

CONDITIONS CAUSED BY OR ASSOCIATED WITH MAGNESIUM DEFICIENCY

There are three major reasons for magnesium deficiency. 1. Incipient loss, 2. Inability to absorb and, 3. Our toxic environment.

You have heard and seen news reports where an otherwise healthy policeman falls dead of a heart attack while chasing a criminal; or the basketball star collapsing and dying after a strenuous game, or the middle school football player dying after two - a - day in the middle of summer training camp, or the middle aged man dying in the yard mowing his lawn with a push mower. All very tragic, but most likely preventable with proper magnesium therapy.

Remember, electrolytes are not the only thing lost through perspiration, but pure water must be constantly added. Our rule of thumb is half the body weight in ounces of water per day. More in strenuous exercise or work conditions. There is a broad line between dehydration and the problems associated with the lack of water and excessive hydration and dilution of the body's electrolytes. Most people do not know when they are thirsty and frankly they have trouble differentiating between hunger, fatigue and thirst. Once on a diet of adequate hydration has begun, this inability to distinguish will diminish.

There is another caveat about magnesium other than not using it if renal clearance is a problem. It appears that magnesium absorption from food requires magnesium to be present in the epithelium of the gut. Once magnesium deficient, a more direct approach is required to "prime the pump." We find that magnesium injections are the fastest way to replenish tissue stores of magnesium. And presuming the hydrochloric acid is sufficient in the stomach, one may begin again to absorb from food and supplements.

I didn't intend to go into this here, but it is related to magnesium. There are many essential minor and trace elements our body requires for enzyme function that must come to us from outside sources, presuming food or supplementation. As we already discussed, magnesium is the key at the cellular level for absorption of these necessary minerals. But there is one thing that must be considered and that is making the elements ready to be absorbed. As far as food is concerned, these essential minerals are found in the blood (for meat) and in the extracellular and intracellular spaces. Our food, must be digested to make these elements available for absorption.

The reason digestion must take place is because the food we eat is not us. It must be converted from plants and animals to the basic building blocks and then reassembled into parts our body can use. Once a high quality nutrition source is obtained, digestion begins with chewing. If you are not chewing (grinding) each mouthful until it is a watery mix, then your process of digestion is faulty from the start. Once it is thoroughly chewed it is swallowed and digestion begins in the stomach by the action of an enzyme called pepsin. The activator of pepsin is hydrochloric acid (HCl) and a hormone. If there is insufficient HCl acid, digestion will stop and just two of the medical consequences are obesity and food allergy. Once broken down into universal parts and absorbed, it is the liver's job to make it into us.

Americans are without a doubt generally magnesium deficient. The primary reason for this, however, has nothing to do with the perspiration associated with strenuous exercise or work. It has all to do with the toxic state of all Americans. Magnesium is one of the key molecules lost in the detoxification process. I discuss this in detail elsewhere.

CARDIOVASCULAR (Heart and Blood Vessels)

Angina Pectoris
Arrhythmia (AV block, bundle branch, *et. al.*)
Atherosclerosis, arteriosclerosis
Atrial Fibrillation
Atrial Flutter
Cardiomyopathy
Congestive Heart Failure
High Cholesterol
Hypertension (High Blood Pressure)
Intermittent Claudification - *leg pains on walking*
Mitral Valve Prolapse
Myocardial Infarction (Heart Attack)
PVC's

ENDOCRINE (Hormones) & METABOLIC (Mitochondrial and other energy disorders)

Adrenal disorders
Alcoholism
Benign Prostatic Hypertrophy
Cancer
Chronic Fatigue Syndrome
Detoxification issues, by extension,
Multiple Chemical Sensitivity
Diabetes, diabetic neuropathy
Drug induced syndromes
Eclampsia and toxemia of pregnancy
Hypoglycemia
Mal position of fetus (breach, etc.)
Menstrual cramps
Parathyroid disorders
PMS (PreMenstrual Syndrome)
Spontaneous abortions
Thyroid disease (Hyper and Hypo)
Underweight & premature infants
Vomiting of pregnancy
Water Retention (Edema)
Weight loss (Kwashiorkor, marasmus)

GASTROINTESTINAL (Stomach & Intestines)

Colic in babies

GASTROINTESTINAL (Stomach & Intestines) Continued

Constipation
Contractile phenomena (torsion, ileus, etc.)
Diarrhea, Chronic bowel & Gastrointestinal disease
Dry Skin
Edema (water retention)
Gall Bladder Infection and Stones
Liver failure and Cirrhosis
Pancreatitis
Renal Mass

NEUROLOGICAL (Brain, Nerves)

Aggression and antisocial behavior
Amyotrophic lateral sclerosis (Lou Gehrig's disease)
Anorexia, bulimia, pica
Autism
Confusion, Dementia, Alzheimer'
Senility
Depression
Faintness
Headaches: migraines, cluster, tension, seasonal
Hearing Loss
Hyperactivity and Attention Deficit Disorders (ADD, ADHD)
Hyperventilation
Incoordination, gait disorders
Insomnia type II (Failure to stay asleep)
Multiple Sclerosis (MS)
Narcolepsy
Pain
Panic (Anxiety) Attacks
Peripheral neuritis, Paralysis
Poor Memory
Reflex Sympathetic Dystrophy
Seizures, grand and petit mal
Stress reactions
Strokes, cerebrovascular disease
Tinnitus (Ringing in the ears)
Vertigo (Dizziness)

**INFECTIONS ~ IMMUNE SYSTEM &
RESPIRATORY**

Allergies
Asthma
Bronchitis (chronic)
Emphysema, all lung disorders
Food allergy: Airborne allergy (mold, pollen, dander, etc.)
Glomerulonephritis, kidney diseases, pyelonephritis
Immune Deficiency syndromes
Infections (Viral & Bacterial)
Interstitial Cystitis
Yeast Infection

MUSCLE & BONE

Anklosing Spondylitis
Arthritis: osteo and rheumatoid
Cartilage injury restoration problems

MUSCLE & BONE Continued

Fibromyalgia
Lumbar Scoliosis
Menstrual Cramps
Muscle Spasms
Osteoarthritis
Osteoporosis ,
Tooth and Gum Problems (weak teeth)

DERMATOLOGICAL (Skin)

Age Reversal
Burns
Hair Color Restorer
Psoriasis
Skin rashes
Sun burn
Toe Fungus
Wound and welts
Wrinkles

EXCESS OF MAGNESIUM

Oral - Diarrhea (Milk of Magnesia is a laxative)

IV or IM - No permanent effect, unless renal disease exists.