

Magnesium/Minerals



Magnesium Deficiency

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Causes



- Stress



Intake:

- Depleted food sources
- Less magnesium-rich foods eaten every day

- Large burns
- Kidney disease



Medications & drugs:

- Alcohol
- (Excessive) caffeine
- Antacids
- (Some) antibiotics
- Chemotherapy

Malabsorption:

- IBD
- Celiac disease
- Diabetes
- Diarrhea

Associated Symptoms

Head:

- Migraine headache
- Low mood (depression)
- Anxiety
- Irritability
- insomnia
- Seizures

Cardiovascular:

- Cardiac arrhythmia
- High blood pressure
- Cardiovascular disease risk

Muscular:

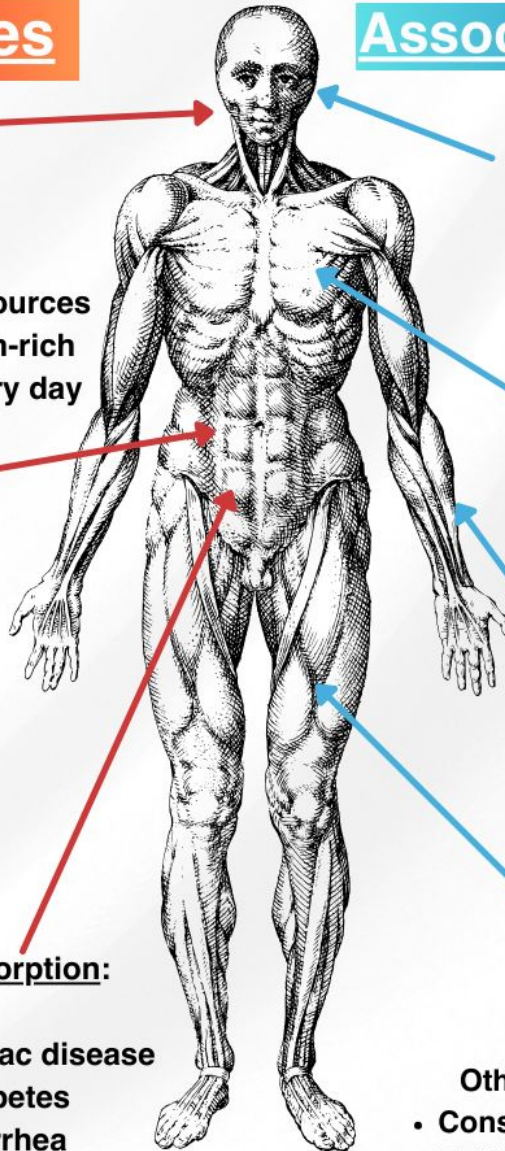
- Muscle spasm
- Menstrual cramps
- Lethargy & fatigue
- Numbness or tingling

Bone:

- Osteoporosis
- Osteomalacia

Other:

- Constipation
- T2DM



Causes of magnesium deficiency and diseases and disorders associated with magnesium deficiency. Note: not all diseases associated with magnesium deficiency are a direct cause of magnesium deficiency. Magnesium deficiency can be a byproduct of disease/condition or lifestyle that contributes to disease.

Abbreviations:

IBD: inflammatory bowel disease;

T2DM: type 2 diabetes mellitus

MAGNESIUM

THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg



Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.



In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

Did you know...refined grains remove 80-97 percent of magnesium?

The Spark of Life

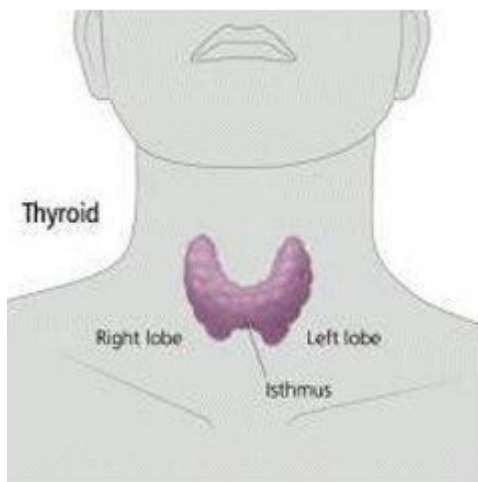
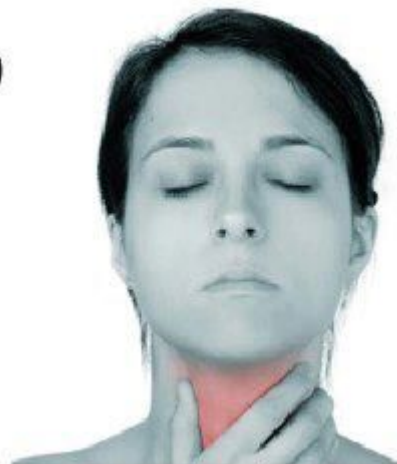
It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.



Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

www.undergroundhealthreporter.com

FOODS TO IMPROVE THYROID HEALTH



KELP, RADISH, PARSLEY, STRAWBERRIES, AND BANANAS FOR IODINE

MUSTARD GREENS, SPINACH, AND SEAWEED FOR TYROSINE

COCONUT OIL

BENTONITE CLAY

The Earth Diet

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