

# Magnesium Deficiency

There are serious health issues linked to low magnesium levels, furthermore this deficiency can land you in the ICU. So, how do you know if you are deficient and what do you do to help improve your level and start feeling great again? We are so glad you asked!

Magnesium (Mg<sup>++</sup>) is a critical element in your body as the 4<sup>th</sup> most abundant mineral in the human body. It is required to carry out hundreds of functions. In fact, Mg<sup>++</sup> deficiency, is associate with a higher risk of hypertension, cardiovascular disease, stroke, and sudden cardiac death.

Mg<sup>++</sup> plays a key role in metabolizing other minerals like calcium, potassium, and activation of Vitamin D. It is also directly responsible for production of a Life-Extending Master Antioxidant.

## Causes

- **Not eating enough leafy greens** or greens that are grown in mineral deficient soil, common in store bought produce.
- **High sugar diets** require the use of magnesium to process depleting your bodies reserve.
- **Highly processed and refined food** don't have the magnesium to replenish what your body uses.
- **Drinking soft or demineralized water**

As magnesium is absorbed in the gut, **intestinal disease** which flush the gut (diarrhea) cause you to lose Mg<sup>++</sup> before you ever get a chance to absorb it.

Typically, patients in the ICU specifically those with malignant tumors, cirrhosis, or cerebrovascular disease have low levels of Mg<sup>++</sup>. In fact, post-operative patients in the ICU with extremely low magnesium levels are 3 times more likely to parish.

## So how do you know if you are deficient?

It can be difficult to diagnose as Mg<sup>++</sup> is difficult to test in the blood stream with less than 1% showing up. Symptoms can appear to be other conditions making it an even more difficult task.

### Here are some of the most common:

- Low Energy/Fatigue
- Weakness
- Insomnia
- Muscle cramps
- Loss of appetite
- Nausea

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## What diseases does a low magnesium contribute to?

**All functions of the heart** from blood pressure to atrial fibrillation, with correcting level leading to a quick turnaround.

**Type 2 diabetes** – this one is a little bit of Chicken & the Egg – it's unclear if one causes the other, but they are typically always found together.

**Depression and anxiety** as  $Mg^{++}$  is an important factor in brain and nervous system functioning.

## So how do you test for this deficiency?

**Tolerance testing** – you are given an injection of magnesium and then your urine is tested. The higher retention of magnesium is correlated to a deficiency.

**RBC Blood test** – Testing for Vitamin D, Magnesium, and omega 3. There is a much higher likelihood of catching a deficiency.

## How do I get more magnesium in my diet?

- Drink Hard Water,
- Eat organically grown, or better yet locally garden grown leafy green to ensure a high rate of magnesium in the growing soil,
- Yogurt and kefir,
- Nuts like cashews and almonds, sunflower seeds, flax seeds,
- Dark chocolate,
- Unprocessed grains and cereals including buckwheat,
- Legumes, certain fruits, and veggies, mean and fish,

You can also take a high quality  $Mg^{++}$  supplement.

**MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.**