



THE FASTING PODCAST **WOW**: EPISODE 127 – Magnesium & Fasting

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



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What About Magnesium?

12

Mg

Magnesium

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- Magnesium is element 12 on the periodic table of elements
- It is considered by some to be the most important mineral in the body
- It is an “essential” mineral, not made in body, from food, drink, suppl’s
- One of the 4 key alkaline minerals, it helps regulate the 3 others – calcium, sodium and potassium & is required for calcium absorption
- It is an electrolyte (electrically charged in solution) aiding fluid balance
- Essential for cell health & crucial for 300+ biochemical body functions e.g. protein synthesis, nerve & muscle function, blood pressure ctl, heartbeat...
- Even glutathione, DNA, RNA... require magnesium for their synthesis
- Pubmed study: “Majority of adults are deficient in magnesium but continue to go unrecognized by many health professionals” – only 1% of mg in body in blood so not evident blood test, expert est 80% have defic
- RDA for mg: females > 14 yrs 310-360mg/day, males > 14yrs 400-420mg /day – considered low in natural health yet about 80% not at this level
- Mg for memory, mood/stress, relaxation/sleep, blood sugar control, bone density, cardio supp, detox in liver, gut motility, nitric acid, stomach acid..



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Fasting Considerations

- Even in intermittent fasting, magnesium intake can be lessened
- In prolonged fast, level of mg can deplete quickly up to 4-5 times norm
- Magnesium & other minerals do NOT break a pure water fast
- During a fast, kidneys expel the extra waters because insulin levels low and with it, minerals like mg, sodium, potassium are also expelled
- Magnesium depletes during fast quicker than sodium & potassium, so many doing prolonged fast will supplement with mg & pink sea salt
- Help to balance blood sugar levels – may affect cravings & weight loss
- Mg is required for 3 of 4 key rate-limiting enzymes needed for healthy gluconeogenesis during a fast, so deficiency can lead to dysregulation
- Pubmed study on gene expression – upregulated PPAR required for fat adaptation for better use of fat for fuel AND increased GLUT1 for better utilization of carbs via more glucose transporters avoid bldg up in blood AND down-reg'd bad LDL receptors so less binding = more excretion
- Journal of Anesthesiology – mg blocks epinephrine ONLY in lowering bp but not cardiotoxic aspects e.g. heartrate so burn more fat & push thru





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Signs, Foods, Risk



- Possible deficiency signs: headaches, poor sleep, muscle spasms or cramps, irregular heartbeat, fatigue, pain/soreness, poor cognitive processing, numbness or tingling, loss of appetite, nausea, vomiting, weakness, constipation & related disorders e.g. IBS, fibromyalgia, mood or behavioral disorders e.g. anxiety, depression, ADHD
- Foods high in mg (organic): green leafy veggies, pumpkin seeds, chia seeds, almonds, spinach, other nuts, black beans, brown rice, oatmeal, yogurt, kidney beans, banana, Atlantic salmon, avocado...
- At risk: alcohol dependence, gastrointestinal disease or surgeries, some Rx like Nexium or Lasix, type 2 diabetes, elderly, people that eat GMO and processed foods



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Ways to Get Mg

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- Organic food as discussed – doesn't result in too much like below may
- Over-the-counter aids like Milk of Magnesia
- Supplements to consider:
 - Magnesium glycinate: chelated form with high absorption & bioavailability – good for trying to correct a deficiency
 - Magnesium L-Threonate – newer form designed to penetrate mitochondrial membrane – can get this WITH mg glycinate
 - Magnesium chelate – a form that bonds to multiple amino acids and is in same state as we consume, highly absorbable
 - Magnesium citrate or ozonated magnesium oxide w/potassium citrate – either used for constipation, 2nd preferred personally
 - Magnesium oil – used to penetrate skin when poor absorption via digestive tract, not actually an oil, but looks oily dissolved in H₂O



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Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

