium include dark leafy greens, seaweed, some beans, nuts and seeds and chocolate! It is important to consider that with modern farming practices minerals in the soil have been depleted, and with poor soil quality it becomes extremely difficult to achieve the recommended daily dose of magnesium through diet alone.

Other factors can also affect your body's ability to absorb magnesium. These include:

- intake of pop or caffeine
- menopause
- age
- certain medications
- an unhealthy gut

Difficulty in obtaining magnesium through diet alone results in a need for supplementation. There are many forms of magnesium supplements on the market and your choice would depend upon your required use:

- Magnesium glycinate: provides highest level of absorption and bioavailability; used to correct a deficiency.
- Magnesium carbonate: has antacid properties.
- Magnesium oxide: softens stools.
- Magnesium citrate: absorbs well but has laxative properties.
- Magnesium chloride: typically found as a topical agent; absorbs well.

If you would like to learn more about magnesium please visit <http://www.drcarolyndean.com>

References:

[DrCarolynDean.com](http://www.drcarolyndean.com)

Articles.Mercola.com

www.askanaturopath.com/faqs/magnesium/p/517