

# Why Magnesium is the Most Powerful Relaxation Mineral Known to Man

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January 23, 2018

There is a nutrient which is actually a weapon against almost most illnesses and diseases. In addition, you should know that around half of Americans are actually unaware that they are deficient in this powerful nutrient. Magnesium takes part in hundreds of functions in the human's body.

As a matter of fact, The Journal of Intensive Care Medicine published a study according to which this deficiency makes you twice as likely to die in comparison to other people.

In addition, it accounts for a long list of diseases and symptoms, which are easily treated with the help of this nutrient. This nutrient is an antidote to stress, and it's the most potent relaxation mineral in the world which can immensely improve your sleep.

Intrigued? Read on, to find out more.

## **The Importance of This Mineral**

This powerful relaxation mineral is actually magnesium. You should know that anything which is stiff, tight, crampy or irritable, no matter whether we are talking about mood or a body part is actually a sign of deficiency in magnesium.

You should know that this mineral is responsible for more than 300 enzyme reactions. Moreover, it is part of all tissues but is mainly found in the brain, bones, and muscles.

You must have magnesium in the cells in order to produce energy, to stabilize membranes, relax the muscles and for different chemical pumps to work.

This mostly ignored mineral is not a drug, although in some cases it's even more powerful in comparison to some drugs. As a matter of fact, magnesium is used in hospitals for emergency and life-threatening situations such as heart failure and seizures.

## **Symptoms of Magnesium Deficiency**

- ADD
- Muscle twitches or cramps
- Angina
- Insomnia
- Autism
- Irritability
- Anxiety

- Sensitivity to loud noises
- Asthma
- Palpitations
- Chronic fatigue
- Angina
- Fibromyalgia
- Migraines
- Headaches
- Constipation
- Trouble swallowing
- Kidney stones
- Reflux
- Obesity
- Menstrual cramps
- High blood pressure
- Diabetes
- Irritable bowel syndrome
- Osteoporosis
- Irritable bladder
- PMS

### **More About Magnesium Deficiency**

You should know that magnesium deficiency links to higher CPR levels and inflammation. In fact, around 65 % of the people who are admitted to the intensive care, and approximately 15 % of the general population have a deficiency in magnesium.

### **The Reason Why We Are Deficient in Magnesium**

The reason is actually very simple, most of us follow a diet which doesn't contain magnesium. In fact, most of us eat a refined, highly-processed diet which is mostly based on dairy, meat and white flour. These ingredients above mentioned don't contain magnesium.

Another reason is the fast and unhealthy pace of life. That actually makes us lose the small amount of magnesium we get from our diet.

Usually, the levels of magnesium are decreased by excess coffee, alcohol, salt, profuse sweating, phosphoric acid in colas, intense or prolonged stress. Moreover, because of diuretics, antibiotics, intestinal parasites, excessive menstruation and chronic diarrhea.

As a matter of fact, according to one study in Kosovo, people who were under chronic stress due to the war actually lost significant amounts of magnesium in their urine.

The fact that magnesium is quickly lost and poorly absorbed from our bodies further complicates things.

## How to Stop Losing and Start Getting More Magnesium

### Stop Losing Magnesium

- Learn to relax, find an activity which relaxes you and commit to it.
- Consult your doctor in order to find out if your prescribed drugs are causing the loss of magnesium. In fact, any diuretics and drugs for high blood pressure lead to magnesium loss.
- Limit the intake of alcohol, coffee, sugar, colas, and salt.

### Eat Magnesium-Rich Foods

In order to get sufficient amount of magnesium, you need to ensure to include magnesium-rich foods in your diet on a daily basis.



### Include These Following Foods in Your Diet

- Garlic
- Kelp
- Soybeans
- Wheat Bran
- Dandelion greens
- Buckwheat
- Barley

- Wheat germ
- Beans
- Almonds
- Shrimp
- Parsley
- Avocado
- Cashews
- Collard greens
- Dates
- Figs
- Brown rice
- Brazil Nuts
- Rye
- Tofu
- Dulse
- Pecans
- Millet
- Walnuts
- Filberts

Did you know about the importance of magnesium?

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