HEALTHY TIPS

10 Conditions Magnesium Can Relieve And The Top 5 Herbal Sources

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Unfortunately, a lot of people these days struggle with nutrient deficiencies which can have a negative impact on the overall health and well-being if not addressed timely. One common deficiency is low levels of magnesium in the body.

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This mineral is vital for life support and the proper functioning of the organs. It also participates in the production of energy and enzymes and is vital for healthy teeth and bones. The best way to acquire it is through foods that are rich in it or through quality supplements.

What Happens when the Magnesium Levels Are Low?

Chronic insufficiency of magnesium in the blood has been linked to serious health issues, including high blood pressure, type 2 diabetes, inflammation, osteoporosis, migraines, headaches, colon cancer, and asthma.

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Symptoms Caused by Magnesium Deficiency

- ***Anxiousness***
- ***Irritability***
- ***Nausea***
- ***Weak muscles***
- ***Spasms***
- ***Irregular heartbeat***
- ***Hyperventilation***
- ***Insomnia***

Conditions that can Be Alleviated with Magnesium

- Hypertension
- Depression
- Diabetes
- Asthma
- Osteoporosis

Optimal Herbs to Boost Your Magnesium Levels

In addition to acquiring it from foods like bananas, nuts, cruciferous veggies, cocoa, and whole grains, there are also powerful herbs that are abundant in this essential mineral. Check them out in the list below:

- **Coriander-** healthy and yummy addition to soups, stews, and salads (removes waste and heavy metals from the body) rich in magnesium and vitamins A, C, and K
- **Dill-**goes great in eggs, fish, green beans, and potatoes

- **Thyme-**refreshing herb with a unique flavor
- **Spearmint-** abundant in magnesium and other pivotal nutrients
- **Basil-** versatile and aromatic herb

What about Magnesium Supplements?

What you need to know about magnesium is that it is always bound with another substance. In supplements, this can be a mineral group like sulfate or oxide and is known as inorganic form or a substance with a biologic origin or an organic form.

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The difference in forms has to do with different levels of absorption. And, these substances are more than carriers- they play a pivotal role in the body's functioning. Therefore, it is essential to choose the right supplement that will meet your needs. Let us check out the major differences between inorganic and organic magnesium:

1. ***Inorganic magnesium*** forms have a lower absorption rate and thus, it will pull water to the large intestine stronger and thus, encourage bowel movements. There is magnesium oxide which is bound to oxygen and is often used as a laxative and magnesium carbonate which is attached to a mineral group with carbon and oxygen and it can also loosen the bowel movements
2. ***Organic magnesium*** forms are more efficiently absorbed and their impact on the bowels is not so strong. They are bulkier so more pills or powder is needed to achieve the necessary effect. Magnesium citrate is a most common type of organic magnesium and it easily dissolves in liquid and is well absorbed. In higher amounts, it can stimulate bowel movements. Another form is magnesium gluconate which is absorbed well and it does not loosen the stool. It can fight off free radicals and oxidative stress and it may protect from cardiovascular problems.

Sources:

HEALTHY FOOD HOUSE

NATURAL GROCERS

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