



FRANKLY SPEAKING



Total Life Chiropractic — Health Tip

Chiropractic, Magnesium, the Brain and Aging



It has been known for very long time that chiropractic adjustments have always done more than just relieve back and neck pain. One of many things that a reason at all since only in the site status now know if that happened if adjustment does is stimulate the hippocampus. This is the part of the brain that controls cognitive thinking, problem solving and short term memory.

*“Magnesium deficiency symptoms in the elderly include **central nervous system symptoms** that seem largely “neurotic”: anxiety, light-headedness, excessive emotionality, fatigue, headaches, insomnia, dizziness, nervous fits, sensation of a lump in the throat, and impaired breathing.*

Peripheral nervous system signs are common: pins and needles of the extremities, cramps, muscle pains.

Functional disorders include chest pain, shortness of breath, chest pressure, palpitations, extra systoles (occasional heart thumps from an isolated extra beat), abnormal heart rhythm, and Raynaud’s syndrome.

Autonomic nervous system disturbances involve both the sympathetic and parasympathetic nervous systems, causing hypotension on rising quickly or borderline hypertension. In elderly patients, excessive emotionality, tremor, weakness, sleep disorders, amnesia, and cognitive disturbances are particularly important aspects of magnesium deficiency.”

Dr. Jean Durlach, magnesium expert

Just think how the medical profession wants to treat all these so-called aging symptoms with bags of prescription medications! In fact, I had one patient come in today and tell me how he took his father to the medical doctor who literally said, you have to tell me everything you’re feeling so I can give you a pill for each condition. A better idea is to successfully eliminate or at least improve these signs of aging with magnesium. A new **medical** study finds that “Cognitive Decline in Women Starts Midlife.” As reported on Medscape, researchers have decided that “For women, mental sharpness, particularly processing speed, begins to decline as early as age 50.”

Medicine would like to think that this is *cognitive aging*, and it’s very common, and it’s just like aging of other organ systems.” How many times have you heard your doctor minimize your symptoms with the refrain “*You’re not getting any younger you know!*”

Let’s put the BOOM back in baby boomer! Just as you should not believe that your brain and cognition are on a death spiral after age 50, neither are any of your other organs!! Our bodies were designed to last 120 years!

In the book *Magnesium Miracle*, Dr. Carolyn Dean reports on a 2004 study that elevated magnesium to the position of a memory enhancer. “Brain receptors important for learning and memory depend on magnesium for their regulation.”

A major mechanism by which magnesium deficiency causes symptoms of aging is through calcification. Calcium deposits into tissues that are deficient in magnesium. This causes tissues to become more stiff and rigid. Mitochondria (the small energy factories in our cells) become calcified and eventually result in cell death or at the very least cellular dysfunction.

Magnesium is instrumental in opening brain receptors to important information. Combined with regular chiropractic check-ups and specific adjustments when needed, you have a good part of the formula for maintaining a healthy brain throughout your life. I’m sure you can now see how these two, (chiropractic and magnesium) can be the 1-2 punch that you need to help put the **BOOM** back in baby boomer! But let’s not forget the other essentials; a healthy diet, plenty of water, good rest, plenty of exercise and movement and most importantly a positive mental and spiritual attitude.

Remember, it’s easy to deteriorate and get old; fighting accelerated aging takes work!