

## Magnesium & EAM



In East Asian Medicine (EAM) magnesium is said to astringe yin and restrain yang, quieten the Spirit, absorbs acid, stops pain and strengthens the bones.

Magnesium provides the body with a smooth, flowing nature and therefore is useful for many conditions and diseases where there are stagnancies or erratic changes.

Magnesium is found naturally in seaweeds, legumes (beans, soy products, peas and lentils) vegetables and fruit, especially green leafy vegetables, such as spinach, parsley, sorrel and cabbage. Whole grains such as buckwheat, rye and brown rice, as well as almonds and sesame seeds are good sources of magnesium.

Strong cravings for chocolate or a very sweet tooth can indicate a magnesium deficiency, because chocolate is high in magnesium. However chocolate is also high in oxalic acid and if eaten habitually can inhibit the proper mineralisation of the body.

Magnesium rich foods or supplementation tends to 'push' calcium excesses in the soft tissue (often symptomatic of arthritic conditions) back into the bones, thereby strengthening the structural aspects of the body.

It is important to understand that through the many industrial processes that food undergoes these days, magnesium and other minerals tend to be stripped out. Wherever possible choose organic, whole and fresh foods to ensure as much magnesium as possible.

## Side effects & Interactions

Research indicates that magnesium orotate, citrate, amino acid chelate and gluconate have high solubility and bioavailability, especially when compared to inorganic forms of magnesium such as magnesium oxide.

Magnesium orotate is particularly indicated for cardiovascular health as its salt (orotic acid) improves the energy status of injured heart tissue, producing pronounced antiarrhythmic, vasodilator and cardio protective effects.

Magnesium diglycinate, where magnesium is attached to an amino acid and readily recognised by the body, enhances absorption and intestinal tolerance of magnesium, greatly reducing gastrointestinal distress and diarrhoea.

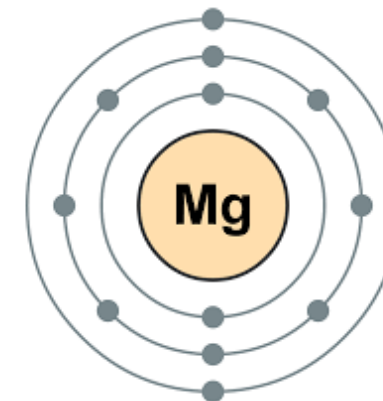
- **Excess consumption of magnesium may cause diarrhoea.**
- Magnesium may affect the absorption of certain medications including digoxin, anticoagulants, antimalarial drugs, antibiotics (quinolone, tetracycline, aminoglycosides) and bisphosphonates; take at least two hours apart.
- Concomitant use of magnesium with calcium channel blockers or anti-arrhythmic medications may potentiate hypotensive actions.

GET BACK  
TO FEELING  
GREAT



WE ARE  
HERE TO  
HELP

## Magnesium



Magnesium is an essential mineral required for human health. It is involved in a wide range of biological functions including energy production, nucleic acid and protein synthesis, electrolyte balance, maintenance of cell membrane integrity, regulation of muscle contraction, nerve conduction and regulation of vascular tone.



Level 1, 26 The Entrance Road

The Entrance NSW 2261

T: 02 4334 2007

[www.sanctumholistichealth.com](http://www.sanctumholistichealth.com)

## Dietary considerations

Dietary abuses that destroy nutrients in the body include:

- faulty habits such as overeating
- hurried eating without chewing properly
- eating late at night
- the use of intoxicants such as caffeine (coffee)
- nicotine and marijuana
- rich, greasy and highly seasoned foods
- refined foods such as refined sugars and white flour foods
- chemical additives in food and water, this includes synthetic sweeteners, preservatives, flavour enhancers and colorants.
- antibiotics and most synthetic drugs



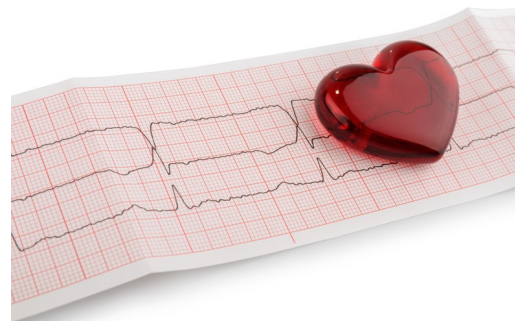
Dietary priorities to consider:

- eliminate negative foods
- replace inferior foods
- supplement deficiency and
- reduce excess

## Key benefits of magnesium

The key benefits of magnesium include:

- Essential for bone mineral metabolism. Magnesium is essential for efficient calcium absorption and utilisation.
- Acts as a cofactor for intracellular enzymes involved in mitochondrial energy production and the synthesis and function of adenosine triphosphate (ATP)
- Plays a critical role in the control of glycolysis and the Krebs cycle
- Modulates insulin action and insulin-mediated glucose uptake
- Regulates vascular tone
- Influences nerve conduction
- Reduces hyper excitability/hyperactivity
- Required for the synthesis of amino acids and proteins
- Maintains healthy muscle function
- Modulates hypothalamic-pituitary adrenal (HPA) axis function
- Essential for cardiovascular function
- Supports against the negative health effects of stress and anxiety



## Clinical applications

- Behavioural problems
- Anxiety
- Cardiovascular disease
- Menstrual complaints
- Muscular complaints
- Bone health
- Energy production
- Metabolic syndrome and insulin resistance
- Migraines
- Chronic fatigue syndrome
- Fatigue
- Fibromyalgia
- Stress

