



FRANKLY SPEAKING



Total Life Chiropractic — Health Tip

Some Reasons for Magnesium Deficiency

Magnesium is one of it's not the most common mineral deficiency today. It is estimated at more than 80% of Americans are deficient magnesium. Here's why:

1. Athletic performance causes increased perspiration and a loss of magnesium
2. Alcohol and caffeine are diuretics causing a loss of magnesium. Caffeine also stimulates the adrenal's and the adrenaline burst depletes magnesium.
3. Acid rain is high and nitric oxide. This draws calcium and magnesium out of the soil and therefore out of the plants
4. Most drugs deplete your body is magnesium.
5. Decreased stomach acid due to stress causes decreased absorption of magnesium.
6. Anti-acid decrease stomach acid and causing loss of magnesium
7. Fertilizers do not replace necessary minerals but are high in phosphorus, potassium and nitrogen. Phosphorus and potassium are preferentially absorbed into plants prevent the magnesium absorption.
8. Pesticides (Roundup) find magnesium and make it unavailable for plants for decades. As a result, soil on farmland is significantly depleted of magnesium.
9. Soil erosion makes it easier for heavy rain to sweep away minerals and therefore less minerals in our food.
10. Fluoride and fluorine in dental procedures, toothpaste, and water bind magnesium making it unavailable to the body. Magnesium fluoride aka sellaite then replaces magnesium as a brittle white crystalline compound that is deposited into bone and cartilage.
11. Food processing and cooking decreases magnesium.
12. Worms and bacteria in the soil break down minerals so they can be used by plants. Pesticides kill these worms and bacteria decreasing the magnesium in crops.
13. Intestinal disorders including IBS, leaky gut syndrome, fungus', bacteria and parasites, gluten and Casein sensitivity will all interfere with magnesium absorption.
14. Junk food, especially sugar products drain magnesium levels. The liver requires 28 atoms of magnesium to process one molecule of glucose. Fructose requires 56 atoms of magnesium.
15. Meat from animals eating magnesium depleted food is low in magnesium.
16. Oxalic acid (in spinach, Robard and chard) and phytic acid (in cereal grains and soy) block absorption of magnesium.
17. Low potassium can increase urinary magnesium loss.
18. High protein diets can increase magnesium loss and require more for digestion and assimilation.
19. Refining grains, especially rice and wheat reduces magnesium levels.
20. Sauna therapy can cause enough perspiration to cause significant magnesium loss.
21. Stress of any kind, (mental, physical, or emotional) will cause a loss of magnesium.
22. Tannins in tea bind and remove minerals including magnesium.
23. Trans fatty acids and mineral deficiencies alter cell wall integrity making it difficult for magnesium to pass through the cell.
24. Water softener treatment reduces magnesium.

Look for our follow-up newsletter with suggestions on what to do to establish better magnesium levels.

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