

Magnesium Usage Guide for your reference



Magnesium activates over 300 enzyme reactions in the body, translating to thousands of biochemical reactions happening on a constant basis daily. Magnesium is crucial to nerve transmission (as one of your essential electrolytes), muscle contraction/relaxation, blood coagulation, energy production, mood balance, nervous system function, heart health, adrenal function, nutrient metabolism and bone and cell formation.

Before beginning any magnesium supplementation, take an inventory of your symptoms in order to assess your magnesium requirements. Even just one or two of these symptoms can indicate a need for supplemental magnesium.

The following list includes **Common symptoms of Magnesium deficiency**:

- Anxiety
- Apprehensiveness, confusion, disorientation
- Asthma
- Constantly cold
- Cravings for chocolate (not sugary candy chocolate or milk chocolate)
- Depression
- Dimmed vision
- Easy startle response
- Excessive body odour
- Hypersensitivity to noise
- Irregular heartbeat, tachycardia
- Jaw tension or grinding teeth (check this even if you have a night guard)
- Kidney stones (past or present)
- Loose/sensitive teeth
- Loss of appetite
- Nausea, dizziness, or light-headedness
- Nervous tics or twitches
- Painful and cold hands or feet
- Personality changes
- Spasms, tremors, convulsions, or seizures
- Menstrual cramps
- Osteopenia or osteoporosis
- Angina
- Body pain or fibromyalgia
- Calcification in your body such as arthritic “bulged” knuckles, calcified joints, bone spurs or breast calcifications
- Constipation
- Cramping of your muscles, feet or toes
- Gall stones (past or present)
- High blood pressure (check this even if you are on medication for high blood pressure)
- Restless leg syndrome
- Tendonitis, bursitis, or arthritis
- Tension headaches or migraines
- Difficulty sleeping at night

How to take oral Magnesium Citrate with L-Taurine:

Start with 3 capsules of Magnesium Citrate before bed (or any time after 8 PM). If after two weeks your magnesium symptoms are not lessening, take 4 caps before bed. If after another two weeks your magnesium deficiency symptoms still aren't lessening, then try 5 capsules before bed. If any dosage is too much for you, it will cause you to have loose stool. If that happens, cut back on your dosage.

Once all of your symptoms have disappeared, try cutting your dosage back. If symptoms reappear, then increase your dosage. If you seem to maintain, then cut back again, and so forth, until you are no longer taking the magnesium. If at any time you get a recurrence of symptoms, simply return to taking supplemental magnesium.

However, if you are constantly under stress or are at risk of heart disease, you may need to take one to three capsules of Magnesium Citrate daily for the rest of your life.

***Please note if the label on the bottle states the entire amount of Magnesium Citrate as 850 mg and the amount of elemental magnesium and 136 mg. The above recommendations are based on the 136 mg dosage of elemental magnesium per capsule.*

What about other forms of oral Magnesium?

Magnesium Citrate with L-Taurine is the most recommended form of magnesium due to its absorption, ability to assist bowel movements (which many people have trouble with), and consistent results. Magnesium Bisglycinate is the only other preferred form we would recommend, and works well for those who need a higher therapeutic dose (by taking fewer capsules), and don't need help with their bowels. Magnesium Oxide is a laxative and should not be used for magnesium supplementation.

How to use the Magnesium (Chloride) Oil Body Spray Topically

The skin is the body's largest organ, and as such, has an amazing ability to absorb, filter toxins, and deliver nutrients to the body. It is also a visible sign of the health of the body as a whole.

When the skin has rashes, eczema, psoriasis, dry skin, acne, or other problems, this is often a sign of deeper issues within the body. As the skin is also an elimination organ, the body will push out toxins through the skin when the other organs of elimination (gut, liver, kidneys, etc.) are taxed or burdened.

A damaged gut can also make absorbing magnesium and other minerals through the digestive system more difficult, so topical magnesium oil or magnesium baths are a great solution.

Directions for use will be as follows: There's 100 mg per ml; you need to apply 5-10 sprays in the AM and 5-10 sprays in the PM to get your 300 mg twice a day. Doing that, one 237 ml bottle should last 2-3 months.

How to use the Magnesium Chloride Bath Flakes

It is recommended that each person does 6 – 7 baths in a row (can be foot baths). Then 2-3 baths a week after that. You use ¼ - ½ cup for each bath. And depending how accurately you measure, each 1 Kg bag will give you 10-15 baths. The baths are just to get the person started, although can be used frequently for those who can't tolerate oral magnesium. Some people with chronic health issues may need to continue with the baths for a longer period of time.

What's the Difference Between Magnesium Chloride Bath Flakes and Epsom Salts?

Magnesium Chloride (Bath Flakes) is used therapeutically to raise cellular magnesium levels and treat a magnesium deficiency. Epsom Salts are made from Magnesium Sulfate and can be used as well, but keep in mind the amount of magnesium absorbed from Epsom Salts will be much less, its benefits coming more from the sulfur component of the salts which is helpful for certain health conditions. Magnesium from Epsom Salts is rapidly excreted through the kidneys and therefore difficult to assimilate. This would explain in part why the effects from Epsom salt baths do not last long and why you need much more magnesium sulfate in a bath than magnesium chloride to get similar results. You'll need at least 2 cups of Epsom salts for your bath if you use these (we don't advise mixing Epsom Salts with Magnesium Chloride Flakes in the same bath, but you can certainly alternate which ones you use).

Would I stop taking the capsules at night if I started using the spray (or bath salts)?

The rule of thumb will be if you find the Magnesium Citrate capsules helps you have better BM's then you will continue to take the magnesium capsules before bed. BUT, if you don't find any difference in your bowel function between taking the magnesium capsules and not taking it, then you can just use the magnesium spray. Or, take the capsules on a day you weren't able to use the spray for whatever reason.

Is the spray only used twice a day or can it be used throughout the day?

It can be used throughout the day. If the situation is for pain, then you could definitely use it throughout the day, although twice a day may be enough to eliminate the pain. If you have an injury (such as a sprain or strain) you can use the spray often throughout the day on the targeted area to relieve inflammation and promote healing.

The spray stings or tingles on my skin, is this normal?

For most people this will go away with use. If you have sensitive skin, you can dilute it or use on areas like the calf, or top of the feet. I've had very few people where the stinging is persistent...if these suggestions don't help, then the baths and/or footbaths are the alternative. If this is still a problem, you can spray on less sensitive areas, wait several minutes for it to absorb, and then gently wash the skin. Most of the magnesium will have been absorbed by then.

I get really bad menstrual cramps; how soon can I expect relief?

Many women will find near immediate relief (within the first cycle) when using appropriate amounts of magnesium. However, because there are multiple influences involved with the monthly 'curse' of PMS and cramping, it may take several cycles to eliminate them along with changes to your diet, lifestyle and other supplements.

Will using this magnesium solve my sleep troubles?

Low magnesium is associated with sleep issues and in many cases can be the "magic bullet" to help you get a good night's sleep. However, because there are so many factors involved with sleep, we suggest you work with your qualified practitioner to resolve this issue correctly if you're not getting the desired results within a few months of magnesium supplementation.

Is it possible to have *too much* Magnesium?

In the short term there is no danger of too much magnesium because so many people are so deficient and even as they replace it, they are dumping it out just as fast due to stress or sweating. The kidneys will also eliminate any excess but using very high doses over the long term could lead to a possibility of magnesium excess (normally your bowels will become very loose if you are taking in too much magnesium). We advise clients to monitor their symptoms and as the body heals, you take less magnesium. For example, if you clenched your teeth and found that you need 10 sprays twice a day to stop yourself from doing this, then after about 30 days, you might try 8 sprays twice a day. Watch the results. Do you start clenching your jaw and grinding your teeth again? If so, you need more magnesium, but if not, you can try a lower dosage. Some people will never be able to get their dosage any lower than 400 to 600 mg a day, while others may be able to use magnesium only as needed, and some may even need a higher dosage to be symptom free.

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