

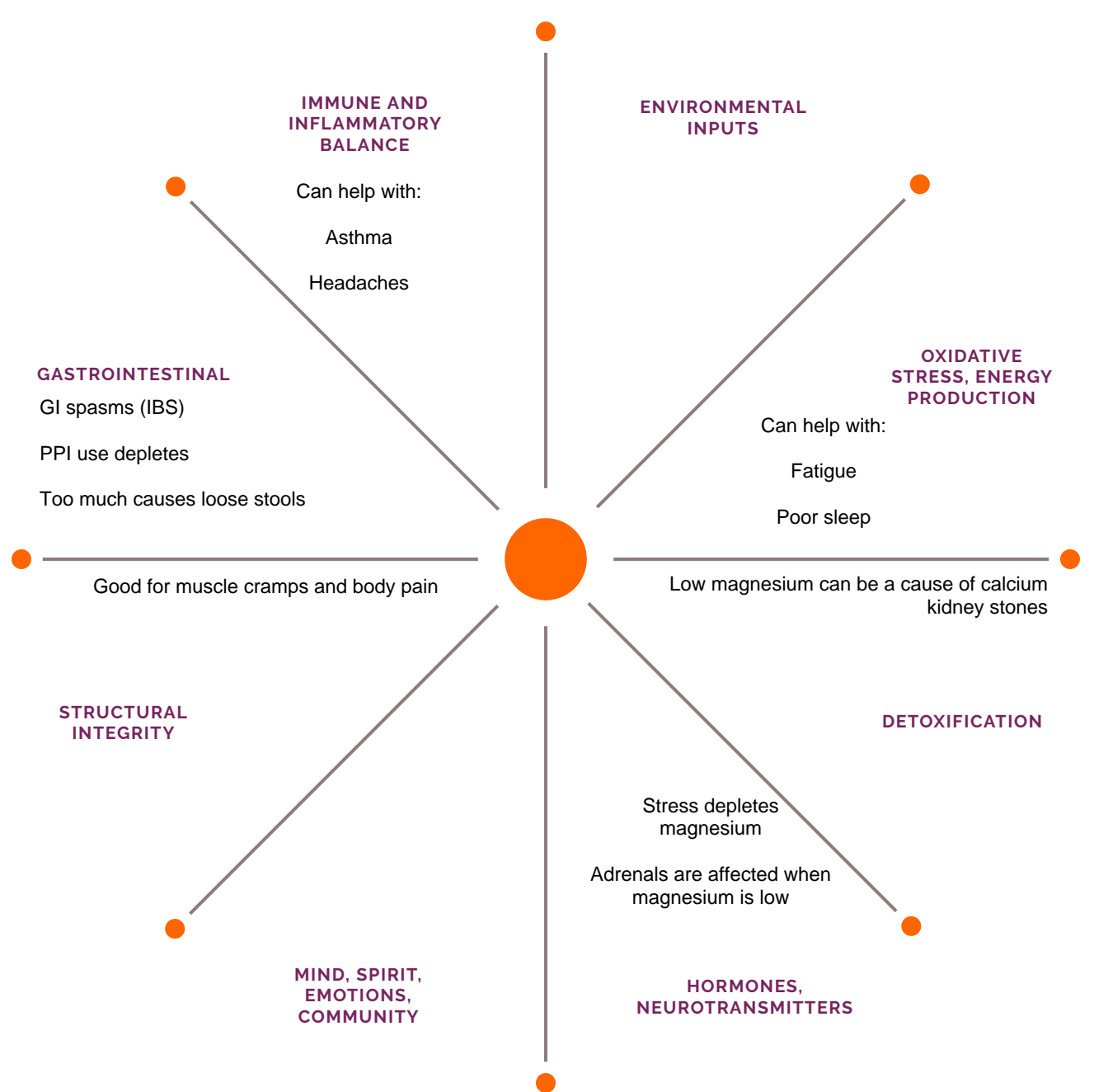
ANTECEDENTS

TRIGGERING EVENTS

- Low dietary intake
- Poor soil/farming practices
- Stress
- Alcohol use
- Sugar intake

MEDIATORS

- What depletes magnesium?
- Alcohol
- Poor diet
- Stress
- When it should be avoided:
- When taking an ACE inhibitor
- Renal failure



SLEEP/RELAXATION

Helps with relaxation before bed and with insomnia

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Good sources:
Animal protein
Whole grains
Nuts and seeds
Vegetables

STRESS/RESILIENCE

Epsom salt baths are a good way to get magnesium in and very relaxing

RELATIONSHIPS/NETWORKS