Magnesium Deficiency: 88 Weird Symptoms (& Why They Occur) Transcript

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Why Magnesium Matters

If you're feeling tired, stressed out, inflamed or you just feel that your health is not at the optimal level and you are wondering what might be the underlying reason for it.

So let me tell you that your body might be missing this one mineral which research study shows has been behind 88 health problems that people deal with on the regular basis.

And here's the crazy part, most people do not even know that they are deficient into this mineral and more importantly most doctors are not even checking the levels of this mineral in most of the people.

and yes the mineral i'm talking about is magnesium and before you think you know all about magnesium then today's video is an eye opener for you because most people are not taking the right form of magnesium plus most people are not taking it correctly so that's the reason their magnesium levels continue to be sub-optimal and that's the reason they are not feeling well So stay till the end because I'm going to tell you how to raise your magnesium levels naturally, what are the best foods for it and more importantly some things that you are doing on the regular basis is reducing this magnesium levels in your body so you should not be making those mistakes and then what is the best form of magnesium for your body so you can quickly increase those levels up.

Hi, I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicine plans.

Magnesiumu2019s Roles in the Body

Magnesium isn't just another supplement. It literally is involved in more than 300 enzymatic processes in your body. It helps your body in producing energy.

It stabilizes your blood sugar levels. It is involved in producing several hormones including your thyroid hormones. It helps your nervous system and muscular system to work properly.

It supports your heart health as well as your brain health. as well as it plays a very critical role in reducing inflammation in your body. In short, magnesium is like a conductor of an orchestra.

If magnesium is low in your body then everything else doesn't work properly in your system. So when one mineral is involved in 300 enzymatic processes, that made me curious and look into the literature of what all health conditions magnesium might be associated with.

and I was able to count around 88 health issues that has been documented in literature which suboptimal magnesium levels has been linked to. Now obviously 88 is a big list to share for me over here but I can share you big categories.

Magnesium has been associated with hormonal dysfunctions because it is associated with production and functioning of hormones like thyroid, insulin, female hormones as well as male hormones.

Magnesium has been associated with cardiovascular issues like hypertension, heart diseases as well as arrhythmias.

Why Magnesium Deficiency Is So Common

Then it has been associated with metabolic disorders like type 2 diabetes, insulin resistance, fatigue as well as weight gain issues. Plus it is associated with neurological and mental health problems.

Then it affects your sleep issues, it affects your inflammation levels as well as affects your immune function and auto-immunity in your body. So those are the big categories and as I said I was able to count at least 88 health conditions which this magnesium has been associated with.

So that's the importance of this magnesium mineral. Now let's talk about why everybody is getting deficient in magnesium today, what mistakes you might be taking and how to naturally improve the magnesium levels.

Now the number one reason people are low in magnesium these days is because our food itself is low in magnesium. A research study was conducted which compared the magnesium levels from 1980s to 2000s and to the researchers astonishment what they saw was the concentration of magnesium in our current food is much lower as compared to 1980s.

So that's the reason most people are getting low into magnesium because our current food supply itself is low in magnesium. Now the second big reason is that our current diet, which is very high in processed food, high amount of sugar, fried foods as well as refined grains.

So the more we eat these foods, the more our magnesium stores get depleted from our body. The second reason is that whenever our body is stressed out, it excretes magnesium.

and we all are under the influence of chronic stress these days. Whether it is health related stress, physiological stress, psychological stress or relationship stress.

Every time your body gets stressed out, it secretes magnesium out of your body. The third issue is poor absorption of magnesium from our gut because our gut health is poor.

A lot of people who are suffering from acid reflux problem, IBS issues, constipation, bloating, diarrhea, they have leaky gut problems. Their gut lining is not able to absorb magnesium and that's the reason they are low on into it.

And plus as our body ages, our ability to absorb and utilize magnesium also decreases. So above the age of 30, we realize that people are absorbing less amount of magnesium from their food.

So that's the reason the deficiency of magnesium is so prevalent and this is not specific to one country or one region it is worldwide deficiency.

Signs You May Be Low in Magnesium

Now the second question most people ask me is that my doctor never ordered to check magnesium or even if I check my magnesium it always comes back normal.

Now here's the problem, the standard lab tests are not enough to show the intracellular magnesium levels because they are checking your magnesium in your serum levels.

While the research shows to know the actual magnesium levels, you need to get your RBC magnesium levels checked. So that's the reason most people don't even know that they are running low on magnesium.

But this is where if you have any of the following signs or symptoms that points that you might be running low on magnesium and these are the most common signs or symptoms.

The very first of those is that if you feel low in energy, you feel fatigue or tiredness issues. The second one is that if you feel stressed out or if you feel anxious, then yes, that is a sign of magnesium deficiency.

The third one, if you have hormonal dysfunctions, if you are suffering from thyroid disorders, Hashimoto's disease

or PCOS, then that again points towards magnesium deficiency.

If you suffer from frequent headaches or migraines, that is another sign of magnesium deficiency. Brain fog or poor concentration or ADHD like symptoms are again a sign of magnesium deficiency.

If you have muscle pain issues or high amount of inflammation in your body or you have digestive issues like constipation, bloating, diarrhea. So if you have any of these signs or symptoms that do point that your magnesium stores might be depleted and you need to start working on increasing those magnesium stores.

So now the next question is that how to increase your magnesium stores naturally?

Best Food Sources of Magnesium

So let me share with you the natural foods which are high in magnesium and then we'll talk about supplementation. The highest food sources of magnesium, first of them are leafy greens, specifically spinach and kale.

Then comes on nuts and seeds, specifically pumpkin seeds are one of the highest sources of magnesium. Then comes sunflower seeds and then almonds also.

Then dark chocolate. More than 70% of dark chocolate can help you to increase your magnesium levels. Avocados are also a great source of magnesium. Plus your beans and lentils also have some amount of magnesium.

So these are the food sources, so try to include them on a regular basis. And as I suggested before, your body might not be absorbing all the magnesium from your food.

So it is important to start supplementation initially. So at least you can get good levels of magnesium in your body. And once you're feeling good, maybe you can rely on food as the long term source of magnesium.

Now let's talk about various supplementation sources of magnesium.

Choosing the Right Magnesium Supplement

Now here's very important to pay attention because a lot of people are buying magnesium supplements but most of them are useless because they are very inferior quality magnesium supplements.

Magnesium supplements come in different forms. They can come in Magnesium Oxide, Magnesium Carbonate, Magnesium Citrate, Magnesium Glycanate and Magnesium Threonate.

Most of the cheaper magnesium supplements are magnesium oxide or a combination of that, which is completely useless. In fact, it is more irritating to your gut and will cause damage to your gut.

So, stay away from magnesium oxide as well as magnesium carbonate. Magnesium glyconate, magnesium chelated or magnesium threonate is the best form of magnesium that you should be utilizing.

because those are highly absorbable form of magnesium and they only can increase magnesium levels in your body. And the minimum dosage that you should be consuming is 300mg to 500mg on the daily basis.

What is the best time of consuming magnesium? Do not consume magnesium during the day because it doesn't work in your body. To get the maximum health benefits of taking magnesium supplementation, take them at bedtime.

That's where you're going to see your magnesium improving your sleep, improving your brain activity, reducing inflammation in your body. As you might very well know, I have created this high quality magnesium supplementation that will give you the right amount as well as the right form of magnesium to improve your levels.

The link will be in the description if you want to buy it. So that's the power of this one mineral which can literally affect 88 different health conditions in your body.

So you should definitely make sure that you are including this in your lifetime. Now another information, if this video was eye opening for you.

Final Takeaways and Closing

Then I am conducting a thyroid and Hashimoto's online summit where I am inviting 30 world expert speakers to talk about thyroid disorders. The things they are going to talk about are completely revolutionary and new age technologies on a natural basis.

that will help you to improve your thyroid, inflammation and autoimmune diseases. You can attend this summit online wherever you are in the world. The link is in the description, please register until it is free for you to attend.

Today we spoke about magnesium, one miracle mineral. which everybody should include in their health regimen because it can be a game changer for you in your health.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this with others who can benefit from this great information.

Until next time, take care, bye bye.