

Magnesium for Stress, Anxiety & Depression?

Magnesium is an essential mineral, meaning we do not make it so we have to get it from food and/or supplements. Most people are deficient because the standard diet of fast food and processed, high sugar foods does not provide nutrients like magnesium...or any other essential mineral.

Since magnesium is necessary for hundreds of functions in the body, **our supply needs to be replenished on a daily basis.** Blood tests looking at magnesium levels are misleading. Magnesium is stored in the bones and cells, and because it's used for so much it's constantly being pulled from these stores. This can make the blood level appear "normal" but the bones and cells are depleted.

***Magnesium is essential for:** regulating blood pressure, keeping bones strong, balancing nitric oxide in the body, supporting growth and development in babies and children, supporting proper function of nerves, muscles, tissues and immune system, infertility & detoxification (MTHFR), neutralizing stomach acid, moving stools through the intestine and preventing constipation, production of GABA & Serotonin, neurotransmitters and hormones that play a role in depression and anxiety. Magnesium also makes the process of photosynthesis possible by helping to form chlorophyll, the chemical that allows plants to capture sunlight and turn it into energy. It is also helpful for Restless Leg Syndrome, calming and relaxing the body for sleep.*

Like most other nutrients, the best way to get magnesium is through food. It is abundant in plant-foods like leafy greens. **See list of foods below.** However, if you supplement there are a few things to be aware of. Magnesium is not an expensive mineral, but there are many types and they are not all the same.

Magnesium Oxide is common in low quality, inexpensive supplements you'll find at the drug store. It has very low absorbability and can cause digestive issues, *not a good choice.* **Magnesium Citrate** is highly absorbable and is a good choice for constipation, stress, anxiety and calming the body for sleep. This type is often found in powder supplements such as "CALM". **Magnesium Glyconate** is also a good choice especially for high blood pressure or if there's a history of stroke. **Magnesium Threonate** has the ability to cross cell membranes and the blood brain barrier so this type may be the way to go for brain-related health issues. **Magnesium Sulfate** is what you'll find in Epsom salts. Soaking in an epsom salt bath is wonderful for easing sore muscles, calming down from stress & tension and preparing the body for sleep. Our skin will absorb this type extremely well.

During times of stress our magnesium stores are depleted every day. Supplementing can be helpful and necessary in some cases. 350-400 mg's per day is generally considered safe for most. Certain conditions may require more, but consult with a qualified practitioner before doing this on your own.

Here's a list of magnesium-rich foods to incorporate into your diet: Leafy greens like spinach, chard & kale, avocado, banana, melons, black beans, nuts like almonds, cashews, pumpkin seeds, broccoli & brussel sprouts. Tip: the higher the fiber, the higher the magnesium content.