

This Miracle Mineral May Save Your Life...

excerpt from DrColbert.com health tips...

What is not a drug, but more powerful than drugs in many ways? What is the “go-to” treatment at hospitals in many emergency situations, such as heart failure? What mineral has an astoundingly long list of more than 3,500 medical conditions that are related to its deficiency? Meet your new best friend: magnesium, the miracle mineral. It is sadly ironic that such a vital, yet inexpensive mineral – which used to come to us from the dirt in which our food was raised – is now causing tremendous problems. By conservative standards of measurement (blood, or serum, magnesium levels), 65 percent of people admitted to the intensive care unit today have magnesium deficiency.

Sources of magnesium are whole grains, greens, nuts, and seeds; however, the soil where these are grown is becoming depleted of magnesium, and so these foods do not have nearly as much magnesium as they did 50 years ago. This problem is only compounded by today’s highly processed diet that is based mostly on white flour, meat, and dairy (all of which have no magnesium). In other words, many of us receive practically no magnesium from what we eat. This is further complicated by the fact that magnesium is often poorly absorbed and easily lost from our bodies. To properly absorb magnesium we need a lot of it in our diet. Yet, our lifestyles are conspiring against us to drain our bodies of what little magnesium we do ingest. Our magnesium levels are being further decreased by stress, excess salt, coffee, phosphoric acid in sodas, alcohol, profuse sweating, chronic diarrhea, excessive menstruation, diuretics (water pills), antibiotics and other medicines.

Perhaps a recent scientific review of magnesium in Medical Hypotheses said it best: “It is highly regrettable that the deficiency of such an inexpensive, low-toxicity nutrient results in diseases that cause incalculable suffering and expense throughout the world.” So, now that you have met your new best friend, what should you do? Try these simple things...

(1) Stop Draining Yourself of Magnesium.

Cut back on coffee, colas, salt, sugar and alcohol. Ask your physician if any of your medications could be causing magnesium loss. (Many high blood pressure drugs or diuretics cause loss of magnesium.)

(2) Eat Foods High in Magnesium

Start including these natural sources of magnesium in your diet as often as you can: wheat bran, wheat germ, almonds, cashews, kelp, buckwheat, brazil nuts, dulse, filberts, millet, pecans, walnuts, rye, tofu, soy beans, brown rice, figs, dates, collard greens, shrimp, avocado, parsley, beans, barley, dandelion greens, and garlic.

(3) Take Magnesium Supplements

Most people will benefit from 400 to 1,000 mg a day, and the most absorbable forms are magnesium citrate, glycinate taurate and aspartate. Be sure to avoid magnesium carbonate, sulfate, gluconate and oxide. They are poorly absorbed (but are the cheapest and therefore the most common forms found in supplements).

Note: Foods Highest in Magnesium are..:

- 1.Squash/Pumpkin Seed- 535mg per 100 grams
- 2.Flax Seed- 392mg per 100 grams
- 3.Almonds- 286mg per 100 grams
- 4.Cashews- 273mg per 100 grams

Nearly Everyone has Signs of Magnesium Deficiency But They Don't Know It...

easy-immune-health.com/signs-of-magnesium-deficiency.html (article excerpts)

Signs of Magnesium deficiency are simply EVERYWHERE in the US- if you know what to look for... But hardly anyone, even doctors, are taking notice of these magnesium deficiency symptoms- and it's likely that YOU are paying for it! Magnesium Deficiency Symptoms, while seemingly vague to those who don't know what to look for, all but SCREAM out at you when you begin to notice that they are there. And they ARE there- there in just about everyone that you come across who has a health problem or even a minor ongoing health complaint.

Magnesium is a mineral that is present in small amounts in the body. It is considered an electrolyte. Like some so called 'sports drinks' that claim to contain electrolytes, magnesium- along with potassium, sodium, chloride and others- are sweated out with exercise and their deficiency can be responsible for cramping and other problems associated with athletics. But electrolytes, and magnesium in particular, do SO much more. For one thing, electrolytes are responsible for the electrical activity in the body. Without electrolytes, such as magnesium, muscles can't fire, your heart can't beat and your brain doesn't get any signals to it! And since magnesium deficiency Causes Low Potassium and Low Blood Calcium as well, the electrolyte problem is compounded even more!

Magnesium is LIFE! I can't tell you the seriousness of the problem of magnesium deficiency. From very mild, hardly noticeable to huge life threatening conditions, Signs of magnesium deficiency are everywhere you look... that is, IF you look!! What are some Signs of Magnesium Deficiency...So lets see what these magnesium deficiency symptoms look like:

- Constipation
- Hypertension or high blood pressure
- Anxiety
- Depression
- Insomnia
- Fatigue

Sound like anyone that you know?? It's practically the definition of all of the Symptoms of Fibromyalgia! Even high cholesterol, diabetes and osteoporosis are related to low levels of magnesium. Even some so-called 'Side Effects' of substances are actually due to the Magnesium Depletion that they cause- and are not really 'side effects' in and of themselves. For instance, you should ALWAYS take Magnesium and Vitamin D together to avoid any of the Vitamin D Side Effects that are (almost always) due to low magnesium!!

Pain is One of the Signs of Magnesium Deficiency. Painful conditions can be due to magnesium deficiency. Especially conditions that are due to tenseness and tightness- even if you don't know that you are tense or tight, if you have these pain conditions, it's likely that you are. Conditions like:

- Muscle Cramps
- Chronic Back Pain
- Magnesium for Migraines
- Muscular Pain
- Tendonitis
- Fibromyalgia

MAGNESIUM THE MIRACLE MINERAL...from DrColbert.com...via FactorReady.com...

ANYTHING that makes you tense and tight could potentially be due to magnesium deficiency. Even anger, aggression, ADHD, insomnia and obsessive compulsive disorder are Signs of Magnesium Deficiency until proven otherwise. If you can't relax or you can't stop, then it is likely that this is a symptom of magnesium deficiency. "Similarly, patients with diagnoses of depression, epilepsy, diabetes mellitus, tremor, Parkinsonism, arrhythmias, circulatory disturbances (stroke, cardiacinfarction, arteriosclerosis), hypertension, migraine, cluster headache, cramps, neuro-vegetative disorders, abdominal pain, osteoporosis, asthma, stress dependent disorders, tinnitus, ataxia, confusion, preeclampsia, weakness, might also be consequences of the magnesium deficiency syndrome."

About the Misdiagnosis of Magnesium Deficiency...

A good formula for you to remember is that it takes Calcium to make muscles contract and it takes Magnesium to make muscles relax. Most people in western countries get PLENTY of calcium, often too much, but we get little magnesium. Not only do we not take in enough magnesium and often have Magnesium Absorption problems, but we also have an imbalance where we get too much calcium in relation to magnesium, making the problem even worse.

Health Problems are Signs of Magnesium Deficiency too...

Full blown health problems, and not just minor problems, can ALSO be magnesium deficiency symptoms- and most people with health problems benefit greatly from a high Magnesium Dosage therapy. Diseases such as:

Heart Disease

Atrial Fibrillation

Hypertension or high blood pressure

Heart Palpitations

Osteoporosis (yes, osteoporosis! See the page on Calcium With Magnesium to see why magnesium is MORE important than calcium for bone health.)

Diabetes

Sudden Death in patients with Congestive Heart Failure

Chronic Fatigue Syndrome

Kidney Stones

In almost all of these disorders, signs of magnesium deficiency were apparent long before the disease struck- but with few medical professionals knowledgeable about the magnesium deficiency symptoms, no one is there to catch these diseases before they happen.

Unfortunately, even medical professionals who MIGHT care about magnesium deficiency are thwarted by completely ineffective tests for magnesium deficiency. You see, Magnesium Levels are virtually worthless indicators of magnesium deficiency in the body, yet these worthless tests are the only test that they have to PROVE whether someone has a deficiency or not. Just like Vitamin D, conventional medicine has not woken up to the vast amounts of research that has been done. Studies are showing up to 80% of the population gets less than the magnesium RDA -and that women are simply NOT getting enough Magnesium in Pregnancy- and practically every chronic illness that seems to baffle western medical doctors can be improved by getting on a super inexpensive Magnesium Dosage regimen.

In fact, Dr. Carolyn Dean of the Nutritional Magnesium Association has devoted an entire book to how she has treated thousands of patients for vast arrays of diseases with magnesium as the primary component. Her book, The Magnesium Miracle is a must read if you have any of the

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Magnesium Deficiency Symptoms mentioned- or really ANY health problems- as there is likely a magnesium deficiency component to most health problems. It seems like a 'no brainer' that most people with these magnesium deficiency symptoms could benefit by eating a diet of Foods High in Magnesium or by getting an extra Magnesium Dosage. Traditional medicine often is years behind current Magnesium Research and may not start using any of these Magnesium Facts to help solve our current epidemic of chronic health problems for decades- or even longer with their past track record. Are you willing to wait to have your doctor prescribe you magnesium when this inexpensive, readily available and non toxic supplement is there to ease your Signs of Magnesium Deficiency today?

Read more at: <http://www.easy-immune-health.com/signs-of-magnesium-deficiency.html#ixzz43eeEbDib>

Topical Magnesium Products are available at:
<http://www.ancient-minerals.com/products/>

PS from Factor Ready: Read our main tab general article at FactorReady.com. Also see the various Health tip pdf articles under the Downloads tab. As for Magnesium, It is estimated 67-82% of us are especially deficient in Magnesium (the "Master Mineral"). It is involved in over 300 metabolic processes, including the proper transport of calcium and is critical for cardiovascular health. Shortages can result in fatigue, cramps, anxiety, confusion, poor memory, type II diabetes, etc. Spinach, squash, almonds, cashews, etc., can all help supply the suggested RDA of 320mg female and 420 male for ages 31 and over. Best oral supplement types are reportedly the chelated forms of glycerinate, turate, aspartate or threonate (taken at same time as any Vit D3) in divided dose once in morning and at bedtime (and at least 2-4 hrs. apart from any antibiotics, and with dose size cautions if any kidney disease, myasthenia gravis or atrial fibrillation present). Maximum dose should not normally exceed 900mg daily. Optimal magnesium red blood test level is 6.5 with 6.0 and below deemed deficient. See Dr. Carolyn Dean's book, "The Magnesium Miracle" and her ReMag formula. She approves 1000-2000IU of Vitamin D3 for instance, but especially advises the needs for the RBC test and ReMag use for Magnesium if high dosing Vitamin D3. An ideal ratio between calcium and magnesium is thought to be 1:1, with the recommended daily dose of around 700 milligrams of each. However, anytime taking any of the following: magnesium, calcium, vitamin D3, or vitamin K2, take all the others into consideration as well, per Dr. Dean, as these nutrients work synergistically with one another. Stay Well, Stay Prepared and Stay Prayed Up! Remember Hosea 4:6 says "My People Perish From Lack Of Knowledge..."

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