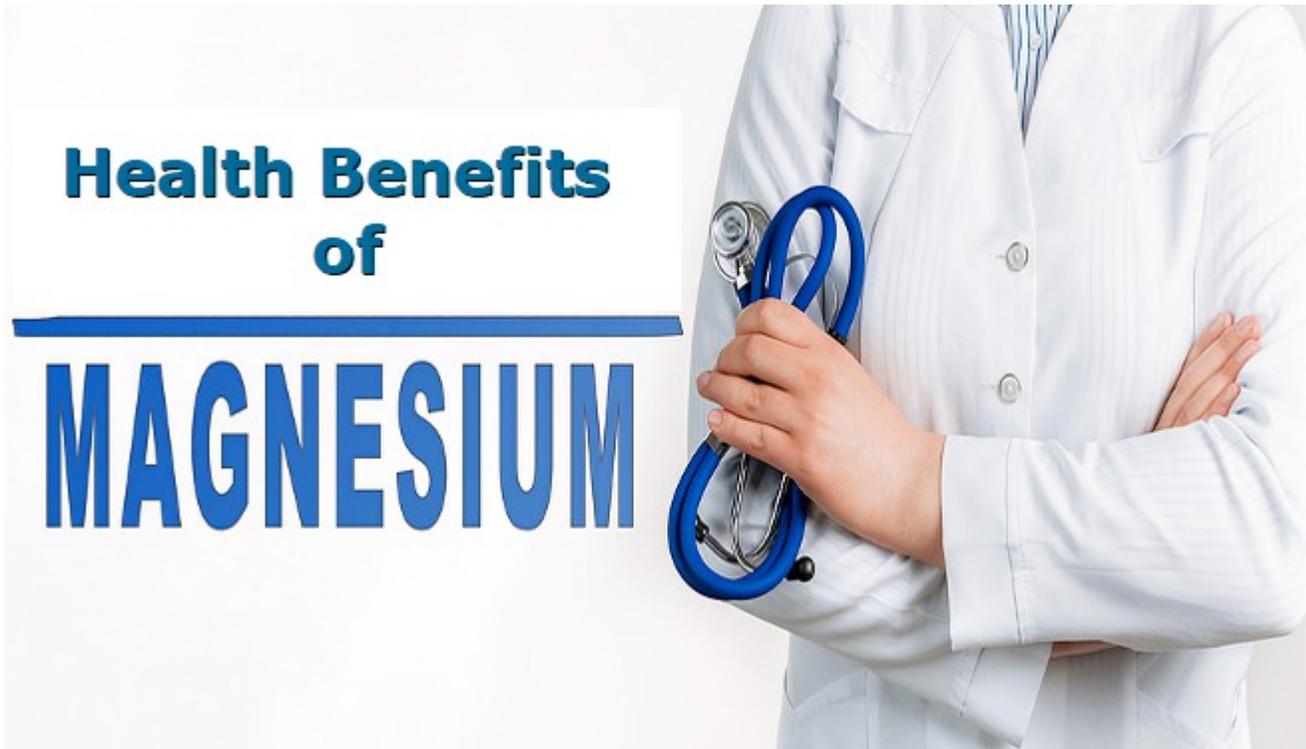


The Importance of Magnesium



Magnesium is the fourth most abundant mineral in the human body after calcium, potassium, and sodium. Here is a quick list of all the ways this essential mineral impacts your health:

- **Energy Creation**
- **Regulation of Your Nervous System**
- **Protein Formation**
- **Muscle Movement**
- **Bone Formation**
- **Preventing Heart Failure**
- **Reducing High Blood Pressure**
- **Correcting Arrhythmia**
- **Fighting Endothelial Dysfunction**
- **Lowering the Risk for Strokes and Heart Attacks**
- **Preventing Coronary Artery Disease**
- **Fights Depression**
- **Helps Prevent Type II Diabetes**
- **Anti-Inflammatory Benefits**
- **Prevent Migraines**
- **Reduces Insulin Resistance**
- **Improves PMS Symptoms**

That's an impressive list of health benefits.

Now the bad news.

According to the National Health and Nutrition Examination Survey **almost half of all Americans are magnesium deficient.**

Other studies estimated that in the United States approximately 64% of men and 67% of women have inadequate daily intake of magnesium.

And for those above the age of 71, this inadequate intake of magnesium increased to 81% for men and 82% for women.

The recommended daily intake of magnesium is:

400 to 420 mg per day for men

310 to 320 mg per day for women

I'll give you a list of good food sources for magnesium at the end of today's presentation. But before I do, I want to highlight some of the key health benefits of magnesium from the list above.

First off, magnesium helps 300 different enzymes perform their vital metabolic functions throughout your body.



Second, the health benefits of magnesium help to offset cardiovascular disease.

Even in the CoVid19 Pandemic, cardiovascular disease is still the number one killer of men and women worldwide.

In an analysis of multiple human trials that totaled over 240,000 participants, researchers found that **every 100 mg of magnesium consumed in their daily diet, it was associated with an 8% lower risk of stroke.**

This means if men were taking the recommended 400 mg of magnesium per day, they could **reduce their stroke risk by 32%.** And for women consuming 300 mg of magnesium per day, they could **reduce their stroke risk by 24%.**

Part of the reason why is that proper levels of magnesium help to **prevent a heart arrhythmia.** The most common heart arrhythmia is atrial fibrillation. Atrial fibrillation is an irregular and rapid heart beat in the upper or atrial chamber of the heart.

When this happens a blood clot can form. This blood clot can then travel up the carotid artery to block blood flow in the brain. This creates what is called an ischemic stroke.

One large research study found that people with the lowest magnesium levels had a 50% greater risk in developing atrial fibrillation when compared to those with the highest consumption of magnesium.



Third is the critical role that magnesium plays in brain function and mood.

In a 2020 published study in **JAMA Networks**, the researchers found the following and I quote:

“ . . . depression symptom prevalence was more than 3-fold higher during the COVID-19 pandemic than before.”

Could the recommended intake of magnesium help to offset this?

Well, in a randomized controlled trial in depressed older adults, the researchers found that **a daily intake of 450 mg of magnesium improved mood as effectively as an antidepressant drug.**



Fourth is a health issue that is rampant here in the United States. **That issue is Type II Diabetes.**

There is a large body of work that suggests the **48% of type II diabetics have low magnesium levels in their blood.** Yet when high doses of magnesium are consumed each day, there is a significant improvement in blood sugar and hemoglobin A1c levels.

In a long term study that followed over 4,000 people for 20 years, those with the highest magnesium intake were 47% less likely to develop diabetes.

Finally, magnesium plays a big role in your vitamin D levels.

Review | March 2018

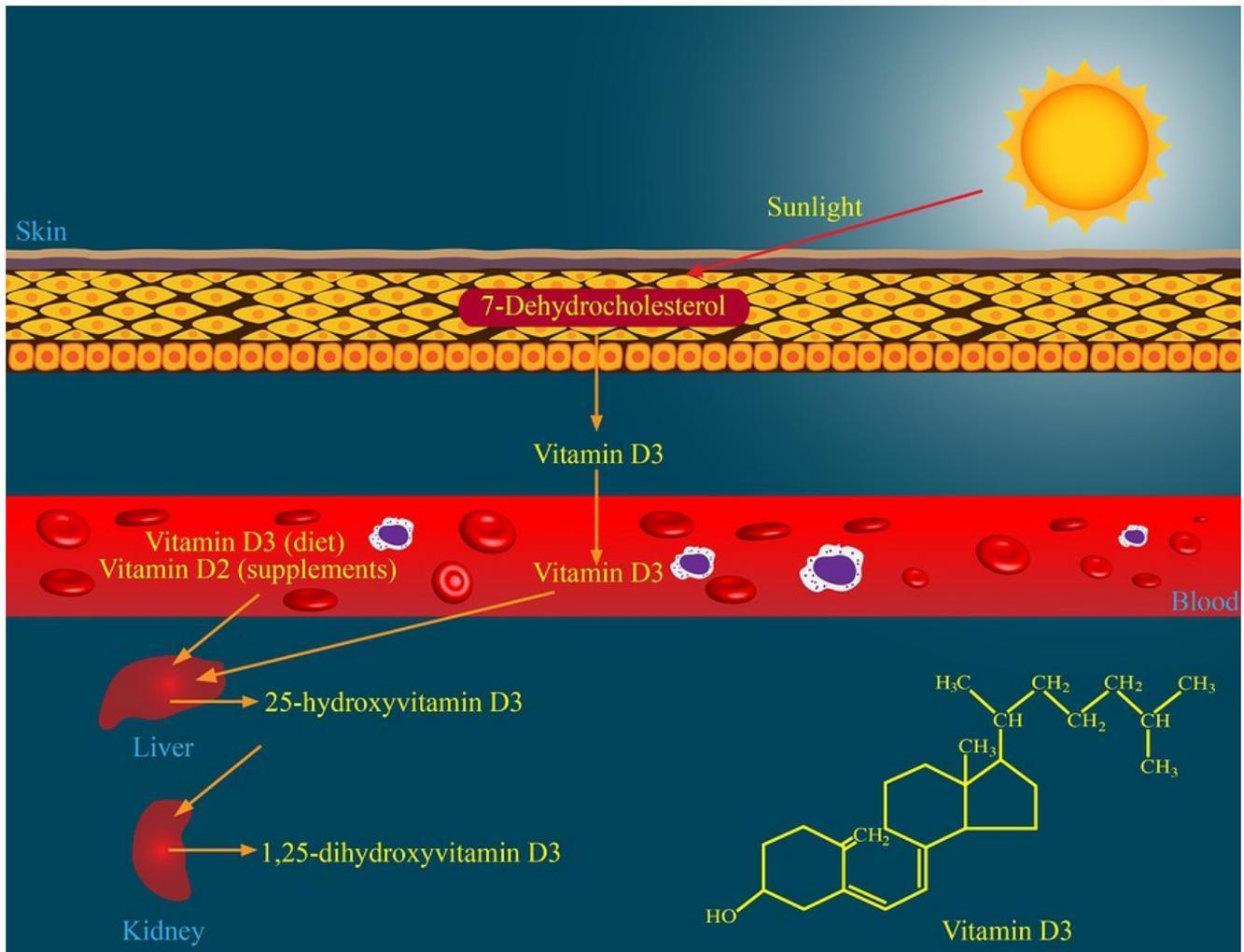
Role of Magnesium in Vitamin D Activation and Function

Anne Marie Uwitonze, BDT, MS; Mohammed S. Razzaque, MBBS, PhD

+ Author Notes

The Journal of the American Osteopathic Association, March 2018, Vol. 118, 181-189. doi:<https://doi.org/10.7556/jaoa.2018.037>

“**Magnesium** assists in the activation of **vitamin D**, which helps regulate calcium and phosphate homeostasis to influence the growth and maintenance of bones. All of the enzymes that metabolize **vitamin D** seem to require **magnesium**, which acts as a cofactor in the enzymatic reactions in the liver and kidneys.”



On April 3rd 2021 our 9 am CST Saturday Presentation will be:

The Importance of Vitamin D

Now for a list of foods that are good sources of magnesium:

- A quarter cup of **pumpkin seeds** provides 46% of the RDI (Recommended Daily Intake)
- A cup of **boiled spinach** provides 39% of the RDI
- A cup of **boiled Swiss chard** provides 38% of the RDI
- 3.5 ounces of **dark chocolate** (70-85% cocoa) provides 33% of the RDI
- A cup of **black beans** provides 30% of the RDI
- A 3.5 ounce piece of **halibut** provides 27% of the RDI
- A quarter cup of **either almonds or cashews** provides 25% of the RDI

Now I don't know about you but none of the above food choices are items I eat on a regular basis.

Because of this I use a **daily nutritional supplement** to get my needed intake of magnesium. It's a quick and inexpensive way to enjoy the health benefits of magnesium.

Like all recommendations, if you are on medications then check with your physician before taking a magnesium supplement or changing your diet.



Supplement Facts		
Serving Size 3 Capsules		
Servings Per Container 30		
	Amount Per 3 Capsules	% Daily Value
Magnesium (oxide)	600 mg	143%
Proprietary Blend Apple Fruit Pectin, Prune Fruit Powder	1050 mg	†
†Daily Value not established.		

Daily Recommendation of magnesium for men is 400 mg.
Because of this I take **2 capsules per day**.

90 capsules divided by 2 = 45 days

Cost is \$39 per bottle so **my cost per day is 87 cents**
Plus I get the health benefits of Apple Fruit Pectin and Prune Fruit Powder

<https://www.healthline.com/nutrition/apple-pectin>

10 Promising Benefits and Uses of Apple Pectin

- May promote gut health
- May aid in weight loss
- May control blood sugar
- May aid heart health
- May relieve diarrhea and constipation
- May enhance iron absorption
- May improve acid reflux
- May strengthen hair and skin

Listed Benefits from Synergy Worldwide:

- Supports cleansing and bowel motility*
- Magnesium helps maintain healthy electrolyte balance and reduce fatigue
- Contributes to muscle function including the heart muscle
- Contributes to normal muscle contraction including normal heartbeat

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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