

Magnesium Usage Guide for your reference



THE MIRACLE OF MAGNESIUM

A deficiency of magnesium can lead to very annoying problems such as constipation and muscle cramps. But in the worst-case scenario, a magnesium deficiency could kill you!

How can a magnesium deficiency be that serious? Calcium contracts and magnesium releases. So, if your bowel contracts without expanding, you stop the natural motion of your intestinal tract and become constipated – this is annoying.

If your heart muscle contracts and doesn't release you have a heart attack – this is life threatening. In fact, a deficiency of magnesium is very bad for your heart health. A deficiency can lead to strokes, increased blood pressure, heart enlargement, high triglycerides, racing heartbeat, and irregular heartbeat.

Contraction without release can also cause tension headaches, asthma, jaw tension or grinding of teeth, muscle cramps and menstrual cramps.

IT IS TIME TO CHANGE THE FOCUS

The focus has always been on calcium, yet it is magnesium that directs the calcium. My mentor used to say to me, "Calcium is the sheep, and magnesium is the shepherd." A good example of this is kidney stones. If there is not enough magnesium to tell the calcium where to go, the calcium will fall out of solution and form a kidney stone.

HOW DO YOU BECOME DEFICIENT IN MAGNESIUM?

1. The more calcium we take in through supplements and diet, the more you diminish your magnesium absorption.
2. Low dietary intakes. The best source of magnesium is green vegetables such as spinach and Swiss chard which are sadly lacking from the typical diet.
3. The use of diuretics causes you to excrete magnesium.
4. The more stress you are under the more magnesium you will dump from your body.
5. Menstruating women tend to lose even more magnesium in the timeframe between ovulation and their period.

SHOULD YOU GET TESTED FOR A MAGNESIUM DEFICIENCY?

The body of an adult human contains approximately 25 to 30 g. of magnesium. Of this, the greatest part is deposited in the bones; much is also found in the muscles, in the liver, brain, kidneys and in the blood. The concentration in the blood is only one sixth to one tenth that of magnesium in the cells making blood tests for magnesium levels quite useless unless you are suffering from a total depletion of magnesium.

So no, there is no point in getting tested.

YOUR BODY CAN TELL YOU WHAT IT NEEDS

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 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
- Angina
- Apprehensiveness, confusion, disorientation
- Asthma
- Constantly cold
- Cold hands or feet
- Constipation
- Cramping of your muscles, feet or toes
- 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
- Body pain or fibromyalgia
- Calcification in your body such as arthritic “bulged” knuckles, calcified joints, bone spurs or breast calcifications
- 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
- Poor co-ordination
- Irritable nerves or muscles
- Nervous tics or twitches

WHEN TO TAKE EXTRA MAGNESIUM

If you have at least 2 of the symptoms above or if you have just one of the following symptoms, I would highly recommend taking some additional magnesium.

- Do you have a very definite and strong craving for chocolate
- Do you have a history of kidney stones
- Do you have high blood pressure (or are on high blood pressure meds)
- Do you clench your jaw or grind your teeth
- Do you get menstrual cramps
- Do you get tension headaches or migraines
- Do you get muscle cramps
- Do you have angina
- Do you have asthma
- Do you get a lot of muscle tension

HOW MUCH MAGNESIUM SHOULD YOU TAKE?

The magnesium I recommend is from New Roots and contains Taurine which helps drive the magnesium into the cells thus making it more effective.

[New Roots Herbal Magnesium Citrate Plus L-Taurine \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

If you are deficient in magnesium start with 3 capsules of magnesium before bed. 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 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 Magnesium Bisglycinate?

[New Roots Herbal Magnesium Bisglycinate \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Magnesium Citrate with L-Taurine is my most recommended form of magnesium due to its absorption, ability to assist bowel movements (which many people have trouble with), and consistent results. New Roots Magnesium Bisglycinate with L-Taurine is the only other preferred form I 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.

What about Magnesium Oxide?

Magnesium Oxide is a laxative and should not be used for magnesium supplementation.

What about Magnesium (Chloride) Body Spray?

[Bolton's Naturals Magnesium Chloride Spray \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) 237 ml.

[Bolton's Naturals Magnesium Spray \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) 118 ml

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: Each 1 ml of Bolton's Natural Magnesium Spray contains 225 mg of magnesium chloride, equivalent to 60 mg of elemental magnesium. Apply as much spray as can be absorbed by your skin area (minimum of 10 sprays and a maximum of 40 sprays). You can use once or twice a day. Judge your usage by your results.

If you aren't seeing improvement, use more and if you are seeing improvement, you are using the right amount.

What about Magnesium Chloride Bath Flakes?

[NOW Magnesium Flakes \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Magnesium bath flakes, or bath salts, are a form of transdermal magnesium, a method of mineral supplementation designed to deliver magnesium through the skin for rapid absorption into the cells.

Magnesium bath flakes can be an addition to your program but should not be relied on exclusively to meet your magnesium needs.

Magnesium bath flakes are the dry flakes of magnesium chloride in a convenient form for utilization in baths and foot soaks.

Magnesium flakes are also known for their skin healing properties. They are an effective treatment for common skin conditions such as dry skin, psoriasis, eczema, dermatitis, and even acne.

Magnesium flakes can also be used to soothe insect bites, heal blisters, and even treat ailments that affect your joints, such as arthritis. If you have a difficult time getting to sleep, bathing with magnesium flakes can reduce stress and promote a better night's sleep.

Safe for children to use (1/4 cup in their bath) and strong enough for an adult.

Directions: Add a minimum of a ¼ to ½ cup of magnesium flakes into your bath water, swishing to dissolve. Maximize your bathing experience by staying in the tub for about 20-30 minutes, adding warm water as the water cools. When you are done bathing, don't rinse off in the shower – go straight from the tub to the towel. Adding Magnesium Chloride flakes to a bath creates a rejuvenating, detoxing, and relaxing at home spa.

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 are 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 flakes)?

I recommend the magnesium spray or bath salts as an adjunct to your program and not instead of the capsules. However, if you can't tolerate the capsules or prefer not to swallow capsules, you can absolutely use the magnesium spray exclusively. It is much harder to get enough magnesium through bath flakes alone.

For constipation issues, the magnesium capsules are more effective.

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, it is advisable to 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 people 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. Please refer to my book "Get Off The PMS & Perimenopausal Roller Coaster, Learn 9 Natural Fast Track Solutions To Balanced Hormones" available on Amazon. [Get Off The PMS & Perimenopausal Roller Coaster: Learn 9 Natural Fast Track Solutions To Balanced Hormones: Eastwood RNCP, Brenda: 9780991881802: Books - Amazon.ca](https://www.amazon.ca/dp/9780991881802) There is a specific chapter for menstrual cramps in this book.

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, I 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 high doses over the long term could lead to a possibility of magnesium excess.

I 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 5 capsules of magnesium citrate before bed to stop yourself from doing this, then after about 30 days, you might try 4 capsules before bed.

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.

The information made available in this document is intended for the original recipient of this download and is provided for educational or reference purposes only. Nutritional Therapy and/or Coaching is not intended as a diagnosis, treatment, prescription, or cure for any disease, mental or physical, and is not intended as a substitute for regular medical care.