WHY DO WE NEED MAGNESIUM?

WE ALL NEED MAGNESIUM

To grow [28-32]

To balance the calcium in our food and supplements [36-39]

To change proteins we eat into our own personal enzymes [2, 32, 34, 35] and our own protein structures [32] that help build cells, bone [35] and muscle (especially heart muscle [2]).

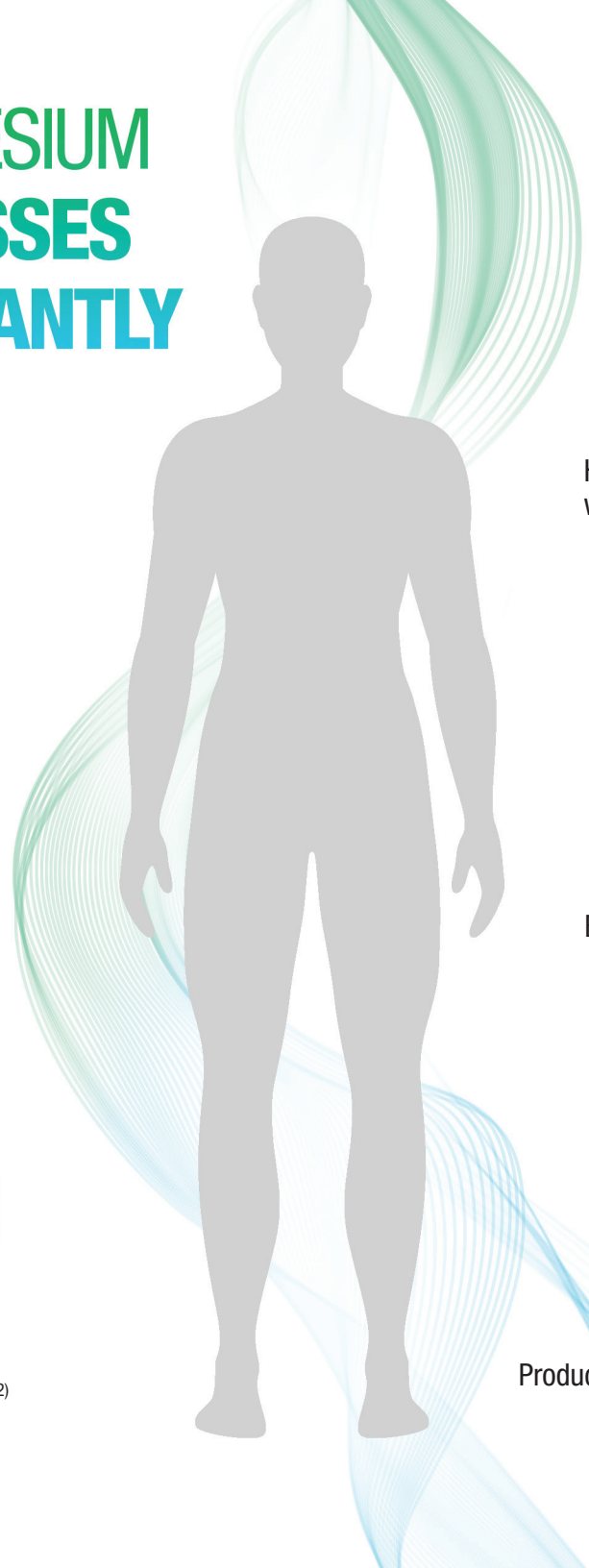
To convert food we eat into usable life energy [14, 32-34]

EVERY LIVING CELL ON EARTH NEEDS THE ESSENTIAL MINERAL MAGNESIUM[1]

MAGNESIUM LETS US

See[15-18] Breathe[2,5] Move[2,4,13,14] Walk[3,4,13] Dance[3,4,13,14] Think[2,55-56] Hear[19-27] Run[3,4,13,14] Sleep[6-12]

WE ALL NEED MAGNESIUM FOR LIVING PROCESSES THAT GO ON CONSTANTLY AND CONTINUALLY:



Hormones produced and put into circulation when stimulated and going back to "resting" state[41]

Nerves actively firing and then being able to rest[32]

Blood vessels expanding and contracting[40]

Muscle cells flexing and then being able to relax[32]

Producing DNA[32, 42]; Making and using proteins[32]

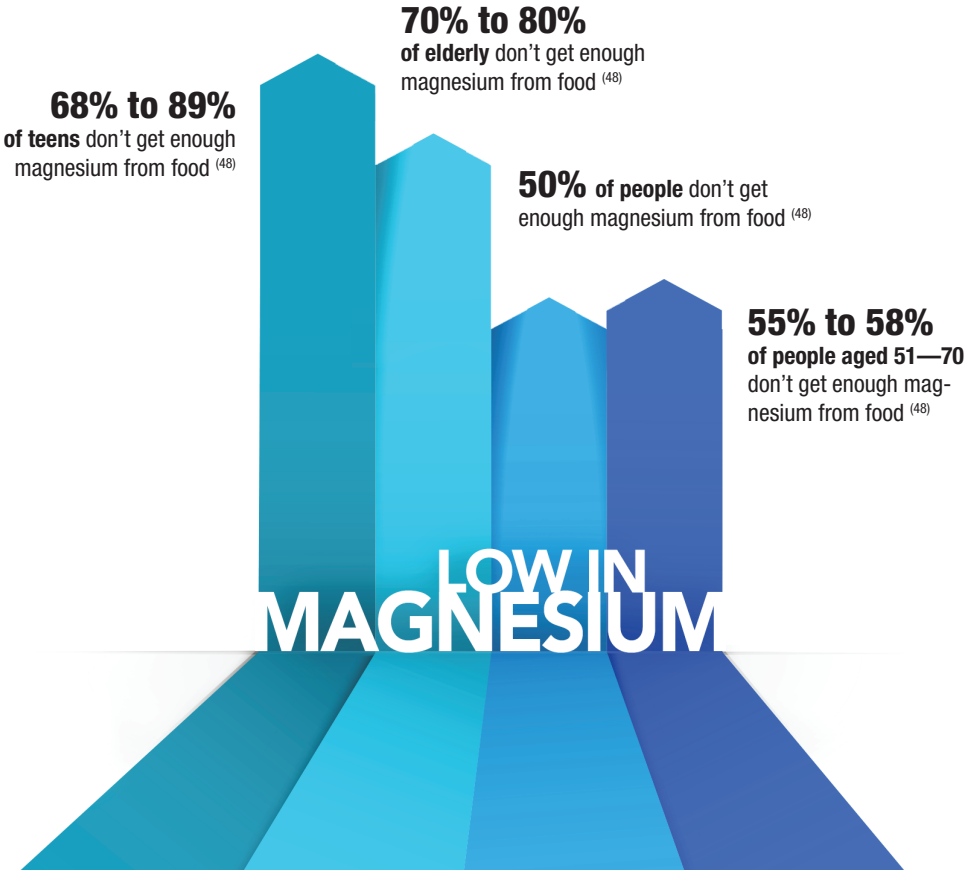
WE NEED TO REPLENISH OUR SUPPLY OF MAGNESIUM EVERY DAY.

Since magnesium is constantly in motion in our cells, tissues and circulating blood, we lose a bit each day as skin cells slough off, as we sweat, as our hair and fingernails grow, and in our urine as our kidneys clean our blood.

Many of us are low in magnesium because our diets are low in magnesium.

Getting enough daily magnesium from the food you eat is possible[43] but, for many, very difficult[44-46]. With such crucial need, how can we be sure we have enough? Unfortunately about half of us do not get enough from our diets[47].

Unfortunately there's not a really reliable test to determine your magnesium status[35]. Your blood values can be "normal" even if your whole body is low and getting lower[49]. So, how can you tell? Most magnesium is inside cells; very little is in the blood. Low cellular or unbalanced magnesium can show up as various symptoms, such as muscle cramps, anxiety, sleeplessness, constipation, migraine headaches[2, 32], depression[2, 50], high blood pressure[32, 51], high cholesterol[51], heart flutters[40], difficulty getting a deep breath[2, 57], diabetes[32, 52, 53] and heart disease[2, 32, 51], including stroke. With such consequences, it can be a good idea to supplement with magnesium since oral magnesium is very, very safe for everyone with normal kidney function[54].



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