The Magic of Magnesium

Not only is it used to make strong *lightweight* alloys for the aerospace industry...

From the US Department of Health
Magnesium is the fourth most abundant mineral in the body and *is essential to good health*. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.

What foods provide magnesium?
Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, *unrefined* grains are also good sources of magnesium. *Refined* grains are generally low in magnesium. *When white flour is refined and processed, the magnesium-rich germ and bran are removed.* For more information go to the US Department of Health.

Let me share with you my own personal experience with the *MAGIC* of Magnesium. And yes, I did say *MAGIC* . . . About six months ago I awoke with the most severe stiff neck. It was totally debilitating and very frightening. I had never experienced anything like it and began to search my mind for what horrible disease could be causing it? Was it a brain tumor? Would the pain drive me out of my mind before anyone found me? It was too early to call anyone, my usual 4 AM, so I grabbed the heating pad and tried to think of calming picturesque scenery as I moaned and groaned in pain.

www.whatscookingwithjudy.com
By 6 AM the pain had not lessened so I called my chiropractor knowing he came in EARLY. He could hear the fear in my voice and told me to come to his office right away and he would work-me-in. My head was at such an angle I wasn't sure I could drive but did, all the while scared to death I might pass out. I absolutely should have called a neighbor to take me and, I promise . . . I will . . . should anything like that EVER happen again.

He gave me an adjustment and recommended CALM, a magnesium supplement. It comes in power form and taste terrible even the raspberry-lemon is hard for me to get down. His receptionist, who had arrived just as I was leaving, suggested I not use as much water as prescribed. After all the more water the more you have to swallow. Good advice I only add enough, 1-2 oz, of hot water to dissolve and chase it with cold water. I'm such a wimp.

He recommended I take another dose at noon and again in the evening, WARNING me that it can loosen one's bowels. WOW -- I now know magnesium is the stuff they use in whole-body cleanses. It is powerful . . . of course when I gave it some thought I realized Milk of Magnesia is MAGNESIUM ha-ha.

By 4 PM the pain had lessened and I slept suprisingly well that night. The next morning I headed his advice and reduced the amount of magnesium taking a smaller dose. I was feeling better, not human yet -- but better.

Since then I have taken a single dose occasionally, once for a sore shoulder and once for a tight low back. I have been very pleased with the relief I get from magnesium but am cautious, as I never need a laxative. I get plenty of fiber from my fruits & veggies each day and good lubricants in my healthy fats.

By the way I've always loved soaking my tired achy feet in hot Epsom Salt's and guess what? It is simply magnesium sulfate. No wonder my feet love it so. Check with your doctor BEFORE using magnesium in any form.

An additional note: After using Magnesium occasionally with great success over six months time, I went to the dentist for a routine cleaning. To my surprise the hygienist had to do more scraping than normal. When I asked what caused that she said, buildup of minerals on the teeth. You know what instantly came to my mind. And, I realized I had been taking it, even though only occasionally, at night before going to bed and after brushing my teeth. Hum will change that practice immediately. I will take it earlier in the evening BEFORE I brush my teeth. This will insure I am not leaving residue on my teeth.

www.whatscookingwithjudy.com