

MAGNESIUM DEFICIENCY

Studies show that as many as half of all Americans do not consume enough magnesium. Magnesium deficits have been tied to allergies, asthma, attention deficit disorder, anxiety, heart disease, muscle cramps and other conditions.

Massachusetts Institute of Technology

Transdermal Magnesium Therapy -Magnesium deficiency is one of the most common nutritional problems in the industrialized world today. This deficiency is the result of agricultural practices, food preparation techniques and dietary trends.

Cheryl Long and Lynn Keiley writing for "Mother Earth News" -American agribusiness is producing more food than ever before, but the evidence is building that the vitamins and minerals in that food are declining. For example, eggs from free-range hens contain up to 30% more vitamin E, 50% more folic acid and 30% more vitamin B than factory eggs. Beef from cattle raised in feedlots on growth hormones and high-grain diets has lower levels of vitamins E, A, D and beta-carotene, and twice as much fat as grass-fed beef.

Faloon- Life Extension Magazine -September 2005

"An Epidemic Deficiency"

For decades, statisticians have demonstrated that the majority of Americans do not get the government's minimum daily requirement for magnesium.

The latest government study shows a staggering 68% of Americans do not consume the recommended daily intake of magnesium. Even more frightening are data from this study showing that 19% of Americans do not consume even half of the government's recommended daily intake of magnesium. Is it any wonder that disability and death from heart attack and stroke are the nation's leading killers?

While the government officially refuses to recognize the effects of magnesium in preventing vascular disease, the National Institutes of Health does publish the following on its website:

"Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes."

Magnesium deficiency can affect virtually every system of the body. Its absorption and elimination depend on a very large number of variables, at least one of which often goes awry, leading to a deficiency that can present itself with many signs and symptoms.

How Much Magnesium Do You Need?

For magnesium, the RDI (recommended daily intake) for adult males is 420 mg a day, but the actual dietary intake is only 327 mg a day, a dietary shortfall of 93 mg a

day. The RDI is considered a minimum daily intake. Many scientists believe a higher RDI would be appropriate, meaning that very few Americans obtain optimal amounts of magnesium.

Cheryl Long and Lynn Keiley writing for "Mother Earth News" -American agribusiness is producing more food than ever before, but the evidence is building that the vitamins and minerals in that food are declining. For example, eggs from free-range hens contain up to 30% more vitamin E, 50% more folic acid and 30% more vitamin B than factory eggs. Beef from cattle raised in feedlots on growth hormones and high-grain diets has lower levels of vitamins E, A, D and beta-carotene, and twice as much fat as grass-fed beef.

Tony Isaacs -Since 99 percent of magnesium resides inside living cells, blood serum levels are not a good indicator of magnesium deficiency. Blood tests for magnesium are notoriously inaccurate. Only 1 percent of the total body magnesium pool exists outside of living cells. So blood serum levels are notoriously inaccurate. [Clin Chem Lab Med 37: 1011-33' 1999]

In other words, your doctor can't easily tell you by a blood test if your magnesium levels are low. Most Americans, 8 in 10, do not consume enough magnesium.

When we get too low on oxygen, water or food, the consequences are serious. Yet, we often don't realize the consequences of magnesium deficiency. The improper use of magnesium among health professionals and the population in general, is deeply responsible for many of the failures encountered daily in treating chronic health conditions nationwide.

Widespread Dietary Deficiency

Since the turn of last century, our depleted soils, processed foods and fast food diet lifestyles have led to a steady increase in mineral deficiencies. Nowhere is this more true than in Magnesium:

Progressive decline of dietary magnesium consumption

Years	Mg intake - mg/day
1900-1908	475-500
1909-1913	415-435
1925-1929	385-398
1935-1939	360-35
1947-1949	358-370
1957-1959	340-360
1965-1976	300-340
1978-1985	225-318
1990-2002	175-225

[Magnesium Trace Elements 10: 162-28, 1997]

Bill Johnston - **Magnesium Was Once Plentiful**

In the year 1900, magnesium was plentiful in our food and water. Since that time, our daily dietary intake of magnesium has dropped steadily through the years to the point where Americans now consume less than half of the daily magnesium we did 100 years ago. Modern large-scale farming techniques have diminished magnesium from our soils and most fertilizers don't contain magnesium to replenish the ground. Also, modern water treatment plants remove magnesium from our drinking water during the filtration process, leaving us with "clean" water, devoid of vital minerals. The result is that Americans can no longer get even the daily U.S. RDA (Recommended Daily Allowance) of magnesium, let alone the higher levels which many researchers think necessary to maintain proper health.

The World Health Organization and other health agencies now believe that 75-80% of the population in the industrialized world is magnesium deficient. With so many people consuming less than 50% of the daily-recommended intake, is it any wonder that many of us are dying from diseases that rarely existed in the 19th century? Take heart disease for example. In the year 1900 heart disease was so rarely seen that there weren't even any doctors at that time specializing in the field. Heart specialists didn't really become prominent until the 1960s.

Dr. Norman Shealy MD, PhD, Neurosurgeon and renowned expert on pain management, has completed studies on the impact of transdermal (skin) application of magnesium chloride oil. For his study, Dr. Shealy had 16 patients spray magnesium chloride oil on their body and take a 20-minute foot soak. This regimen was undertaken daily for 4 weeks. After the 4-week study was completed, 75% of the patients had significant improvements in intracellular magnesium levels. In fact, many of the patients saw their magnesium levels go to near the top of the reference range.

Dr. Shealy explains why these findings are so important, "Deficiency of magnesium is associated with virtually every known disease: heart attacks, diabetes, depression, cancer, etc. Oral magnesium supplements are not easy to assimilate and many take five years or longer to give results."

All articles and excerpts are quotes from published material with appropriate information as to its source provided.

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:
SEASOURCE, 5378 Line 11, Cookstown, Ontario, L0L 1L0, Canada,
Telephone: 705-458.4544- e-mail: info@zechmag.ca

WWW.ZECHMAG.CA