

MAGNESIUM 411

Magnesium is known as the relaxation mineral because it helps relax nerves, muscles and mood that are tight, stiff or irritable. Magnesium is present in all of your tissues, especially bones, muscles and brain and it's needed for over 300 enzymatic reactions in your body! Magnesium deficiency is quite common in our culture due to poor diet coupled with the shortage of minerals in our soil. **Here are six reasons why it's high time to magnify your magnesium intake:**

1

RELAX AND RESTORE

It helps relax nerves and muscles including sore muscles, cramps, body aches, and nighttime restless legs.

2

Calcium often gets all the credit but magnesium also plays a key role in building and maintaining bone strength.

STRONG BONES

It plays a key role in falling and staying asleep; take magnesium before bed, and hit the sack by 10pm,

to sleep better and wake up feeling well-rested and ready to go.

SLEEPY TIME

3

4

HEALTHY HEART

Keeps your ticker ticking by lowering blood pressure, reducing the risk of abnormal heart rhythms, and allowing the linings of your arteries to stay smooth and elastic.

CHILL PILL

5

Nourishes the nervous system and helps ease anxiety, irritability, restlessness, fears, and symptoms of PMS.

6

CONSTIPATION CURE

Encourages easeful elimination by relaxing the digestive muscles and by attracting more water into the colon which softens stool.

MAGNESIUM-RICH FOODS

- all dark leafy greens, especially Swiss chard and spinach
- nuts & seeds
- beans & lentils
- quinoa & brown rice
- fish, especially mackerel, pollock and tuna
- avocado
- banana
- dried fruit, especially figs and dates
- dark chocolate
- nettles
- sea vegetables like kelp
- shrimp
- dandelion greens
- garlic

TIPS FOR TAKING MAGNESIUM SUPPLEMENTS

- For optimal absorption, it's best taken before bedtime or between meals when little or no fat is present your stomach.
- The best absorbed and most bioavailable forms are taurate, citrate, orotate, fumarate, glycinate, malate and threonate.
- Magnesium glycinate provides the highest level of absorption and bioavailability; it's considered best when correcting a deficiency.
- Magnesium oxide is a non-chelated type of magnesium, is poorly absorbed and has stool-softening properties.

BONUS TIP

Taking an Epsom salt bath allows you to absorb magnesium through your skin. It's helpful for soothing sore muscles and promotes relaxation before bedtime. Add 3-4 cups of Epsom salts (magnesium sulfate) per tub, relax and enjoy.