



Magnesium-rich Foods And
Why You Need Them
Part 3

Continuation...

Here are the other disorders which can be caused by magnesium deficiency.

Metabolic Syndrome

Generally, the triad of obesity, high blood pressure and impaired glucose tolerance, as in T2D (insulin resistance), is referred to as metabolic syndrome. In a meta-analysis of six studies, including a total of 24,473 individuals and 6,311 cases of metabolic syndrome, a higher dietary magnesium level lowered the risk of metabolic syndrome by 17%.

Magnesium supplementation has also been shown to lower blood pressure measures significantly in those with high blood pressure taking anti-hypertensive medication (135 subjects); systolic blood pressure decreased by 18.7 points and diastolic blood pressure dropped by an average of 10.9 points. In a 2018 study of obesity and diabetes of over 1,500 Mexican subjects, increased dietary magnesium reduced body mass index, waist circumference and serum glucose levels, and is likely to prevent co-morbidities. High blood pressure is associated with vascular failure and can increase arterial stiffness. In a 2016 randomized double-blind placebo-controlled study, a daily dose (350 mg) of magnesium decreased arterial stiffness in 52 obese and overweight subjects.

Obesity, inflammation, oxidative stress and insulin resistance are thought to be the common pathways to the overlap in high blood pressure and diabetes. Increasing magnesium intake has been shown to reduce C-reactive protein (CRP) levels, which indicate the amount of inflammation in the body, among individuals with low-grade chronic systemic inflammation in a meta-analysis of 17 studies. Overall, a lower level of magnesium is seen in those having metabolic syndrome.

Neurological Disorders

Magnesium is often called the "mind mineral," as it is abundant in the central nervous system and contributes to a balanced brain, influencing serotonin, dopamine and neuro-transmissions. Recent research has linked magnesium deficiency and low magnesium levels with many neurological disorders, such as cerebral vasospasm, Alzheimer's disease, Parkinson's disease, depression, stroke and migraine. Daily consumption of 500 mg magnesium oxide tablets for over eight weeks by 30 depressed patients suffering from magnesium deficiency in 2017 led to significant improvements in depression status compared to the placebo group.

A lower level of magnesium has been statistically associated with Alzheimer's disease. Higher magnesium intake showed neuroprotection and lower risk for Parkinson's disease in a study of 49 Japanese patients. There is also strong evidence that magnesium deficiency is much more prevalent in migraine sufferers than in healthy controls and oral magnesium could help to alleviate migraine symptoms.

Magnesium-Rich Diet Tied to Improved Health

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. Recent research has confirmed links between magnesium and diseases such as diabetes, heart disease, metabolic syndrome and neuro-related diseases, both as a preventative and a moderator for disease severity.

***Soil Learning Center says: Don't Miss Out On The Health Benefits Of
Magnesium-Rich Foods***

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