

Magnesium and Good Health: Has this Information Been Censored?

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"Magnesium Man"

I was launched on my path towards becoming "Magnesium Man" 32 years ago when I was critically deficient in magnesium as shown by my first hair mineral analysis. Looking back now, with all that I have learned about the many vital functions of magnesium, I realize that I had a very close call. For many decades, research and clinical experience have shown that magnesium is vital for maintaining proper heart rhythm and preventing sudden fatal heart attacks. This vital mineral is nature's anti-stress mineral because it regulates the reactions of the adrenal glands. Magnesium has a calming effect. It also helps in regulating blood sugar levels because it helps to regulate insulin. It is nature's muscle relaxer.

It is estimated that at least 80 % of the population is magnesium deficient. That is probably a conservative estimate. I believe that 90 to 95 % of the population is probably magnesium deficient. Stress depletes magnesium. Many drugs and medications deplete magnesium including cardio-vascular medications. Many foods and beverages are fortified with calcium and vitamin D so that the vital calcium/magnesium balance is shifted far too much in the direction of excess calcium and not enough magnesium. Magnesium is an essential mineral that is vital for good health. Too much calcium undermines good health and leads to disease.

I believe that excess calcium and not enough magnesium are major factors in the out of control health care costs that confront individuals, businesses, and governments. Many decades ago, great progress was being made in outstanding research on the importance of magnesium. However, rather abruptly, magnesium was no longer getting the research attention and publicity that it warranted. It was as if a kind of censorship was imposed on magnesium and its vital role in supporting good health. Why has calcium been given so much emphasis in diet and supplement recommendations? More recently, why has vitamin D been the focus of blood tests and supplement recommendations? Conspicuous by its omission from discussions about health and diet is any mention of magnesium. The spotlight needs to be shifted to magnesium.

An excellent resource for more technical information about magnesium and its many vital functions is www.mgwater.com. Another good source of magnesium information is at www.jigsawhealth.com. This site has an excellent easy to read article titled *Magnesium: America's Lost Mineral*. Educate yourself and become informed about magnesium.

Do you know what your magnesium status is? Contact Dr. Rick to learn what a hair mineral analysis can reveal about your magnesium status. rickmind@cablone.net