



Magnesium-rich Foods And Why You Need Them Part 2

Magnesium in your diet helps to prevent diseases and lessen the harshness of some diseases if you get them. Magnesium has;

- neuroprotective,
- cardio-protective,
- anti-hypertensive,
- anti-inflammatory,
- anti-obesity and
- hypoglycemic properties.

A magnesium deficiency or low level of magnesium in your food creates an out of balance condition in your body linked to many diseases from diabetes, heart disease and metabolic syndrome to depression and neurological disorders. Let's look at the 1st 2 disorders.

Diabetes

Magnesium has many protective properties, such as glucose or blood sugar moderating and insulin regulating, lowering risk for Type 2 diabetes (T2D) and improving outcomes for Type 1 diabetes (T1D). Magnesium intake significantly improved glucose parameters in people with diabetes and also improved insulin-sensitivity parameters in those at high risk of diabetes in a review of 18 randomized clinical trials, including a total of 670 diabetic and 453 at risk for diabetes patients.

In another meta-analysis of 637,922 individuals, the risk of T2D was reduced by 17% across all the studies; 19% in women and 16% in men when magnesium was increased in their diet.

A magnesium deficiency is seen as a contributing factor in insulin resistance for T2D patients. In a 2017 study of 71 children with T1D, magnesium supplementation improved glycemic control and lipid profiles while decreasing complications such as hypomagnesaemia (clinical magnesium deficiency). For the 52,684 without known diabetes, dietary magnesium was found to lower fasting glucose and insulin, two risk factors for diabetes.

Heart Disease

Because of chronic diseases, medications, **decreases in food crop magnesium contents**, and higher availability of refined and processed foods, the vast majority of people in modern societies are at risk for magnesium deficiency (often undiagnosed) and magnesium dietary supplementation is an easy and low cost way to lower the risks for a variety of heart diseases. In a meta-analysis of 532,979 participants from 19 studies, the greatest risk reduction for cardiovascular disease (CVD) occurred when magnesium intake increased from 150 to 400 milligrams (mg) per day. In a meta-analysis of 48 genetic studies with a total of 60,801 coronary artery disease (CAD) cases and 123,504 non-cases, researchers found that serum magnesium levels are inversely associated with risk of heart disease. Don't miss out on the health benefits of magnesium-rich foods (i.e., dark chocolate, nuts/seeds, leafy greens, legumes, fatty fish and whole grains) in your diet.

Farming Secrets says: Magnesium-Rich Diet Tied to Improved Health

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