

abe5680

I came across an interview (with Dr Jonathan Wright, from memory) where he was speaking about various heart medications and how they work and he was talking about magnesium. My ears pricked up, particularly as my eldest sibling has been struggling with high blood pressure, and he was taking a calcium channel blocker, which he wants to (and probably has) come off. The interviewed doctor shared how they had actually examined the actions of these blood pressure medications under an electron microscope. When they looked at the action of the calcium channel blockers (pharmaceuticals) under this EM, they discovered that it basically turned your calcium channels into spaghetti!

Then, they decided to use the electron microscope to see what magnesium would do. They were amazed to see that magnesium actually behaves like the body's own natural "calcium channel blocker" but one that acted with the intelligence that I believe can only be found in natural substances at this time. It was the magnesium molecule that moved into position to block the calcium channel when this was required, but it would then move back out of the way when calcium WAS needed in the cell.

So, it appears that magnesium is nature's calcium channel blocker. It occurs to me that many people with BP issues may be magnesium deficient - and IMHO, doctors should be addressing nutrient deficiencies PRIOR to prescribing drugs that have some undesired side effects and essentially do harm. Having said that, there are certainly life-threatening situations in which you would want to give a drug WHILE you worked on the underlying causes, and then ween off the drug. Then, you are also not contaminating the planet and others with the residues of the poisonous drugs you are taking, some of which, naturally end up down the toilet and then in the water supply and environment more generally. We need to start thinking about what we do as individuals that might be contributing to our mutual problems.

Posted On 01/15/2017

Maritt

Excellent information abe

Posted On 01/16/2017

Guillermou

Very good observation abe. Magnesium is an anti-stress mineral. It is a natural tranquilizer, which relaxes muscles. It participates in the metabolism of proteins, carbohydrates, calcium, phosphorus, sodium, potassium and vitamin C. It promotes the health of the cardiovascular and nervous system.

His observation coincides with The Dr, Cormillot. Magnesium is a natural calcium channel blocker, capable of curbing the excessive flow of calcium ions in the brain or nerve cells. It also acts to increase the forces inside the cells that counteract the excitation, leading to a better balance between the two opposing forces. This inhibition of arousal may, in part, explain their ability to relax contracted muscles and facilitate rest in sleep. It also makes magnesium an ideal nutrient to protect the delicate nerve endings of the ears that participate in both the sense of hearing and balance. Magnesium in supplements protects against noise induced hearing loss.

As an alternative to prescription drugs, known as blockers, which have serious drawbacks.

Magnesium, appears to have the ability to block calcium channels. This ability to block these channels in cell membranes results in a limitation of the amount of calcium that would otherwise be absorbed by the cells, effectively reducing intracellular calcium concentrations in tissue cells and Organs.

www.naturalhealth365.com/0958_magnesium_deficiency.html

Magnesium (Mg^{2+}) has antagonistic properties to calcium (Ca^{2+}) and has been termed the physiologic Ca^{2+} blocker. Synthetic Ca^{2+} channel blockers are extensively used as anti-hypertensive agents. It is hypothesised that when administered in combination synthetic Ca^{2+} channel blockers and Mg are synergistic in the treatment of hypertension. Magnesium supplementation as an adjuvant to synthetic calcium channel antagonists in the treatment of hypertension.

www.ncbi.nlm.nih.gov/.../1664038

Posted On 01/16/2017

grulla

Dr.M's supplemental magnesium of choice is mg threonate for greater absorption through the blood-brain barrier.

www.drperlmutter.com/magnesium-threonate-powers-brain

shop.mercola.com/product/1192/1/magnesium-l-threonate-120-per-bottle-9..

One of my favorite nutritional sources of mg is quinoa, an item not listed in the above article chart.

nutritiondata.self.com/.../2

www.whitemountainfarm.com

Recent forum contributor posters, such as "Krofter", have pointed out the need to not overcook quinoa in order to avoid carbs. Cooking slowly in the heated water, subsequently with the flame turned off, so that the quinoa does not turn into tiny donuts, is key to keeping the quinoa starch resistant (amylose). EDIT PS: I buy my organic White Mountain quinoa in 25lb sacks with a 10% bulk discount from my health food co-op, and keep it stored in the outdoor chest freezer to kill and/or prevent mites and any other possible insect infestation. In case of any emergencies and power outages, the quinoa will last a good long time without the freezing, good survival food.

Posted On 01/16/2017

Guillermou

Very good information, Grulla. as usual The actual quinoa can be considered a "pseudocereal" (it is a grain similar to other cereals but actually belongs to the family of spinach and beets) that comes from the Bolivian highlands, where it is grown between 3000 and 4000 meters. Then the plant is rich in oxalates but the not grain has.

Composition: 12-15% protein. 5-7% lipids. 50-65% carbohydrates. Fibre 4-6% Minerals estimated daily recommended amount: 10% Calcium, Magnesium: 30%. RCG. Copper: 18%. Iron: 15%. Zinc: 13% Vitamins thiamine, rivoflabina, niacin, ascorbic, α tochoferol, β caroteno. More than 10% of the RDI of vitamins B1, B2 and B6. Folate: 19% RDA

Index of protein quality of quinoa is 90%. The most limiting amino acid is tryptophan. But consider fecal losses for quinoa in the order of 20%, the amount they should eat quinoa is 1.5 g / kg / d. The protein digestibility or bioavailability is around 80% Starch is a mixture of two glucans: amylose and amylopectin. Besides starch, perisperm cells of all the grains contain hemicellulose (xylans, galactans, mannans, arabinose, galactose), pectins, pentosans, cellulose, beta-glucans, gums and glucofructanos. I recommend to lower cholesterol. Linoleic acid was the main fatty acid (56%) quinoa, followed by (21.1%) oleic acid, palmitic acid (9.6%) and linolenic (6.7%) acid. 11.5% of the total fatty acids of quinoa are saturated.

In determining the tocopherol concentrations found for quinoa 797.2 ppm and 721.4 ppm gamma tocopherol alpha tocopherol. Alpha tocopherol has greater power as vitamin E, vitamin being the best antioxidant level in the cells membranes and protective of the damage they cause fatty acids of the membranes by free radicals. In fact, the year 2013 was called as "The International Year of Quinoa" by the United Nations (UN), based on its high nutritional value and potential to contribute to food security worldwide

Posted On 01/16/2017

grulla

Posting the above made me hungry for some winter fare, mg rich, breakfast quinoa. lol. I use the white variety, there is also red and black. It was pointed out to me quite a few years ago that the white variety was better for nutritional reasons but I can't recall exactly why??? Regardless of color, I'm sure it's all pretty good to one degree or another with mg.

Anyway, I use a 3:1 ratio of 3 parts water to one part quinoa. Bring the water to a boil and then slowly pour the "grain" in just like preparing rice. Bring to another boil at which time one has the option of adding fresh diced organic apple, and then bring back to a second boil. Keep in mind though, that stewed apple will be the complete opposite of keeping the quinoa simmered amylose.

After the quinoa, (with or without the diced apples), returns to a boil for a short while, one can turn down the heat to absolute minimum flame, cover and simmer till all the water is absorbed, usually about 10 minutes or so. Others prefer to simmer covered with the flame turned off completely for better resistant amylose starch. But again, any stewed apples will defeat the purpose of the amylose quinoa.

When serving, I sprinkle with non-cassia, coumarin free, Indus Ceylon cinnamon, and ghee (or butter). If you can tolerate a little added carbs, try a small tad of REAL organic maple syrup also and make sure to consume all this early in the day at breakfast time so you have the rest of the day to physically burn off any carbs. I also have a recipe for cold, amylose quinoa salad which I'll try to find and post, time permitting, or perhaps one can google search for that (of many) quinoa salad recipes.

shop.indusorganics.com/.../cnm8gnd

www.pureindianfoods.com/ProductDetails.asp?ProductCode=GHEE&Click=..

www.ewg.org/.../list.php Apples are #2 on the dirty dozen list, buy them organic.

Posted On 01/16/2017

Guillermou

Grulla. When you invite me, to that recipe of quinoa, so well elaborated, and studied, to suck your fingers, and gain in health? !! Tomorrow, I take a plane !!. Besides, he teaches me those magnificent Spanish horses he has. I would ride a good horse. White quinoa (golden), as you know, is the most recognized, and the most commercialized. In addition, there are red quinoa, black, orange, and even the abode. There is not much difference between them, as far as nutrition (I can not find the article, but it is in Spanish). What distinguishes them, is the characteristic flavor and texture.

The white quinoa, has the most delicate flavor, and thanks to its light texture, it becomes more spongy, once cooked. Perhaps, it is the most versatile variety, delicious as a base for salads, and substitute rice, in our dishes. Red quinoa provides a little more protein, and is also richer in riboflavin. It has a stronger nutty touch. It combines very well in salads, especially those that carry fruits, or nuts. It requires, approximately 3-4 minutes of cooking, more than the white one. Black quinoa stands out for its earthy taste contrast, along with a subtle sweet touch. Its texture is more crunchy, requires about 5-6 minutes of cooking, more than the white.

Posted On 01/16/2017

jmiller739

'Transdermal magnesium is a powerful tool in the battle against magnesium deficiency. Benefits reported by those who use transdermal applications of magnesium relate specifically to its therapeutic application on the skin and its direct absorption into the cells: 1. Increased sleep 2. Reduced muscle aches, pains, cramping and spasms 3. Healthy skin and reduced outbreaks of eczema and psoriasis 4. Better relaxation and stress management 5. Increased energy levels and improved moods 6. Increased athletic performance' www.ancient-minerals.com/transdermal-magnesium

Posted On 01/16/2017

jmiller739

Ronald, you may find the following article link helpful in determining if you're getting enough magnesium: "Need More Magnesium? 10 Signs to Watch For" www.ancient-minerals.com/.../need-more

I spray magnesium chloride on once a day after my shower. It doesn't get washed off until my next shower. In addition, I occasionally do magnesium sulfate foot soaks. I read that "any Epsom salts left on the skin may continue to be absorbed as long as it is still on the skin, offering continuous timed-released input into the bloodstream."

Posted On 01/17/2017

Almond

The sources of magnesium are basically from the soil and the water. Much water that people drink is either polluted/contaminated, bottled or filtered and prob low in magnesium. The water used in many commercially canned and processed foods is likely to be just plain fluoridated tap water. If the farmland (soil) has also been degraded and denatured, it is unlikely you are getting the minerals you need if you depend on others to produce the food you eat. Everything has to come from somewhere, and it has to go somewhere (in the body). Your body knows what to do with wholesome food. Anything else tends to cause some degree of problems.

Posted On 01/16/2017

hils

Hi Almond - Regarding the fact that modern agricultural methods have depleted the soil including the magnesium levels:- For the past 6 years I've been growing food on an allotment (victory garden!) in England. I've had problems with tomatoes and potatoes suffering from yellowing leaves and learned that this is caused by a magnesium deficiency in the soil, rectifiable by the addition of Epsom salts. But it does seem to get used up by the plants and I need to make several applications each growing season. What I'm wondering is this; there is clearly a deficiency as shown by these plants, but as I'm operating a rotation system and I keep seeing this problem each year, that must mean there is a deficiency over the the whole allotment: Therefore all my vegetables must be magnesium deficient so should I use Epsom salts all over?

As I run my allotment on organic principles and Epsom salts is naturally occurring (though obviously not in my garden!) I don't see a contradiction there. I also used borax on a small area as I was unable to grow cauliflowers without it (due to boron deficiency). So here I am growing my own organic vegetables but I'm wondering how many other minerals they are short of..? And what else I should add..

Posted On 01/16/2017

grulla

Another omission for nutritional mg is chickpeas, aka garbanzo beans, hummus:

nutritiondata.self.com/.../2

I buy organic, ready made hummus at my food co-op and mix in at home diced organic chiles or pimentos. Both taste best after marinating a while.

lillyshummus.com/.../roasted-garlic-hummus

www.lapreferida.com/products/la-preferida-diced-green-chiles-organic/

www.walmart.com/.../10318557 sliced or diced

Posted On 01/16/2017

Krofter

Magnesium can cause water to concentrate in you gi tract leading to a deficiency in the rest of your body - which can be problematic for your heart. Drink plenty of water for some time after taking magnesium. Better yet, take it in small doses throughout the day - unless it makes you sleepy. Then take it in the evening.

Posted On 01/16/2017

jmj3469

I am currently a nursing mom and am pretty sure I am low in magnesium. I purchased dr.Mercolas brand,but I'm trying to find out if it is okay to take while nursing and what dose. My postnatal vitamins only have 4% of the daily recommended dose. I'm honestly getting frustrated trying to figure all this out. Seems like no one want to deal with the "pregnant/breastfeeding" group. :/ Hopefully I can find some answers.

Posted On 01/17/2017

Maritt

Magnesium is critical for both you and your baby; thus taking a high dose is highly recommended. If you refer to Dr Mercola's Magnesium Threonate then take at least 2 capsules. Also ensure that your vitamin D levels are in line with Dr Mercola's recommendations, so either get sufficient sun or supplement with Vitamin D3 (10,000 IU per day).

Keep in mind that when you see the following on supplement containers: "not suitable for pregnant and breastfeeding women" that is means the manufacturer did not test it on this group as it could be too expensive and not necessarily that it is contraindicated.

Posted On 01/17/2017

Suzubick

I take magnesium as a prophylactic for leg cramps. It works well for those. It doesn't do much for migraine. I've tried taking magnesium gluconate (the best form for my body) when migraine warning signs appear, but the attack rolls on regardless. A heads-up: many migraineurs are triggered by nuts and legumes.

Posted On 01/17/2017

Barnathaniel

Try magnesium aspartate - not always easy to find --- mine is coupled with potassium and made by Metagenics.

Our chiropractor, who practices kinesiology, found we tested very strongly positive for this product.

For leg cramps and other muscle soreness (hips, shoulders, etc) we've found a homeopathic product labeled Leg Cramps to be very effective. Works in 20 minutes or less to cut the pain enough to be able to sleep.

Posted On 01/23/2017

Energykinesiology

CoQ10 (ubiquinone) has proven in clinical trials to work well for migraines - even in children. Think about your heart and your brain as two of the most energy-intensive areas in your body. When you do, it is easy to see why both might get a beneficial protection from CoQ10. Clinical trials almost exclusively have been using ubiquinone, so don't spend the extra money on the antioxidant version, ubiquinol. Research also shows lowered bp from CoQ10: www.q10facts.com/high-blood-pressure-a-problem

Posted On 01/26/2017

Ronald_H

To balance the ratio of vitamin K2 with D3, it's important to consider the half-life of the K2-MK-7 because half is gone from the body in about 3-1/2 days while it's many weeks for vitamin D to diminish by half. This means that stopping D3 for a few days means little, but K2 should be maintained to keep proper balance.

Posted On 01/16/2017

monamon

And not to forget the role of Magnesium in Fibromyalgia Treatment.

Posted On 01/16/2017

Guillermou

Mg is involved in virtually all major metabolic and biochemical processes within the cell and is responsible for numerous functions in the body, including bone development, neuromuscular function, signaling pathways, energy storage and transfer, glucose, lipid metabolism. and proteins, DNA and RNA stability and cell proliferation. Total body magnesium content is approximately 24 g in a normal human adult. The total body magnesium of an adult is approximately 25 g, of which 50-60% is in the bones, and the remaining 40-50% is in the soft tissues, with less than 1% present in the blood.

Enzyme databases currently list more than 600 enzymes with Mg as a cofactor, while another 200 are listed in which Mg can act as an activator. Magnesium has an important role in enzyme activation, membrane function and intracellular signaling. The ion also represents an important cofactor for many enzymes. It is involved in the synthesis and replication of RNA and DNA, as well as the secretion of enzymes and hormones [Over the past 30 years, several experimental, clinical, and epidemiological studies have shown that chronic magnesium deficiency is associated with and/or amplifies many important diseases.

Most of them are known “social pathologies” such as diabetes, osteoporosis and cardiovascular diseases. Growing scientific evidence supports the view that low magnesium intake could induce changes in biochemical signaling pathways, increasing the risk of disease over time. Among some works that focus on the social impact of magnesium deficiency, a recent study is worth highlighting. It states that subclinical magnesium deficiency increases the risk of numerous types of cardiovascular diseases.

Posted On 06/01/2024

Guillermou

In this context, it is important to reiterate that acute hypomagnesemia presents clear clinical characteristics (severe cramps, nystagmus, cardiac arrhythmias, etc.), and is easily detectable. The links focus on five diseases of high social impact in which magnesium deficiency seems to be involved: diabetes mellitus, osteoporosis, cardiovascular diseases, cancer and neurological disorders. www.mdpi.com/.../htm (2022).-- www.mdpi.com/.../644 (2022)..--- wApproximately 48% of the US population has been shown to consume less than the Estimated Average Requirement (EAR), while three-quarters do not meet the Recommended Daily Allowance (RDA) Recent systematic reviews of randomized controlled trials illustrate inverse relationships of magnesium supplementation with circulating CRP levels, with larger effect magnitudes among individuals with elevated inflammatory status.

It has also been Magnesium has a known "calcium channel blocking" effect: the mineral can inhibit the entry of calcium (Ca^{+2}) into immunocompetent cells, limiting the activation of nuclear factor-B (NF-B), cytokine production and resulting systemic inflammation. Covid-19 and "vaccines" cause cardiovascular damage. The metabolism of vitamin D depends on magnesium as a cofactor.

A recent retrospective observational investigation of COVID-19 patients found significantly fewer hospitalized patients aged 50 years receiving daily oral supplements of vitamin D 3 (1000 IU), magnesium (150 mg), and vitamin B12 (500 g) for up to 14 days They did not require subsequent oxygen therapy compared to controls. which may explain the relationship between Mg and lung outcomes of COVID-19. www.tandfonline.com/.../07315724.2020.1785971 (2021).-___ link.springer.com/.../s00394-021-02704-y (2022).--- link.springer.com/.../s12011-022-03124-7 (2023)

Posted On 06/01/2024

lorena321

My blue horizon thyroid test also gave results of magnesium which was stated as high at 1.04 I am in the UK. If I supplement with any form of magnesium I feel dreadfully unwell. Weakness lower legs and upper arms with the feeling of overall weakness and just feel awful so now I have to avoid any supplements with magnesium included within it. I've tried every form of magnesium even Harrogate organic spray still the same reaction. I do have several allergies asthma and hayfever osteoporosis olp and tmj. I really don't understand why I react so badly to magnesium supplements. I drink only bottled water so maybe my body draws enough from the water and foods I can eat but I do not eat dairy or wheat products nuts seeds Shellfish. Anyone else find they react badly when a magnesium supplement is taken?

Posted On 06/05/2024

lgailk

Are there actual studies showing that magnesium threonate has the ability to cross the blood-brain barrier? According to Consumer lab, that has not been proven. Since magnesium threonate is much more expensive than other types of magnesium, I would like to know if it is worth the money.

Posted On 06/01/2024

bchristine

ConsumerLab is questionable when it comes to credibility, sorry to say. There was a reason for this several years ago, but I cannot recall now. Maybe someone else can respond :)

Posted On 06/01/2024

Guillermou

Ere some impressive animal studies suggesting that magnesium threonate has activity in the brain. This study shows that magnesium threonate can restore memory deficits associated with chronic pain. This study shows that magnesium L-Threonate is helpful for memory and learning—enhancing the brain's ability to form new synaptic connections in a process called neuroplasticity. This study demonstrates that magnesium threonate reduces inflammation in the brain—suggested to have possible benefits for Alzheimer's Disease. This study uses magnesium threonate in Alzheimer's mouse models, and demonstrates that magnesium threonate can prevent loss of synapses (connections between neurons) and helps reverse cognitive decline.

www.drlaurendeville.com/magnesium-threonate-blood-brain-barrier-bbb/

Posted On 06/01/2024

dusty35

marcola news letter the best , we have to make sure to keep it as it is always under attack

Posted On 06/01/2024

sue2613

Gui, Hemp seeds are supposed to be the food source highest in magnesium. Is this a good source or do we still need to supplement daily?

Posted On 06/01/2024

Guillermou

Hemp seeds are not recommended, they have a ratio of approximately 3:1 of omega-6 to omega-3 and Dr. Mercola limits omega 6 to 5g per day.

Posted On 06/01/2024
