

Magnesium Facts

- **Nature's #1 Calcium Channel Blocker**
- **Nature's #1 Muscle Relaxant**
- Most **crucial element** for the body
- Is **needed for more than 325+ body functions** + 300 enzymatic functions (important for nerve, muscle and enzyme functions)
- **When this is missing, calcium cannot do what it is supposed to do.**
- It is the **nucleus of green plants.**
- There **should be a 3 or 2 to 1 ratio of magnesium to calcium.** (If there is more calcium than magnesium in the body, the calcium will leach out the magnesium, causing the blood to clot, stones to form in the kidneys, hardening in the arteries, causing the blood pressure to go up, and so many other problems).
- **Proper test is called an RBC Magnesium test** (measures 40% of the body's magnesium) the regular test is not the best because only 1% of the body's magnesium is in the blood. (The magnesium loading test is an even better test)
- Proper levels can range from 1.8-2.6 in adults/1.7-2.1 in children
- **85% of Americans are deficient in this mineral.**
- **Most Doctors/hospitals do not test for this mineral,** therefore, **many people have complaints that the doctors cannot find,** and eventually these doctors send their patient to see a psychiatrist, eventually prescribing them anti-psychotics.

"In the study of hygiene, students should be taught the nutrient value of different foods." (Ed 204.3)

FOODS HIGH IN MAGNESIUM:

- Artichoke
- Beans (especially white)
- Blackstrap molasses
- Bran
- Dates
- Nuts (Brazil nuts, almonds, hazelnuts, and cashews)
- Seeds (especially pumpkin and sesame seeds)
- Spinach
- Tofu
- Vegetables (especially green) (this is why people who do chlorophyll drinks get rid of most magnesium deficiency problems)
- Wheat germ
- Whole wheat flour

BIBLE:

Isaiah 55:2 – "...eat that which is good."

SOP:

"We are mortal and must **supply ourselves with food that will give proper nourishment** to the body." (CH 135.3-4)

“Those foods should be chosen that best supply the elements needed for building up the body...” {MH 295.2}

“The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood.” {CD 396.1}

“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need...” (CD 92.2)

“Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength.” {Ed 204.3}

“Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The BRAIN must be supplied with its portion; the BONES, MUSCLES, AND NERVES demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.” {CG 378.3}

SIGNS/SYMPTOMS (S/SX) OF MAGNESIUM DEFICIENCY ARE THE FOLLOWING:

- ADD/ADHD
- All Bone Problems (Arthritis, Low Back Pain, Neck Pain, Etc.)
- All Kidney Problems
- All Lung Problems
- All Nerve Problems
- Allergies (Decreased Magnesium Causes the Histamine Levels To Increase)
- Anger
- Angina (Chest Pain)
- Autism
- Blood Clots-Heart Palpitations
- Bowel Problems (IBS, Colitis, Crohn's, Etc.)
- Coldness in the Feet/Hands
- Confusion
- Constipation
- Cramping
- Depression
- Diabetes
- Diarrhea
- Difficulty Swallowing and Many Other Problems
- Eye Twitching
- Fatigue
- Food Cravings
- Hand Tremors
- Headaches
- Hiccoughs/Hiccups
- High Blood Pressure
- Hormonal Problems
- Hypothyroidism

- Infertility
- Inflammation
- Insomnia
- Irritability
- Menstrual Cramping
- Migraines
- MS
- Muscle Cramping
- Muscle Twitching
- Numbness & Tingling in the Extremities
- Pain
- Panic Attacks
- PMS
- Poor Concentration
- Poor Memory
- Pre-Eclampsia
- Pulled Hamstrings
- Racing Heart
- Seizures
- Shortness of Breath
- Spasms of Bladder, Lungs (Asthma), Muscles
- Swelling (Edema)
- TMJ
- Weakness

WHO SHOULD TAKE MAGNESIUM SUPPLEMENTATION?

(This should be in liquid form because the pill only absorbs 4%, expelling the other 96% throughout the bowels, causing loose stools. The powder (citrate) only absorbs 15%, doing the same with the other 85% as does the pill. Angstrom Magnesium is liquid, and is 100% absorbable. Those with IBS, Colitis and Crohn's Disease are able to take this.)

- Alcoholic Drinkers
- Anyone On A High Protein Diet
- Anyone Using Microwaves, Cell Phones, Etc. (Radiation Usage)
- Anyone Who Does Not Consume Nuts, Seeds And Vegetables On A Daily Basis
- Anyone Who Has Any Of The Above Symptoms
- Anyone Who Has Dental Fillings
- Anyone Who Takes Supplements With More Calcium Than Magnesium Ratio
- Anyone Who Uses Msg, Aspartame, Animal Fat, Food Coloring, And Preservatives
- Athletes
- Caffeine Consumers (Chocolate, Sodas, Coffee, Coffee Candy)
- Junk Food Eaters
- Marathon Runners
- Meat Eaters
- Smokers
- Sugar Consumers

- Those Who Perspire A Lot (this causes a depletion of the mineral-anyone on medication, especially diuretics)

“...Foods deficient in the elements of nutrition, should be made plain...” (Ed 204.3)

VIDEOS ABOUT MAGNESIUM AND CALCIUM:

By Andrea Rosenoff, PhD.

1. Balancing Calcium with Magnesium

<https://www.youtube.com/watch?v=5guQwhRhV60>

2. Calcium Magnesium Balance

<https://www.youtube.com/watch?v=tcFxfz-pPyE>

MOST RECOMMENDED BOOK ON THIS SUBJECT:

How to Change Your Life With Magnesium - By: Dr. Carolyn Dean

<http://drcarolyndean.com/natural-health-books-by-drdean/>

MORE INFORMATION ON MAGNESIUM (MG):

<http://drcarolyndean.com/>

(Scroll down till you see the article on Magnesium)

http://www.mbschachter.com/importance_of_magnesium_to_human.htm

<http://www.webmd.com/a-to-z-guides/magnesium-mg?page=2>

<http://ods.od.nih.gov/factsheets/magnesium/>

REMEMBER:

“All who profess to be followers of Jesus should feel that **a duty rests upon them** to **preserve their bodies in the best condition of health...”** (HL 29.6)

SOP ABBREVIATIONS:

CD = Counsels on Diets and Foods

CG = Child Guidance

CH = Counsels on Health

Ed = Education

HL = Healthful Living

MH = Ministry of Healing

Links To My Blog:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/magnesium-facts.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/magnesium-facts.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/magnesium-facts.html>