

Schüssler Express

#133



RECOGNIZE THE NEED FOR MAGNESIUM

Do you constantly feel exhausted and unenergized, although you get sufficient sleep? Or do you regularly experience muscle cramps and headaches? These signs could be a lack of magnesium. The symptoms are manifold which makes an early detection difficult. With an adequate supply of magnesium serious health issues can be prevented. Therefore, it is vital not to ignore the body's warning signals. Find out why magnesium is so important and how to supply your body adequately.

Why does the Body need Magnesium?

Magnesium is an essential mineral that is involved in more than 600 processes in the body. It helps us to yield energy from our food and enables a good functioning of muscles and nerves. It is also indispensable for strong bones, as it works hand in hand with Calcium. Magnesium is also vital for a strong immune system, and it helps us to deal with stress. Furthermore, it contributes to a restful sleep and can alleviate headaches. Thus, an insufficient magnesium supply affects health and well-being.

How much Magnesium do I need?

Magnesium is vital in each stage of life however the requirement depends on age and circumstances. Therefore, it is sensible to adjust the magnesium supply purposefully. Adults have approximately 25 g of magnesium in the body. Almost 99 per cent are contained in bones, muscles and other tissues, whereas only a minute amount circulates in blood.

- The daily magnesium requirement of a 4 – 7-year-old child is 190 mg
- The requirement for a 7 – 19-year-old increases to 240 – 330 mg
- Adult women require 300 mg and men up to 350 mg

Studies show that a significant proportion of the population in industrialised countries (Germany) do not consume enough magnesium. A German study documents that 26 per cent men and 29 per cent women do not meet the recommended daily requirement through food.

Those who require more Magnesium

Due to their life circumstances some groups have a higher need for magnesium. For instance, pregnant and nursing women require more magnesium to cover their own and the child's need. People with chronic illnesses, especially those affecting the metabolism and kidneys, often have difficulties to adequately absorb and store magnesium from foods. Due to intensive training, athletes use more magnesium and have to compensate.

- Pregnant women and nursing mothers
- Diabetics
- Seniors
- Athletes
- People with a high stress level

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Children and Adolescents

In the growing period children and adolescents require more magnesium for the development of bones and muscles. During puberty, when growth is particularly intense, the need additionally increases. And the nerve- and muscle function, which is especially challenged in everyday school life and sporting activities, is supported by magnesium.

Menstruation, Pregnancy, Breastfeeding, Menopause

Menstruation, pregnancy, breastfeeding and menopause can lead to an increased need for magnesium due to hormonal changes. Studies have shown that women with premenstrual syndrome (PMS) often have lower magnesium serum levels. An adequate magnesium supply can help to relax the uterine muscles during menstruation and alleviate typical PMS symptoms.

Furthermore, magnesium is not only important for the health of the expecting mother but also for a healthy development of the foetus. It supports the structure of bones, teeth and nerves of the unborn child and helps to regulate the muscle function of the mother. During breast-feeding more magnesium is also required to cover milk production and nutritional metabolism of the child.

Beyond that the magnesium requirement can increase during menopause. As magnesium also regulates calcium absorption, a deficiency can cause bone health problems (osteoporosis) in the long run.

Seniors

With increasing age, the body's ability to absorb magnesium from food reduces. Simultaneously, the

need increases as magnesium plays a vital part in the maintenance of bone healthy and cardiovascular function. In addition, a regular magnesium supply in older people can help to reduce muscle cramps and exhaustion which often occur in old age.

As seniors often also take medications that can compromise the magnesium absorption – e.g. diuretics or certain heart medications – an adequate mineral supply is especially important.

What are the causes of an insufficient Magnesium supply

A magnesium deficiency is not only the result of an imbalanced diet but also a reflection of modern, hectic life. The office routine starts with a quick coffee on the go to work, while breakfast is neglected. Stress, nutrient-poor ready meals or snacks in the evening contribute to a higher magnesium utilisation of the body than it receives. This way the magnesium deposits are quicker exhausted than we imagine.

Digestive problems such as acute or chronic diarrhoea, vomiting, malabsorption or small intestine restrictions/bypass can also cause an inadequate magnesium level. Furthermore, kidney diseases, chronic alcohol consumption, as well as certain medications (e.g. antibiotics, antidiabetics, antihypertensives, diuretics, glucocorticoids, oral contraceptives, antacids/proton pump inhibitors, cytostatic agents) can encourage an undersupply with magnesium.

What to eat to cover my Magnesium requirement

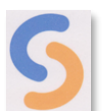
To cover the magnesium requirement a balanced diet is vital. There are lots of foods that are rich in

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magnesium and easily integrated in everyday life – whole grain products, nuts, seeds, legumes as well as leafy greens belong to the best sources of magnesium.

Magnesium-rich Foods

- **Whole grain products:** Whole grain bread, oats and quinoa are ideal magnesium suppliers. A breakfast including oats, fruit and nuts can already cover a good part of the daily need.
- **Nuts and Seeds:** Almonds, sunflower seeds, or pumpkin seeds are excellent snacks that not only provide intermittent energy but also supply magnesium. They can easily added to salads.
- **Bananas:** This fruit is not only practical for on the go but also rich in magnesium and filling.
- **Legumes:** Lentils, chickpeas and beans can easily be used in soups, salads, and stews and, apart from magnesium, are excellent protein sources.

Good to know: Caffein and alcohol can inhibit magnesium absorption as they foster the excretion via the kidneys. Those who have a high caffeine consumption or regularly drink alcohol should especially consider their magnesium supply.

Test the Magnesium Level

Certain symptoms can already indicate a shortage. In addition, the magnesium level can be determined in a blood serum (fluid part of the blood) test. A normal serum-magnesium level is approximately 0.75 to 0.95 mmol/l. However, the serum constitutes only ca 1 % of the overall magnesium in the body. As the largest portion of magnesium is stored in cells, muscles, bones

and other soft tissues, a deficit cannot always be clearly determined by this test.

When to supplement Magnesium

There are situations when a conscious diet alone is insufficient to cover the daily magnesium requirement. Especially in case of a pronounced shortage, special requirements of the body or administration of certain medicines, the magnesium supply in form of nutritional supplements – tissue salts – can be a purposeful and controlled option to secure the magnesium demand.

Four good Reasons for Magnesium

- Enhanced energy
- Improved sleep
- More inner calm
- Support of more than 600 enzymatic reactions

Schüssler-Salt No. 7 Magnesium phosphate

The Salt for Nerves and Muscles

- Supports muscle- and nerve function
- Particularly in taxing times
- Sporting activities
- Easy to administer

Tip: "Hot 7" – simply dissolve tablets in hot water and slowly sip. Keep each sip in the mouth for a few moments. A tried and proven form of administration in acute situation.

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