

## Magnesium Checklist

By Jan Purser

Magnesium is an essential mineral and is involved in over 300 enzyme reactions in the body. This mineral is very important for muscle function and contraction, DNA health, immune health, conduction of nerves, normal heart rhythm and protein metabolism. It is needed for the metabolism of other minerals in the body and for thiamine.

Quite often a patient will discuss symptoms they have been noticing and my first thought may be "is this person deficient in magnesium?". A deficiency in magnesium can lead to symptoms across many body systems. Look at the symptoms checklist below. If you have two or more of these symptoms you could well be deficient in this important mineral. People who take diuretic medication for fluid retention and those who drink alcohol often would benefit from this mineral.

Constipation	Insomnia	Muscle tension
Tinnitus	Depression	Muscle cramps
Poor appetite	Anxiety	Period pain and PMS
Fatigue	Weak muscles	Muscle twitches or tics
Migraines	Headaches	Restless legs
High blood pressure	Stiff muscles	Numbness
Tremors	Poor concentration	Tingling
Confusion	Poor sleep	Asthma
Irritable bowel syndrome	Fluid retention	Palpitations
Uneven heartbeat	Irritability	Kidney stones
Vertigo / dizziness	Apathy	Nausea

Good food sources of magnesium include: wholegrain cereals, oats, dark green leafy vegies, legumes, nuts, peanuts, seeds, cocoa and cacao, yoghurt, edamame, soy flour, soy flour and mineral water. I have observed that many people can be deficient in magnesium and this is due to insufficient magnesium-rich foods in their diet.

Causes of deficiency include excess salt in the diet, inadequate protein, sweating, coeliac disease, chronic stress, poor sleep, overactive thyroid and parathyroid, intense exercise, pregnancy, heavy periods and gut parasite infection.

When looking at supplements you need to ensure you are buying a form of magnesium that is well absorbed and utilised in the body. Magnesium orotate, citrate and gluconate forms along with magnesium amino acid chelate are the best forms to choose. The RDI for women is 310-320mg per day and for men 400-420mg per day. See your naturopathic nutritionist for the correct dose and the best form of magnesium for specific health conditions as these can vary.

**Jan Purser** is a high profile naturopathic nutritionist, food and health writer, and award-winning author. Jan practices at Remède in Mosman Park and has a passion for helping people resolve digestive disorders, manage weight problems, improve thyroid and hormone health, improve health outcomes in autism and ADHD, and prevent metabolic syndrome. She calls on her wealth of clinical experience and extensive research when spreading the word on good health, great eating and living with vitality.



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