Fig. 4 Some Cellular Effects of High Ca:Mg that can Manifest as Aspects of Heart Disease Clinical **Cell Type Effect** Over-contracts Heart muscle Heart Disease cannot relax Blood vessel constriction/stiffness Hypertension cells High Blood clots -Stickiness -Heart Attack → Blood Platelet Ca:Mg prone to clot Stroke Cholesterol Over-production Dyslipidemia, Biosynthesis low HDL chol. Hi Sodium retention Kidney Hypertension Mg loss; K loss See: Resnick, et al articles, 1993 - 1999 Copyright by Center for Magnesium Education & Research, 2005