The Many Benefits of Magnesium

By Dr. Ramona Warren

Magnesium is one of the most critical minerals in the body, and up to half of Americans are deficient without knowing it. In fact,*The Journal of Intensive Care Medicine* published a study finding those deficient in magnesium were twice as likely to die an earlier death compared to those who had sufficient magnesium levels.

Magnesium is needed by every cell in the body, and is necessary for numerous functions. It is especially beneficial for a healthy cardiovascular system, and is helpful for lowering high blood pressure and reducing your risk of stroke. Magnesium also helps support learning and memory performance in aging adults.

The root of magnesium deficiency is the poor diet of processed and refined foods most Americans consume. These foods have been stripped of nutrients and contain high amounts of salt. Additionally, coffee, sodas and excess alcohol further deplete the body’s stores of magnesium (and other minerals). Lifestyle factors including high levels of stress, chronic diarrhea, the use of high blood pressure medications, antibiotics, diuretics and other drugs can also contribute to low magnesium levels.

Magnesium is not a drug, but can actually be more powerful than drugs when it comes to resolving many conditions. Recently in the journal, *Medical Hypothesis*, a scientific review of magnesium concluded, “It is highly regrettable that the deficiency of such an inexpensive, low-toxicity nutrient results in diseases that cause incalculable suffering and expense throughout the world.”

Some of the symptoms associated with magnesium deficiency include:

High blood pressure

Heart palpitations

Angina

Muscle cramps and muscle twitches

Anxiety

ADD

Insomnia

Migraines

Fibromyalgia

Chronic fatigue

PMS

Constipation

Irritable Bowel Syndrome

Reflux

Trouble swallowing

Kidney stones

Obesity

The minimum daily recommended amount of magnesium is 300 mg, although studies show most people do better with anywhere from 400mg up to 1000mg a day. If you get too much magnesium, you will often experience diarrhea. The best way to get magnesium is through your diet, since many of the other nutrients necessary for absorption will be found in the same foods. Foods high in magnesium include nuts, seeds, almond milk, dark green leafy vegetables, shrimp, garlic, avocado, brown rice, figs, dates and beans.

If you take magnesium supplements you should avoid those containing magnesium carbonate, sulfate, gluconate, and oxide. These are the most common forms found since they are the cheapest to produce, but they are poorly absorbed. The best-absorbed forms are magnesium lactate, citrate, glycinate or aspartate.

Here are two easy recipes that are rich in magnesium. When paired with a mixed green salad topped with nuts and a serving (1/3 cup) of my favorite rice, Forbidden Rice (a black rice rich in magnesium and many other vitamins and minerals), this dinner will provide your daily requirement of magnesium. By focusing on this one mineral, you will experience many benefits to your health.

Dill & Lemon Baked Salmon in Parchment

From Paleogrubs

Ingredients

2 6-oz. salmon fillets

2 zucchini, halved lengthwise and thinly sliced

1/4 red onion, thinly sliced

1 tsp fresh dill, chopped

2 slices lemon

1 tbsp fresh lemon juice

Extra virgin olive oil, for drizzling

Salt and freshly ground pepper

Instructions

1.Preheat the oven to 350 degrees F. Prepare two large pieces of parchment paper by folding them in half to crease. Then open the papers and lay flat.

2. On one side of the crease, place half of the zucchini, red onion, dill, and one lemon slice. 3. 3. 3. Drizzle with olive oil and sprinkle with salt and pepper.

4.Place a salmon fillet on top and drizzle with the lemon juice.

5. Season with salt and pepper.

6. Repeat with the second piece of parchment paper and remaining ingredients.

7. Fold the parchment paper over the salmon to close, making a half-moon shape.

8. Seal the open sides by folding small pleats in the paper.

9. Place the parchment packets on a rimmed baking sheet and bake for 15-20 minutes until the salmon is opaque.

Serve warm.

Broccoli Stir-Fry

Ingredients:

\* 1/2 cup chicken stock

\* 1 tablespoon sesame seeds, toasted

\* 2 tablespoons coconut aminos (I bought mine from [amazon.com](http://amazon.com))

\* 1 tablespoon sesame oil

\* Grapeseed oil for cooking

\* 1 pound broccoli, chopped into bite-size pieces

\* 3 cloves garlic, minced

* 1 tablespoon minced fresh ginger

Directions:

1. Heat grapeseed oil in a large pan over medium heat.

2. Add broccoli to pan and stir to coat with oil.

3. Add ginger and garlic to pan and sauté.

4. Add chicken stock, coconut aminos, and sesame oil to pan and bring to a simmer.

5. Reduce heat and cover pan.

6. Cook for 3 minutes or until broccoli is firm, but can be pierced with a fork.

7. Remove broccoli from heat and sprinkle with sesame seeds.