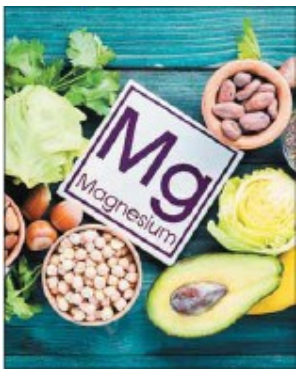
- Minerals in human nutrition / Minerals in the body

What's all the buzz about magnesium?

Alpine Observer · 3 May 2023 · 3 · With Christos Miliankos, naturopath, NE Naturopathic Group

MAGNESIUM is a vital mineral that plays a crucial role in many physiological processes in the human body.



It is involved in more than 600 enzymatic reactions, including energy metabolism, protein synthesis, muscle and nerve function, and the regulation of blood pressure and blood sugar levels.

Despite its importance, studies have shown that many people do not get enough magnesium in their diet.

One of the primary benefits of magnesium is its ability to support heart health.

Magnesium helps to regulate blood pressure and maintain normal heart rhythm.

Studies have shown that people who consume more magnesium in their diet have a lower risk of developing heart disease.

Magnesium also helps to reduce inflammation and oxidative stress, which are both risk factors for heart disease. Magnesium is essential for healthy bones. It helps to regulate calcium levels in the body, which is important for maintaining bone density and preventing osteoporosis.

Studies have shown that people who consume more magnesium have higher bone mineral density, which is an indicator of stronger bones.

Magnesium has been shown to have a calming effect on the body and mind.

It helps to regulate the nervous system and reduce stress hormones like cortisol.

Studies have also shown that magnesium can reduce symptoms of anxiety and depression.

This is because magnesium helps to regulate neurotransmitters like serotonin, which are important for mood regulation.

Magnesium can also improve sleep quality.

It helps to regulate the production of melatonin, which is a hormone that is important for sleep.

Studies have shown that people who take magnesium supplements have better sleep quality and fewer sleep disturbances.

Magnesium is essential for muscle function.

It helps to regulate muscle contractions and prevent cramps and spasms.

Studies have shown that people who take magnesium supplements have a lower risk of developing muscle cramps and spasms.
Magnesium plays an important role in the regulation of blood sugar levels.
It helps to regulate insulin, which is a hormone that is important for controlling blood sugar.
Studies have shown that people who consume more magnesium have a lower risk of developing type 2 diabetes.
In conclusion, magnesium is an essential mineral that plays a crucial role in many physiological processes in the human body.
If you are not getting enough magnesium in your diet, consider adding more magnesium-rich foods like leafy greens, nuts, seeds, and whole grains, or taking a magnesium supplement.
From my experience, the best quality supplements are Magnesium powders by Metagenics and Bioceuticals.
For a consultation regarding your magnesium needs contact Christos Miliankos or Zoe Gephart at the NE Naturopathic Group on (03) 5798 3344.