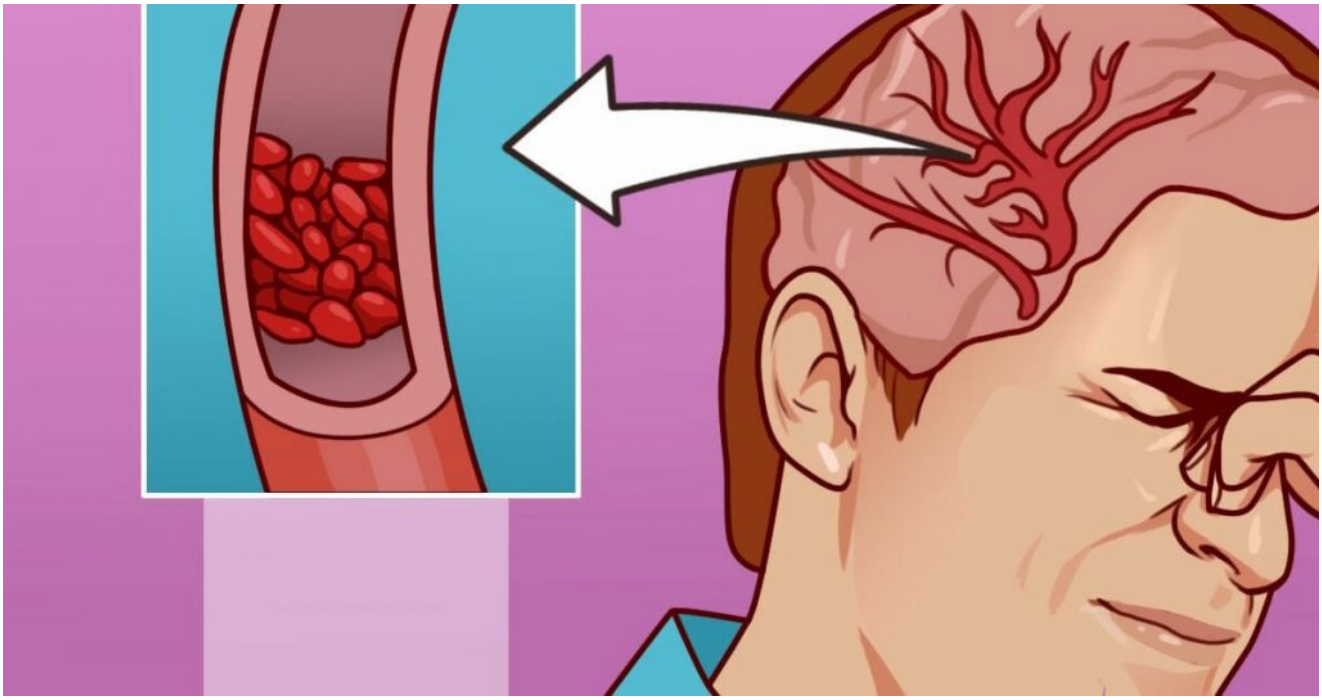
HEALTHY TIPS

# 22 Problems Caused by Magnesium Deficiency And The Warning Signs

By bestfolkmedicine · 21/10/2018 · 2 min read



*As you may already know, magnesium is an important mineral because it is used by almost every organ in our body, especially by the heart, kidneys, and muscles. However, when its levels in the body are not sufficient, one may experience symptoms like tiredness, abnormal heart rhythm, eye twitches, and muscle spasms.*

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*Most of the magnesium in our body is kept in the bones and organs and from there; the body uses it for a long list of biological functions. Unfortunately, you may be lacking magnesium without being aware and statistics shows that up to 80 percent of American citizens are not getting the needed amount of*

*magnesium and may be deficient in it.*

## Magnesium Deficiency: Main Culprit for 22 Health Problems?

Magnesium is present in more than 300 distinct enzymes in the body and it is essential for the body's cleansing processes that are necessary for averting damage caused by chemicals and other toxins. This mineral is also important for the activation of the muscles and nerves, for the digestion of fats, carbs, and proteins, for the creation of energy by activating ATP, and as a building block for the synthesis of RNA and DNA.

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These are 22 health-related issues that may be triggered by insufficient amount of magnesium in the body and all of them have been scientifically proven. Check them out in the list below:

- ***Asthma***
- ***Blood clots***
- ***Anxiety***
- ***Cystitis***
- ***Bowel disease***
- ***Detoxification***
- ***Diabetes***
- ***Depression***
- ***Tiredness***
- ***High blood pressure***
- ***Heart illness***
- ***Hypoglycaemia***
- ***Kidney disease***
- ***Liver illness***
- ***Nerve issues***
- ***Migraines***

- ***Gynaecological problems***
- ***Tooth decay***
- ***Musculoskeletal conditions***
- ***Osteoporosis***
- ***Raynaud's syndrome***

## What Are the Early Symptoms of Magnesium Deficiency?

- Headaches
- Nausea
- Tiredness
- Weakness
- Poor appetite
- Changes in personality
- Numbness
- Tingling sensation
- Seizures
- Muscle cramps
- Abnormal heart rhythm
- Coronary spasms

## Useful Tips to Boost Your Magnesium Levels

- **Juice your greens and opt for at least 1 quart of freshly-made green vegetable juice on the daily**
- **If you decide to take magnesium supplements, consult your physician for the ideal magnesium product for you**
- **Take regular Epsom salt baths and food baths**
- **Use magnesium oil for topical application and better absorption**

Source:

PREVENTION

GETROMAN

**Read online:** https://bestfolkmedicine.com/2018/10/22-problems-caused-by-magnesium-deficiency-and-the-warning-signs/

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