

## Fast Track Solution #2 – Magnesium Deficiency Checklist

If your body requires magnesium, you will likely have at least a couple of these common symptoms.

- |   |   |
|---|---|
| <input type="checkbox"/> Loose/sensitive teeth                        | <input type="checkbox"/> Excessive body odor                            |
| <input type="checkbox"/> Depression                                   | <input type="checkbox"/> Dimmed vision                                  |
| <input type="checkbox"/> Poor co-ordination                           | <input type="checkbox"/> Apprehensiveness, confusion,<br>disorientation |
| <input type="checkbox"/> Anxiety                                      | <input type="checkbox"/> Nausea, dizziness, or light-headedness         |
| <input type="checkbox"/> Easy startle response                        | <input type="checkbox"/> Feel constantly cold                           |
| <input type="checkbox"/> Irritable nerves or muscles                  | <input type="checkbox"/> Hypersensitivity to noise                      |
| <input type="checkbox"/> Nervous tics or twitches                     | <input type="checkbox"/> Personality changes                            |
| <input type="checkbox"/> Spasms, tremors, convulsions, or<br>seizures | <input type="checkbox"/> Loss of appetite                               |
| <input type="checkbox"/> Irregular heartbeat, tachycardia             | <input type="checkbox"/> Muscle pain and/or fibromyalgia                |
| <input type="checkbox"/> Painful and cold hands or feet               |   |

Of course, any of these could be symptoms of other issues, however if you have just one of the following symptoms in this questionnaire, it is almost certain that you need to supplement with magnesium.

- Very definite and strong craving for chocolate
- History of kidney stones
- High blood pressure (or are on high blood pressure medications)
- Clench your jaw or grind your teeth or wear a night guard to protect your teeth.
- Menstrual cramps
- Tension headaches or migraines
- Muscle cramps
- Angina
- Asthma
- A lot of muscle tension

While other forms of magnesium are available, I prefer magnesium citrate. The magnesium citrate that is available in the One Stop Health Shop at [www.HormoneRollerCoaster.com](http://www.HormoneRollerCoaster.com) works exceptionally well due to the fact that it also includes the amino acid l-taurine which helps escort magnesium into your cells.