



Magnesium Oil

Essential Nutritional Mineral

MAGNESIUM: A POWERFUL ESSENTIAL MINERAL
FOR YOUR HEALTH AND WELL BEING

JANUARY 2018

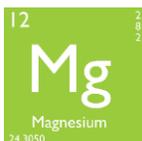
Are you getting enough?

by Lou Patchitt (BSc (Hons) Nutrition, IICT)

Why is Magnesium so important?

Magnesium is an essential mineral your body needs for daily health functions. You get magnesium from the foods you eat and it is absorbed in your gut. Magnesium is used in almost all the tissues of your body, especially nerves.

Magnesium is instrumental in terms of its energy production. This essential mineral promotes protein formation, bone and fatty acids, as well as stimulating the relaxation of muscles, blood clotting, vitamins B and D.



Know the signs and symptoms of magnesium deficiency

It is relatively easy to become mildly deficient in magnesium and to ignore the symptoms however, when left in depleted state symptoms become more noticeable and more troublesome in your everyday life.

Typical symptoms include:

- ❖ muscular cramps and weakness, (including night cramps)
- ❖ general fatigue
- ❖ migraines and headaches
- ❖ weak bones
- ❖ low energy
- ❖ insomnia
- ❖ muscle twitches
- ❖ high blood pressure

- ❖ loss of appetite
- ❖ hormone imbalance
- ❖ irritability and confusion.

While magnesium levels are affected by lifestyle, such as too much stress, processed food, alcohol, coffee, pharmaceutical drugs and calcium supplements, other factors such as heavy periods can drain your stores.



+ HEALTH



MAGICAL MINERAL -
MAGNESIUM

Where is magnesium found?



Most dietary magnesium comes from the vegetables you eat, such as dark green, leafy vegetables. Other foods that are good sources of magnesium include:

- ❖ Fruits or vegetables (such as bananas, dried apricots, and avocados)
- ❖ Nuts (such as almonds and cashews)
- ❖ Peas and beans (legumes), seeds
- ❖ Soy products (such as soy flour and tofu)
- ❖ Whole grains (such as brown rice and millet)
- ❖ Milk.

Due to the soil mineral content being low in magnesium in Australia this means that we are not actually getting enough magnesium in our diet by simply eating magnesium rich foods.

Health benefits of magnesium

With extensive research continuing into nutritional magnesium, researchers now believe maintaining adequate levels is beneficial in treating and managing a number of health-related conditions.

Researchers have linked the health benefits of a person's

optimum magnesium levels are said to include:

Greatly improved sleep: this is purely due to when magnesium is deficient your hormones responsible for your sleep cycle become disturbed thus causing issues with your sleeping pattern.



Muscle tension relief: Magnesium aids to loosen tight muscles and ease cramps, including period pain. It also reduces symptoms of muscle soreness from lactic acid build-up after a gym session.



Alkalisising: Magnesium helps return the body's pH balance, which aids digestion, mental acuity and physical energy. Modern day diets with highly refined and processed foods often sees the body's pH in the acidic range which interferes with your digestive enzymes.

Bone health: Magnesium can support bone integrity and strength because it stimulates the

hormone calcitonin. Many people take calcium supplements and don't realise they have insufficient magnesium intake to absorb the calcium. Magnesium aids in the conversion of vitamin D into its active form. The transformation to its active form is essential for greatest calcium absorption. Generally, the more calcium we absorb, the more that gets into our bones, therefore magnesium is needed for calcium absorption.

Improves insulin secretion: Magnesium facilitates the metabolism of sugar by enhancing insulin secretion.

Relieves constipation: In the stomach, magnesium assists in neutralizing stomach acid and moves stools through the intestine while cleansing the bowl of toxins.

There are many other reported benefits of magnesium, such as stroke prevention, easing of period pain, heart disease, improving concentration and memory and more.



Simple steps to ensure you're getting enough magnesium.

By maintaining a balanced diet with foods rich in fibre can provide you with a sufficient intake especially if you consume a diet of whole foods, as

magnesium can be lost during refinement and processing.

If you do need to supplement your diet then adults should aim for between 300 to 400 milligrams a day. There are many forms of magnesium supplements and prices and digestive uptake may vary considerably. Research has indicated that 'magnesium chloride' supplements are generally considered to be the form that allow for the greatest uptake and availability. These can often be found in forms of magnesium oil which is affordable, safe, natural and easily accessible options to increase your magnesium nutrient uptake.

Try to avoid supplements containing the following: magnesium carbonate; sulphate; gluconate; and oxide. The reasoning for this is twofold due to the poor absorption rate by the body and having been reported to be relatively ineffective in increasing your levels.

Transdermal magnesium oil what is it and how do you use it?

Transdermal magnesium oil is applied topically, using either:

- ❖ magnesium oil
- ❖ magnesium gel
- ❖ magnesium lotion or
- ❖ magnesium bath salts.

These forms of magnesium oils, gels, lotions and bath salts are absorbed through the skin. Transdermal magnesium is easily

and quickly applied in your own home, either by simply spraying directly on the skin, applying as a lotion or a gel, or even more effortlessly through the simply taking a bath.

Lighter4Life's Magnesium Oil retails at \$10.00 per 100ml contact Lou Patchitt your Nutritionist on 0450 643 425 to arrange collection/delivery.



Tips for applying magnesium oil

- ❖ Rub magnesium oil on your feet before you go to bed to encourage a restful, deep sleep.
- ❖ Alternatively dispense 5-10 sprays and rub into the skin thoroughly.
- ❖ Do not rub onto broken skin.
- ❖ Magnesium oil may tingle or make you initially feel itchy, this will pass quickly as it's due to the vasodilation of capillaries on the skin (magnesium is a vasodilator). If the tingle is too much for you, wet

your hand and dab the area with the wet hand.

- ❖ Magnesium oil should be used within 6 months of the date of production.

20 Benefits of Magnesium

THE MIRACLE MINERAL

- Helps anxiety levels
- Supports feelings of wellbeing
- Calms nerves
- Relaxes muscles
- Helps support normal blood pressure
- Strengthens the heart
- Promotes cardiovascular support
- Regulates calcium intake
- Improves blood flow
- Helps maintain a steady heartbeat
- Supports adrenal glands
- Helps with stress & anxiety
- May relieve headaches
- Helps relieve constipation & PMS
- Supports muscle recovery
- Improves memory
- Alkalizes the body
- Enhances insulin secretion

Disclaimer:

Excessive supplementation of magnesium can lead to diarrhoea and stomach upsets. If you're considering the use of magnesium in treatment of a chronic condition, consult your primary care provider.

