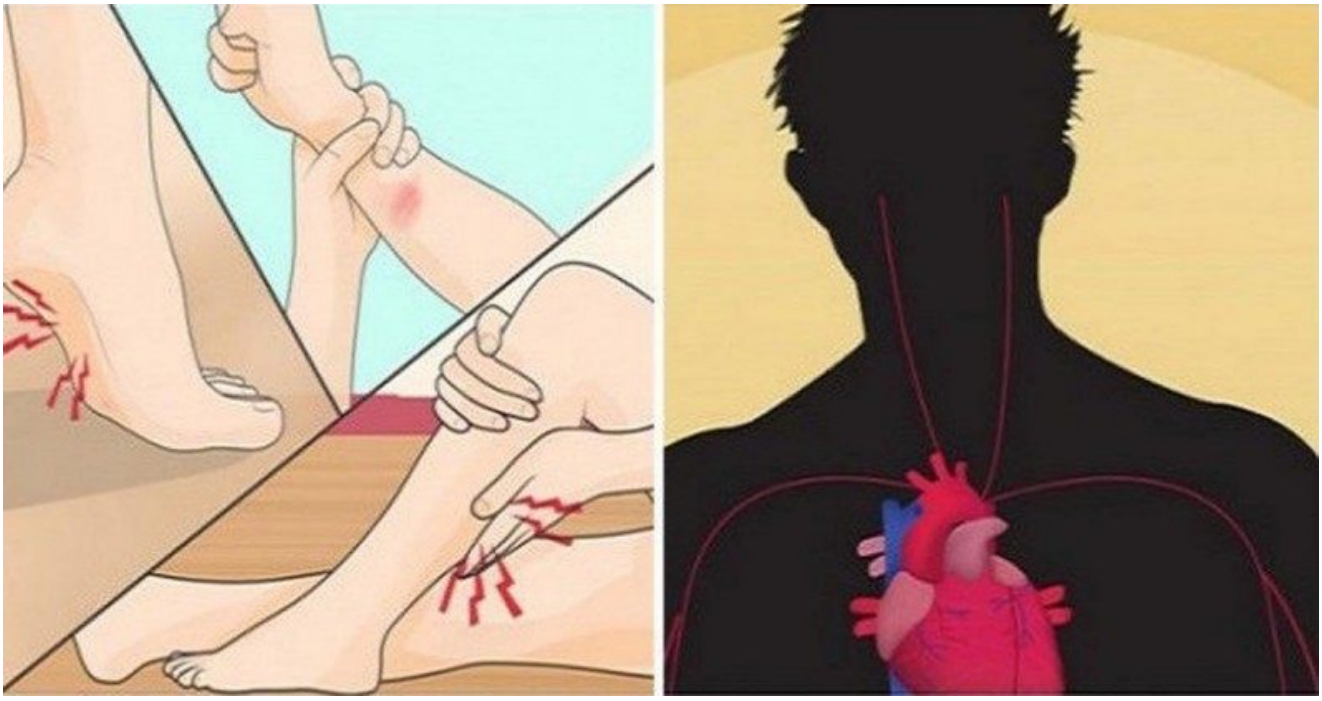
FRUITS & VEGGIES

30 Warning Signs that You Immediately Need Magnesium + How to Get It

By bestfolkmedicine · 16/11/2018 · 2 min read



Without a doubt, lacking even one nutrient can significantly impact our overall health. The standard diet of Americans today is very different from the diets in the past and thus, it has led to the occurrence of numerous health issues that were not common before.

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One of the most frequent nutrient deficiency is the lack of magnesium, which is not good if we take into account that our body needs this pivotal nutrient for a long list of processes.

Why It Is not so Easy to Acquire Magnesium?

- **People are eating a lot of dairy-** a diet rich in calcium and phosphorus demands there is more magnesium in the body. It is important to note that the needed amount of magnesium is individual; therefore, a lot of people may think they are reaching the recommended dairy when they are in fact falling short.
- **Highly processed foods-** modern-day diets are full of processed foods and most of these foods are deprived of important nutrients, including magnesium.
- **Lack of magnesium-rich foods-** magnesium can be naturally obtained from whole foods like mackerel, nuts, dark leafy green veggies, seeds, beans, and nuts. However, a lot of people eat these foods seldom or never.

Other Potential Causes of Magnesium Deficiency

- *Renal disorders*
- *Gastrointestinal disorders like Crohn's*
- *Excessive alcohol intake*
- *Age*

30 Symptoms of Magnesium Deficiency

Suspecting magnesium deficiency? Check out these symptoms and find out:

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- ***Dizziness***
- ***Seizures***
- ***Cystitis***
- ***Anxiety***
- ***Loss of memory***
- ***Potassium deficiency***
- ***Migraine***

- ***Muscle cramps***
- ***Heart problems***
- ***High blood pressure***
- ***Depression***
- ***Difficulty swallowing***
- ***Asthma***
- ***Blood clots***
- ***Lack of calcium***
- ***Bowel illness***
- ***Tremors***
- ***Kidney and liver illness***
- ***Constipation***
- ***Osteoporosis***
- ***Tiredness***
- ***Type 2 diabetes***
- ***Respiratory problems***
- ***Insomnia***
- ***Fertility problems***
- ***Nausea***
- ***Tooth decay***
- ***Changes in personality***
- ***Raynaud's syndrome***
- ***Hypoglycemia***

How to Elevate Your Magnesium Levels?

Eat more of these foods on a daily basis to boost the amount of magnesium in your body:

- **Spinach**

- **Swiss chard**
- **Pumpkin seeds**
- **Sesame seeds**
- **Quinoa**
- **Cashews**
- **Quinoa**
- **Sunflower seeds**
- **Navy beans**

What about Supplements?

If diet improvements have not been of help to raise your magnesium levels, your doctor may recommend taking magnesium supplements. They can be taken orally or applied topically. Regarding oral supplements, choose the more bioavailable ones like malate and citrate and go with a daily dosage of 200 mg or more.

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Pure magnesium oil is nowadays being recommended as a natural and beneficial pain reliever. Just apply some of it on the affected area and massage for a minute or two. This will lower inflammation and soreness.

Sources:

LONGEVITY BOX

THE HEARTY SOUL

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