

NADINE THE NATUROPATH'S TOP 3 REASONS TO EAT MORE MAGNESIUM

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HELPS DECREASE MUSCLE PAIN

The Journal of rheumatology published a study in 1995 that used Magnesium Malate to help decrease the muscle pain and fatigue experienced by fibromyalgia patients. It is believed that it was helpful because magnesium and malic acid both increase our stores of ATP- the body's energy source and they help to eliminate aluminum in the body. Win-Win!! [Click here to see study](#) Decreased magnesium levels may also be related to cramping, tension headaches and migraines!

IMPROVES CARDIAC HEALTH

Magnesium can relax your heart (your nerves too!) and decreases the tension in your arteries. Magnesium works as an antagonist to calcium which drives heart contraction and artery constriction- meaning it opposes the action of calcium. A 2014 study by Guipeng An et al. showed that decreased levels of magnesium were associated with an increased risk of major cardiac events like heart attack and stroke in patients with preexisting heart conditions and a stent. [Click here to see study](#)

DECREASES RISK OF METABOLIC SYNDROME

Metabolic syndrome is a condition on the rise that includes glucose dysregulation (pre-diabetic), high blood pressure, poor cholesterol levels and increased waist circumference (pre-obesity). A 2014 study concluded there is an inverse relationship between magnesium levels and metabolic syndrome- the more magnesium the less likely the disease! [Click here to see study](#)

FOODS HIGH IN MAGNESIUM

CHLOROPHYL:

ALL Green veggies!
Kale
Spinach
Swiss chard
Beet greens
Avocado

ALSO HIGH IN NUTS/SEEDS:

Pumpkin seeds
Soybeans
Sesame seeds
Black beans
Quinoa
Cashews
Sunflower seeds

OTHER:

Figs
Fish
Brown rice
Dark chocolate
Vegemite!

**More than 34% of Canadians
over 19 years old consume
less than the recommended
levels of magnesium!**

**Talk to your naturopath or health care practitioner to learn about magnesium
supplementation- it may interfere with your medications!**

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