

# STRESS – HYPERTENSION

***The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.***

- Leo Galland M.D., F.A.C.N – Magnesium is the fourth most abundant mineral in your body, a necessary co-factor for hundreds of enzymes and the most critical mineral of all for coping with stress. Stress related diseases, which run rampant through modern society, like heart attacks and high blood pressure, are often accompanied by magnesium deficiency.
- Although stress differs markedly, our bodies react to them similarly. Stress hormones cause a sudden rise in magnesium-dependent reactions. There is an immediate increase in the use of magnesium as we respond to stress. If magnesium levels are adequate the body will be able to deal with the increased needs. But if the magnesium levels are deficient, the response to acute stress can become dangerous.
- Assessing the level of chronic stress in your life is important in deciding what scale the magnesium supplementation should be.
- Under conditions of mental or physical stress, magnesium is released from the blood cells and goes into the blood plasma, from where it is excreted into the urine. Chronic stress depletes the body of magnesium. The more stressed you are, the greater the loss of magnesium. Administering magnesium as a nutritional supplement breaks this vicious circle by raising magnesium levels and buffering the response to stress, building resistance.
- Magnesium is often called the anti-stress mineral because it has a calming effect when taken. Its soothing properties induce restful sleeps. It is very much needed by persons with hyperactive nervous systems, overly agitated or hot-tempered.
- It's not just a theory that stress causes magnesium deficiency and a lack of magnesium magnifies stress.
- Magnesium deficiency is a potential cause for every type of depression. All treatment protocols should begin with adequate doses of this valuable mineral.

**Sourced reference material:**

Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

Articles

- *Magnesium Chloride for Health & Rejuvenation* by Barbara Bourke & Walter Last
- *What's all the buzz about Magnesium Oil* by Chris Jennings
- *History of Magnesium Chloride* by Raul Vergini M.D.

Many websites and web postings

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**Medical data (in these data sheets) is for informational purpose only.  
One should always consult a medical physician or specialist MD prior to using any nutrient or  
food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:  
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