

# Topic of the Week

Issue 4, July, 2009

WE CARE ABOUT YOUR HEALTH

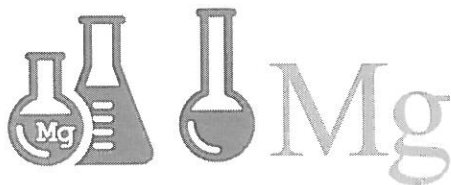
## The Healing Mineral Medicine Forgot

Presented by: **Mark J. Glesener, DC**

As a musculoskeletal expert, your doctor of chiropractic knows the importance of keeping bones, muscles and nerves healthy. Along with chiropractic adjustments and exercise, you can keep these areas in optimal condition by adopting good nutritional habits.

You know that getting sufficient calcium is vital for bone health. But did you know about the importance of magnesium? Most of this vital mineral is found in your bones and tissues. Not only does magnesium support the muscle and skeletal structure of your body, but it plays a crucial role in the prevention and treatment of other health conditions.

In fact, early in the 20th century, medical doctors prescribed magnesium to patients with heart conditions. But magnesium has largely been forgotten by traditional medicine as pharmaceutical drugs have become more widely used over the last several decades. This situation is troubling, as there's strong evidence that most people don't have enough magnesium in their bodies.

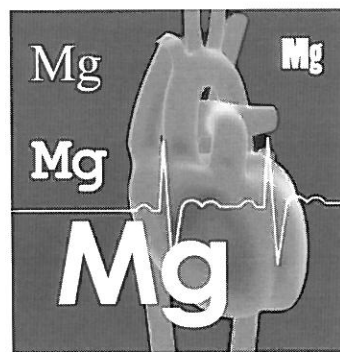


### Who's Most at Risk for Magnesium Deficiency?

Since drugs can deplete magnesium, seniors are often candidates for this mineral deficiency as they tend to use medications more than other age groups. Their bodies are also less able to absorb sufficient amounts of magnesium.

Type 2 diabetics may have lower magnesium levels because their kidneys can't store magnesium when glucose levels increase.

And a study found that patients with cardiac diseases may have lower levels of magnesium due to diuretic medications. The research also revealed cardiac patients' magnesium deficiency may put them at a greater risk of cardiac arrhythmias - abnormal electrical activity in the heart that can sometimes be life threatening.<sup>1</sup>



### Exercise of the Week

#### Back Hyperextension on Exercise Ball, Arms Fully Extended

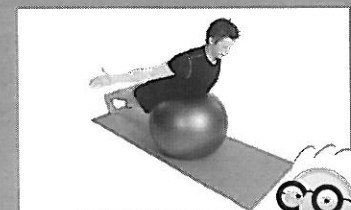
*(Consult your chiropractor before engaging in this or any other exercise.)*

**Difficulty: High**

Lie on ball face down with feet on floor, legs straight. Feet together or apart (feet apart is easier). Back is in a straight position. Hands positioned to side, palms forward and thumbs up.

The exercise: use low back muscles to bring body into a hyperextension position, shoulders back. Reach fingertips as far back toward feet as possible, keeping arms straight, palms out and thumbs up. Hold for 1-2 counts.

Repeat 5-10 repetitions.



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## Magnesium for Bone Health and Beyond

Getting enough of this mineral can bring plenty of positive changes to your health.

Magnesium performs a significant role in bone mineral density (BMD), which refers to how much calcium and other minerals are included in a specific area of bone. The disease osteoporosis reduces bone mineral density. In a study on nutrition and BMD, researchers found that a proper intake of magnesium was associated with greater bone mineral density in elderly men and women.<sup>2</sup>

And magnesium is important to reduce the impact of stress - a problem linked as a contributing factor in many serious health conditions. A study review published in the *Journal of the American College of Nutrition* revealed, "When magnesium (Mg) deficiency exists, stress paradoxically increases risk of cardiovascular damage including hypertension, cerebrovascular and coronary constriction and occlusion, arrhythmias and sudden cardiac death."<sup>3</sup>

Stress can also be a key factor in less serious but life-altering conditions like chronic fatigue syndrome. Research shows that CFS patients are often under stress and stress hormones reduce magnesium levels in body tissues.<sup>4</sup> This can lead to a compromised immune system for people with this syndrome.

You can help keep your immune system operating at its best with sufficient magnesium and getting chiropractic adjustments, which are proven to help boost immune function.<sup>5</sup>

Research shows magnesium can also be useful in the treatment of:

- Depression
- Anxiety
- Metabolic syndrome
- Muscle spasms
- Insomnia
- Headaches
- Hyperactivity
- Seizures
- PMS

## How to Increase Your Magnesium Levels

Adjust your diet to include plenty of magnesium rich foods like halibut, almonds, spinach, soybeans, bananas, and brown rice (long grain).

However, the amount of magnesium in food sources can vary considerably depending on where they're grown. In many parts of the world, damaging agricultural practices have led to soil with low levels of this mineral.

In some situations, it may be necessary for you to supplement your dietary intake of magnesium. Getting magnesium through your diet is safe. But you need to be aware that magnesium supplements can negatively interact with some medications and can also pose a serious risk for people with certain medical conditions. Get advice from your chiropractor before supplementing with this nutrient.



## Quote of the Week

"The universe is full of magical things patiently waiting for our wits to grow sharper."

- Eden Phillpots

For more health tips, visit online [www.citruspie.com](http://www.citruspie.com)



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## Topic of the Week

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