



Creating Legacy Wellness

Navigating Well-Being Together



Magnesium Reset Protocol

Welcome to the **Magnesium Reset Protocol**, a guide designed to help you restore calm, replenish energy, and support your nervous system.

1. Nourish Your Body First

Magnesium is essential and should ideally be sourced from the earth through whole, mineral-rich foods. Making small, consistent dietary choices can gently restore balance.

Magnesium-Rich Foods:

- **Leafy Greens:** Spinach, Swiss chard, kale
- **Nuts & Seeds:** Pumpkin seeds (highest source), almonds, cashews
- **Whole Foods:** Avocado, black beans, lentils
- **Simple Pleasures:** Dark chocolate (70%+ cacao)

Simple Ways to Add Them In:

- Add pumpkin seeds to a salad or yogurt
- Blend spinach into a smoothie
- Snack on a handful of almonds
- Add avocado to lunch
- Enjoy a square of dark chocolate in the evening

Remember, think consistency over perfection.

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2. Replenish + Regulate

When your body has been under prolonged stress, food alone may not suffice.

Here's how to support your body with magnesium supplements and practices:

Magnesium Support:

- **Dosage:** Start with 200–400 mg daily
- **Best Times:** Evening (for sleep + relaxation) or split doses throughout the day
- **Forms to Consider:**
 - **Glycinate:** Calming, great for sleep
 - **Citrate:** Supports digestion
 - **Threonate:** Supports brain health

(Adjust based on your body's needs and consult your medical provider as needed.)

Nervous System Support:

Magnesium is most effective when your body feels safe.

Consider incorporating daily “Magnesium Moments”:

- **Evening Downshift:**
 - Dim lighting
 - Reduce stimulation
 - Create a calm transition into rest
 - **Breath Reset (2 minutes):**
 - Inhale through nose (4)
 - Exhale slowly (6–8)
 - **Body Check-In:**
 - Ask yourself: “Can I soften, even 5% right now?”
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3. Support Your Environment

Your environment significantly influences your nervous system. Simple shifts can make a big difference:

- Soften lighting in the evening
- Create a calm corner with a chair, blanket, and soft light
- Reduce visual clutter
- Keep your bedroom supportive and minimal

Signs Your Body Is Rebalancing:

- More steady energy
- Improved sleep
- Less reactivity
- Reduced tension
- A subtle sense of calm returning

You don't need to override your body to move forward.

You may simply need to support it more deeply.

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