

## meehan2661

I read Dr. Dean's book Magnesium Miracle. There are a few types of magnesium she recommends. I opted for chloride flakes as I mix with distilled water and spray my body when I get out of the shower. My level before I started (rcb) test was a few points lower than she likes. This is the least expensive method. Hope it works. I also do the k2. Between fermenting veggies with Dr. Mercolas starter culture and 100mcg of K2 MK7--I hope I am on the right track of reducing my calcium score. It dropped 10% last year. From 325 to 295. Of course my regular doctor said it could not be done. Just statins help.

Posted On 04/10/2017

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## rrealrose

meehan2661, Not to steal your thunder, as we know, most produce for mass market is now way low in nutrients and importantly bioavailable minerals. Dr Carolyn Dean has a new e-book out on thyroid conditions, and has been treating patients with minerals, including mg for thyroid conditions. Her information basically blew me away, as I had been mostly demineralized several years back (glyphosate? too many grains? probably a combination of these on top of NCGS). Gotta wonder, as I was told by a standard medicine doctor that having an untreated thyroid condition can lead to a heart condition later on...here's a link to her recent blog - [drcarolyndean.com/.../your-best-self-now-total-biology](http://drcarolyndean.com/.../your-best-self-now-total-biology)

Here's the short list: Mg, zn, i, ca, and a few more = 9! Dr. Dean mentions that vit D will not be activated without enough mg onboard. (Cannot quickly find link to her ebook, should be available. The link arrived early last month in an email as I am on her list.) REALLY be nice if Dr Mercola and crew looked into her theory and practice a bit closer, as she may be onto something important for hypothyroid conditions AND for downhill heart conditions. Also see Forbidden Healing's comment below.

Posted On 04/10/2017

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## **iamblessediam**

Hi meehan2661 -- It wasn't until I finally tried "magnesium oil" spray for topical application did I "feel" the difference. Excepting my face, I now spray magnesium oil on my exposed skin area(s) before being in direct Sun light no burning! Love, blessings and peace!

Posted On 04/10/2017

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## **forbiddenhealing**

Mg and K are deficient in most people... Since they are pH buffering electrolytes and critical components of red blood cells, O2 capacity and body charge are reflected in their levels...which deplete rapidly under stress and detoxing....ACV/green veggies/Sea salt/Epsom salt and Dead Sea salt soaks all help maintain levels....to protect against ALL disease.

Posted On 04/10/2017

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## **Suzubick**

This is very interesting; it may account for the success of paleo diets, primal diets, and the vegan low-fat diets. It's another commonality beyond those of no flour, no sugar, no industrial seed oils, no smoking, and get some exercise: high magnesium intake.

Posted On 04/10/2017

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## andjam01

forbiddenhealing correct. I am a Pharmacist and self researcher. Have been taking magnesium for over 50 years now ( via Epsom salts in those days) - Dr Mercs Threonate now + Mag oxide tabs + oil ( chloride) at times. In 1969 Dr Fitzherbert - local heart specialist noted that Wollongong - Australia - had the second tastiest (international competition - pre fluoridation - just) water in the world and was low in Magnesium and calcium. He also noted that Wollongong area had one of the highest heart disease rates in Australia and was then instrumental in getting magnesium supplements onto our PBS ( pharmaceutical benefits scheme) in the form of Magmin ( oxide). The reason for these low magnesium levels in our drinking water is a demographic problem because I believe that our water supply ( and that of Sydney) is stored on clay/sandstone dams and not on igneous ( volcanic) areas where minerals such as magnesium are more easily leached and are more abundant.

Posted On 04/10/2017

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## snook1

Speaking of Dr. Oz..I recently heard him say that anyone over fifty should be on a statin...I was shocked and lost respect for him because i do not believe that I cannot live a healthy life without statins..after all how did people live without them before big pharma created them.

Posted On 04/10/2017

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## Xmen44

Dr. Oz allowed the promotion of using deet as insect repellent to be justified in front of a national audience. We know deet causes Cancer and is endocrine disruptor. The man is a shill and sell out.

Posted On 04/13/2017

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## **Kitera**

I started using magnesium spray to alleviate muscle cramps and it cured my life long chronic constipation- that was a real bonus.

Posted On 04/10/2017

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## **LongBeach**

Kitera, how many mg of MG spray did you use to alleviate your symptoms?

Posted On 04/10/2017

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## **remitrom**

I started taking Dr. M's Magnesium Threonate (sp?) and it has really helped me with recovery from my weightlifting sessions. And it has greatly helped with muscle spasms as well. I used to hate doing a full body stretch because either my feet or calves would freeze up and hurt so much until I walked it off. Now, I can do this without any issues AND my body just feels better overall. The OTC magnesium is garbage and did not help so I willingly pay more for Dr. M's version!

Posted On 04/10/2017

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## **herbalinda**

Please be aware that if you are taking T3 for thyroid ( T4 is not an issue as far as I know) your body can store too much magnesium which I found out is very dangerous.

Posted On 04/13/2017

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**luccim**

T4 gets converted to T3, the active form of thyroid hormone , so if that's true then everyone would have this issue, yet most are usually deficient in Mg.

Posted On 04/23/2017

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## Guillermou

New research from scientists at the Australian National University (ANU) Brain and Neuroimaging Laboratory links magnesium status to a healthy, youthful brain as we age. Researchers say a higher intake of magnesium-rich foods could also help reduce the risk of dementia, which is the second leading cause of death in Australia and the seventh leading cause of death globally. The study carried out on more than 6,000 cognitively healthy participants in the United Kingdom, aged between 40 and 73, found thought-provoking conclusions.

For example, the site El Debate in its Health and Wellbeing section, states that those who consume more than 550 milligrams of magnesium per day (the normal is 350) have a brain age approximately one year younger when they reach 55 years of age. "The study shows that a 41% increase in magnesium intake could lead to less age-related brain shrinkage, which is associated with better cognitive function and a lower risk or delay in the onset of dementia in the elderly. old age," said study lead author Khawlah Alateeq of the ANU National Center for Epidemiology and Population Health.

"Since there is no cure for dementia and the development of pharmacological treatments have been unsuccessful for the past 30 years, it's been suggested that greater attention should be directed towards prevention," study co-author Dr Erin Walsh, who is also from ANU, he said. [www.anu.edu.au/news/all-news/eating-more-magnesium-each-day-keeps-deme..](http://www.anu.edu.au/news/all-news/eating-more-magnesium-each-day-keeps-deme..) (2023) [link.springer.com/.../s00394-023-03123-x](https://link.springer.com/.../s00394-023-03123-x) (2023)

Posted On 03/26/2024

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## Guillermou

In one study presented, baseline cognitive testing was performed, with the first follow-up tests occurring six weeks later. Then for 12 weeks, study participants received a randomized daily dose of either placebos or 1,500 to 2,000 milligrams of Mg threonate, depending on their body weight, as the cognitive tests were repeated at six-week intervals and at 12-week intervals. areas of: 1) Executive function---- 2) Working memory----- 3) Attention---- 4) Episodic memory (ability to remember fleeting events)---- Significantly, the most "surprising" finding is not only that MgT improves performance on individual cognitive tests in older adults with cognitive impairment, but that it also serves to reverse brain aging for more than nine years.-----Studies also show how increasing magnesium concentrations in cultured brain cells from the hippocampus (where memories are stored and retrieved) increases both synaptic density and brain plasticity.

The reasons why this is important are twofold: ----1) Synaptic density is not only the measure of the structural integrity of brain synapses, but evidence suggests that higher synaptic density results in more efficient cognitive processing.

---2) Plasticity is a measure of the speed at which synaptic connections can change with new stimuli; It is essentially learning at the cellular level.

[www.sciencedirect.com/science/article/abs/pii/S1053811916300404](http://www.sciencedirect.com/science/article/abs/pii/S1053811916300404) .----

[pubmed.ncbi.nlm.nih.gov/.../.](http://pubmed.ncbi.nlm.nih.gov/.../)---

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## grulla

I keep two large jars (270 caps) of Dr. Mercola's Mg l-threonate on hand, taking just one capsule per day with breakfast. It has been said here that Mg, l-threonate is the only Mg version capable of penetrating the brain blood barrier. Also, I have always kept for many years, a large 16 oz jar of natural, Mg based CALM on hand for a grumbly tummy, and it also makes a great alternative coffee creamer, though I still prefer my own unsweetened coffee just plain black. [naturalcalm.ca/product/natural-calm-magnesium-citrate-powder-raspberry..](http://naturalcalm.ca/product/natural-calm-magnesium-citrate-powder-raspberry..)

Posted On 03/26/2024

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## Guillermou

Excellent GRULLA, you know how to take care of your brain. In this study, magnesium L-threonate modulated the abundance of three genera in the intestinal microbiota, decreasing *Allobaculum* and increasing *Bifidobacterium* and *Turicibacter*. We also found that differential metabolites in serum regulated by L-magnesium threonate were enriched in various pathways associated with neurodegenerative diseases. Western blot detection on intestinal tight junction proteins (*zona occludens 1*, *occludin* and *claudin-5*) showed that magnesium L-threonate repaired the intestinal barrier dysfunction of mice. These findings suggest that magnesium L-threonate can reduce the clinical manifestations of Alzheimer's disease through the microbiota-gut-brain axis in mouse models, providing an experimental basis for the clinical treatment of Alzheimer's disease.

[journals.lww.com/nrronline/fulltext/2024/10000/magnesium\\_l\\_threonate\\_t..](https://journals.lww.com/nrronline/fulltext/2024/10000/magnesium_l_threonate_t..) (2024).--

Posted On 03/26/2024

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## jan64524

How do u give a body enough Mg without causing the runs? Hmmm

Posted On 03/26/2024

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## grulla

Lifestyle VS remedial dosages. For safety sake, I have always adhered to my personnel rule of taking my daily vitamin supplements in minimal lifestyle dosages (for an indefinite period, like the rest of my life), unless otherwise advised for larger remedial dosages by a doctor. Most vitamin supplements I see suggest minimal dosages on their label as "recommended dosage", and I sometimes even take less than that.

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## RegGuheert

Not all magnesium supplements are laxatives. Magnesium glycinate is a good choice if you want to avoid the laxative effects. Here is an article detailing the many different types of magnesium supplements: [www.healthline.com/.../magnesium-types](http://www.healthline.com/.../magnesium-types)

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## Yes.FoodMatters

Mag Citrate taken in high doses will definitely cause this. I have found Mag glycinate does not.

Posted On 03/26/2024

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## fvomasch

jan64524-Magnesium gel is a good option and taking an Epson salt bath a few times a week.

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## bpm4539

@RegGuheert: Do you trust anything you read on a rag like healthline? You may also believe in multiple genders. Any website that promotes gender nonsense is enemy land. I don't set foot there. It is driven by evil agenda, not your health concerns. Just my opinion. [www.healthline.com/.../different-genders](http://www.healthline.com/.../different-genders)

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## NaturalGrown

I believe oysters are a good source as well. Clams maybe? Good and salty!

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