HEALTHY TIPS

Why this Mineral Deficiency Causes Anxiety And How To Fix It

By bestfolkmedicine · 30/06/2018 · 3 min read



Did you know that magnesium oil is often referred to as the "chill pill" because of its capacity to induce relaxation? Namely, this is a result of its power to regulate the body's response to stress, i.e. the secretion of cortisol in the brain. Taking into consideration its importance in preserving optimal health, this article will be focused on presenting why magnesium deficiency is negative for the mental health and several diet tips to elevate your magnesium levels.

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Lack of Magnesium May Trigger Anxiety

Magnesium is a crucial mineral which is present in the bone structure and it is needed for good muscle, kidney, and heart health; in recent years, researchers have also discovered that it is closely connected to the health of the brain and anxiety. Unfortunately, the percentage of people being diagnosed with magnesium deficiency is on the rise, mostly as a result of the magnesium depletion from the soil due to modern-day farming techniques.

Magnesium suppresses the hippocampus's ability to encourage the cortisol release in the brain and it also lowers the adrenals' responsiveness which informs the brain to start pumping adrenaline. This mineral may also play the role of a blood/brain barrier which averts the entering of stress hormones in the brain.

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As seen on Organic Authority, according to a study, magnesium was as effectual in alleviating depression as antidepressants and another one discovered that a diet low on magnesium triggered anxious behavior in lab mice.

Symptoms of Magnesium Deficiency

- Loss of appetite
- Tiredness
- Insomnia
- Depression
- Anxiousness
- Infertility
- Changes in personality
- Strong body odor
- Poor concentration
- Cravings for carbs
- Thyroid gtland issues

Foods Abundant in Magnesium

To ensure optimal levels of magnesium in the body, you need to load up on magnesium-rich foods. Here are several food suggestions that will boost the magnesium levels in your body:

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- ***Spinach***
- ***Almonds***
- ***Peanuts***
- ***Cashews***
- ***Soy milk***
- ***Whole-wheat bread***
- ***Black beans***
- ***Brown rice***
- ***Avocados***
- ***Kidney beans***
- ***Oatmeal***
- ***Halibut***
- ***Salmon***
- ***Beef***
- ***Raisins***
- ***Apples***
- ***Carrots***
- ***Broccoli***

DIY Recipes for Meals Rich in Magnesium

1. **Cinnamon & apple oatmeal**

You will need:

2 organic apples

A cup of steel-cut oats

3 cups of water

A cup of soy milk

3 tbsp of brown sugar

Half a tsp of cinnamon

¼ tsp of salt

½ cup of plain Greek yogurt

Preparation: Grate the apples and then add them in a saucepan and warm them up to medium-heat and in the meantime, add the water, soy milk, and oats. Reduce the heat to low and stir and cook the content for 10 minutes. Afterwards, mix in the sugar, salt, and cinnamon and cook for 15 more minutes. Turn off the heat and serve into a bowl. Eat while warm, ideally, for breakfast.

2. **Spinach & black bean salad**

You will need:

½ cup of black beans, cooked

2 cups of baby spinach

2 cups of corn

A cup of grape tomatoes in halves

A shallot, chopped

A yellow pepper, chopped

A tbsp of pomegranate molasses

Juice from ¼ orange

A tbsp of avocado oil

Half a tsp of garlic

A pinch of salt

Preparation: In a bowl, add all of the ingredients and mix well. Eat while fresh.

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Sources:

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