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Magnesium is an essential mineral for staying healthy and is required for more than 300 biochemical reactions in the body. Multiple health benefits of magnesium include transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth.

Health specialists have always emphasized the importance of including adequate amounts of vitamins and minerals in our daily diet. Zinc, calcium, and magnesium are three of the most important minerals essential for good health. Magnesium aids in the absorption of calcium by the body, while zinc actively supports the body's immune system.

Women of all ages benefit immensely from the intake of magnesium. Besides keeping osteoporosis at bay, magnesium health benefits in women include relief from symptoms of menopause and premenstrual syndrome (PMS). It also minimizes the risk of premature labor.

The other crucial health benefits of magnesium include protein synthesis, relief from bronchospasm (constricted airways) in the lungs, and improvement of parathyroid function. It boosts the bio-availability of vitamin B6 and cholesterol, improves muscle functioning, and prevents osteoporosis, insomnia, constipation, heart attacks, hypertension, constipation, migraines, kidney stones, and gallstones.

Good dietary sources of magnesium include nuts (especially almonds), whole grains, wheat germ, fish, and green leafy vegetables. As with most nutrients, daily needs for magnesium cannot be met from food alone which is why magnesium dietary supplements are recommended as well.

Which Form of Magnesium Should You Take?

The top five health benefits of magnesium are:

1. Magnesium may reverse osteoporosis

Multiple research studies conducted have suggested that calcium supplemented with magnesium improves bone mineral density. Magnesium deficiency alters calcium metabolism and the hormones that regulate calcium, resulting in osteoporosis. Intake of recommended levels of magnesium is important because it averts osteoporosis.

2. Magnesium prevents cardiovascular diseases

One of the most important benefits of magnesium is that it is associated with lowering the risk of coronary heart diseases. Dietary surveys have suggested that sufficient magnesium intake may reduce the chance of having a stroke. Magnesium deficiency increases the risk of abnormal heart rhythms, which increases the risk of complications after a heart attack. Therefore, consuming recommended amounts of magnesium dietary supplements may be beneficial to the cardiovascular system.

3. Magnesium regulates high blood pressure (Hypertension)

Magnesium plays a key role in regulating blood pressure naturally. Magnesium supplements and a diet including plenty of fruits and vegetables, which are good sources of potassium and magnesium, are consistently associated with lowering blood pressure.

4. Magnesium treats diabetes

Studies show that individuals with a magnesium deficiency have a risk of developing type-2 diabetes and severe diabetic retinopathy. Magnesium aids in carbohydrate metabolism and influences the release and activity of insulin, thereby controlling blood glucose levels. It has been proven that for every 100 milligrams of increase in magnesium daily intake, there was a 15 percent decrease in the risk of developing type-2 diabetes.

5. Magnesium treats migraines, insomnia, and depression

The numerous magnesium health benefits also include the treatment of migraines, insomnia, and symptoms of depression. Magnesium is also known to cure severe forms of psychiatric dysfunctions including panic attacks, stress, anxiety, and undue agitations. Magnesium supplements considerably reduce the severity of such attacks and may also help in reducing the rate of recurrence.

...Which Form of Magnesium Is Best For You?

Because magnesium is so essential to body energy production, common symptoms of magnesium depletion include fatigue, along with headaches, insomnia, and muscle pain, cramps, and spasms.

Unfortunately, the solution is not as easy as walking into your local drug or grocery store and picking up a bottle of magnesium pills. Magnesium comes in many different forms, and quality is also a big issue. While magnesium is one of the safest nutrients you can take, you need to know what you're doing to optimize your magnesium levels for better health.

Dr. Carolyn Dean, one of the leading experts on magnesium, has created a simple resource to show you the **best and most effective forms of magnesium to take to improve your own health**.