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## Revitalising your body

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**FEELING tense?** If you consistently experience symptoms such as tight muscles, anxiety or disrupted sleep over extended periods, it's possible that your body is lacking one of the most essential minerals, magnesium.

Despite playing a vital role in over 300 biochemical reactions within your body, magnesium is frequently overlooked and its importance is underestimated. Magnesium deficiency is relatively common due to factors such as magnesium-deficient diets, excessive alcohol consumption, high levels of stress, ageing, intense physical activities, certain medical conditions and prescription medications.

Magnesium deficiency can cause a range of symptoms such as muscle tension, irritability headaches, sleeping problems, high blood pressure, fatigue and irregular heartbeat.

Think of magnesium as a relaxation mineral. It relaxes anything that is tight, tense and stiff, whether it is a body part or a mood.

**Relieves muscle tension** - Magnesium acts as a natural relaxant, helping to alleviate muscle tension and promote a sense of calmness throughout your body. Increasing magnesium levels is a great way to relieve muscle soreness and improve athletic performance.

**Increases energy levels** - Magnesium is an essential factor in the production of ATP, the energy currency of the body that fuels muscle contractions. It plays a critical role in providing the energy necessary to sustain performance during high-intensity workouts.

**Fights anxiety** - Magnesium is known to be an antidote to stress. It helps lower the levels of stress-causing cortisol, alleviating anxiety and stress. It also helps lift mood by raising levels of the mood-boosting neurotransmitter serotonin.

**Relieves headaches** - Headaches are more likely to occur when you are stressed. Magnesium has been widely used to reduce the frequency, intensity and duration of headache or migraine attacks.

**Improves sleep quality** - Magnesium promotes relaxation and prepares your body for sleep. Furthermore, magnesium can alleviate muscle tension and promote a sense of calmness, making it easier to fall asleep and stay asleep throughout the night.

**Regulates blood pressure and heartbeat** - Getting enough magnesium may help regulate your blood pressure and heartbeat. It aids in blood vessel relaxation, which helps keep your heart rhythm steady.

This informational article is brought to you by Vitahealth.

For more information, 1800 183 288.

Magnesium helps relieve muscle tension and improve athletic performance.