Magnesium Might Be the Most Important Mineral You're Missing Transcript

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Intro and magnesium overview

Drive around town, she'll go to every Whole Foods or Sprouts to buy. She's a Karen when it comes to Nancy's goddess cheese. 100%. Because it has probiotics, it's organic.

Every time I go there, I'm like, damn it, and I know who had it at the bottom. When you guys get more in, like I don't know, some lady just came and bought the whole store.

All right, welcome back. I am Dr. Yas. Dr Roddy. And today we're going to talk about all things magnesium. Gosh, magnesium is so important, right? It is the mineral of modern day life.

And I don't think people know what it is. They think they get enough of it in their food and there's different types of different conditions and all that stuff.

But I think it's gotten a lot more. I wonder why? I don't know why. I think it's because of sleep. Sleep, yeah. Yeah. But it is in over 300 different reactions throughout your body.

So it super, super important. And we're going to talk about certain types of magnesium, what they help, how they Um, and all that stuff. So which one do you want to start with first sleep?

I think that's just the thing for me. I personally, that is the one that if I don't take it every night, like I do not have the same level of sleep. Um and I sleep is such a problem for people.

Magnesium glycinate for sleep

How many times people tell you, I don't sleep very well. I'll sleep enough. And we know in what we've talked about in past episodes, how that restorative period of the day in sleep is so, so important for everything health, whether you're in your forties and above, or even as a teenager, as an active teenager who's playing sports and going to school all day, sleep was so so.

So important, you know, and we do things throughout the and at night that deplete our ability to sleep like screen time and all those other things. Let's talk about magnesium glycinate first.

Magnesium glycinate is basically magnesium bound to glycein. Glycine really helps with your stress and anxiety. In your brain and it just really helps relax you for sleep.

So it's super for for me That's been a really critical supplement that I take through menopause Yeah, so that's helped me with my sleep along with mine micronized progesterone but the magnesium glycinate is really really good and I have a I Have this my favorite formulation as a powder form and It is specific for sleeps And I even give it to my 15 year old because she has a hard time sleeping.

So, and that really does help her as well. And magnesium doesn't, I think a lot of people, when it comes to taking things before they go to bed, they sometimes are worried about, ah, feel real groggy.

It's really hard for me to get up. Magnesium, at least for people that I've talked to that have taken magnesium, that's an issue. Doesn't make you grogy?

Doesn' make it hard to grow up, it's not like you're taking a a bottle of NyQuil or something like that. You actually feel the opposite. I feel like I get up more refreshed because I have deeper sleep, I'm not tossing, turning, getting up, things like.

If it's not in your repertoire of what you're doing at nighttime, you should add it. Dosage-wise, it is just right there on whatever bottle you are taking and take it 30, 40 minutes, like an hour before you go to sleep, something like that.

Does it absorb better powder? I don't think it really matters, but the magnesium glycinate is the most bioavailable, absorbable type of magnesium. That's why when you buy magnesium formulated supplements, they usually have the Magnesium Glycidate or the Magnetium Bisglycinate.

Because it's the most absorbable. It's absorbible, it is easy on the stomach, people don't have issues with it. There's really no side effects. And 90% of people are deficient in magnesium anyways.

Again, lab wise, we always talk about labs because it always good to not assume if you're deficiant or proficient in something. Just getting labs done are really finding out where you are at.

And in labs, it's just magnesium. It's not going to be specific to any type of magnesium, but for sleep, if you struggle with sleep take this, It'll take a little bit of time, But you'll feel a big difference.

My second favorite, I have three favorites. because magnesium threonate is actually the only one that crosses the blood-brain barrier.

Magnesium threonate for brain health

And it really helps with brain cognition, anxiety, brain fog, all the things as midlife and beyond that we deal with. All the thing that you have. Yeah.

Memory loss and fog. That is true. Loss of focus. It's true, yes. Annoying brother. But yeah, it doesn't deal- I should just add GPT when your picture came up.

With arrows. So for brain health, but it does. Yeah, it really does and it helps. It's, really good. Even, you know, as if you have a history of dementia or Alzheimer's it's a really what time of day do you take the three and eight?

I have a morning one that I take, yeah. So, okay, because people always wonder, when should I actually take it? So your magnesium glycinate obviously before bed so you can sleep better, maybe in your morning routine after you do whatever you and get some food in you stomach and take the other one.

Yeah, but I will say because there are formulations that have, may be they have glycinate Theronate. All of them. You can take them in the day because it's not like the magnesium glycinate is going to put you to sleep, right?

It's going make you groggy. It is not going making you tired. it just keeps the anxiety at bay, it helps kind of clear out your mind. So it is like melatonin where it will make your sleep.

Right? Yeah. Yeah, so you can magnesium, uh, glycylate during the days. That is no problem. Oh, L-theanine, like L theanin during the day, just to kind of chill yourself out for the and whatnot.

You're not going to pass out if you, if take it. So, okay, good. I don't take that one. Cause I have any of the problems you have. Don't think I need it, but three and eight is a really good one, primarily because what you mentioned, it's the only one that crosses that blood brain barrier and what not.

And then my third favorite magnesium is magnesium citrate because as a midlife woman, you know..

Magnesium citrate for constipation

. Again, I don't have any of these problems, unfortunately, does it? Well, You do have a little bit of gynecomastia going on, don' you? No, and I do not have what you are going to say in a minute either.

You know, we deal with constipation because we get disruptive microbiome with all the fluctuating hormones, even

if you're not going through menopause.

If you are a teenager and female, and you're going through PMS and all the different menstrual cycle changes. Sometimes girls will deal with constipation, obviously more than boys, and magnesium citrate is a really good, gentle formula that helps relieve occasional constapation.

That's what's in like, calm. Yeah. Citrate. Yep. Calm as a powder. Or a gummy. Magnesium or a gum that you can buy that's really for constepation Um, or just daily use too.

It's not only when you're constipated, right? I mean, you, don't want to, obviously if it's going to some people, they take it and then it' like they have diarrhea.

Well, we don' want it. Take it on a daily basis. But, um, but it is definitely something that helps safely relieve occasional constepation without creating any dependence on it because there's a lot of people don''t realize there''s a l of, uh, formulations for occasional that have Senna in it, which they say is all natural, but it also creates dependency on it.

So once you're using it after a while, your body needs it and you don't want to use anything that your bodies going to need, right? There's also magnesium malate, yeah.

Which is great for energy and muscle pain, fatigue. supporting ATP production and all those things. I don't take that. It might be my multi, but I think it's in, uh, I take this one formula.

That has like seven different magnesiums and I know it has that in it. Yeah. But I, if you're struggling with those to just specifically dose with, that one, right?

Right. Yeah. If you're having issues with that, um, tar eight, Tar eight. I don't know if I take that. One either. That one's in my multi heart health and blood pressure.

Well, yeah, I was going to say it's mostly for blood. Pressure. Um, always recommend that for my, friends, family. We don' have patients anymore because we don''t see patients, but our friends and family that have high blood, pressure, or they have, any sort of heart issues, that one's a great one.

I think the common denominator with magnesium, whatever type it is, it's calming.

Magnesium malate and taurate benefits

And I mean, magnesium just kind of chills you out and calms you, whether it your digestive tract, kind of unwind you to go to sleep, your brain to kind to slow you down, you know, tar rate for, for blood pressure and not to replace if you're on blood pleasure medications.

And we're not saying to have replaced any of that stuff, but adding this to your repertoire. If you do struggle with high blood, this is a natural safe way to manage that.

Yeah. What's the magnesium that's an Epsom salt soaks, bath salts and stuff. Sometimes they put out a magnesium for muscle soaking. Oh, I don't know. Oxide, not oxide.

No, oxide is good for digestive constipation. In Epsom salt. Let me look it up. Sulfate. Oh yeah, magnesium sulfate, yeah. So that one's good muscle, but of course you don t want to use that on a regular basis.

That's just for muscle soreness to soak. And you're pouring that in water. Yeah, you re not drinking it. You re soaking in it, so that's a good one for just muscle relaxation and recovery.

But it's really important to find a good blend that you like. I like to take a more comprehensive one and then take an additional one for sleep, occasional constipation.

So whether you have one that is a blend or you want to I think if you're going to take one at all, it should be glycinate. What about food sources of magnesium?

Seeds are the top source. Pumpkin seeds, chia seeds. Almonds, cashews, peanuts, peanut butter, flaxseed. Those are good sources. Green leafy vegetables, spinach.

Does it specify what kind of Magnesium? No. spinach, Swiss chard, kale, quinoa, as far as whole grains, brown rice, oats, legumes, lentils, chickpeas, you know.

You got to be careful with seeds though, especially that you buy them organic. because seeds that aren't organic are heavily sprayed with pesticides, and that toxin is really, really…

It's not only going to deplete more of your magnesium, but it's going really just affect your entire system, so make sure you buy organic. Yeah, I think flaxseed and chia seeds, organic, are great to add to your protein smoothies or throw down your cottage cheese.

Magnesium sulfate for muscle recovery

Which, by the way, I just wanted to let you know that we bought all the Karen's cottage cheeses today from Sprouts. It's not Karen, it's Nancy's. That's what I meant.

We don't like Karen anymore. So, cause you go to Sprouts and you buy all the Nancy's cottage cheese. So today when I looked in the refrigerator, Claudia bought like four of them.

I was like, Oh yeah, she's not going to have any when she goes. She'll go every Whole Foods or Sprout's to buy. she said, She's a Karen when it comes to Nancy.

Because it has probiotics. It's organic. Every time I go there, I'm like damn it. And I know who has a bottom. When you guys get more in, I know some lady just came and bought the whole store.

But let me tell you what. I found a solution to my cottage cheese problem because Sprouts is always out of cottage. So I order it now on Amazon. Okay, good.

And it comes to the rest of the community overnight. But magnesium, also protein sources are salmon, tofu, and mackerel. What kind of fish is macker? Mackerel, dude.

Mackerell. I didn't even hear of that. You've never had mACKerel? No. Well, I can't really say. Where do you have that?

Food sources of magnesium

So mCKerel is a very skinny long fish. Never heard of it. Is it a white fish? It is. And I will tell you, it is the most disgusting fish you will ever eat.

Wow. When we were in Turkey. Oh, yeah. It was in a, so I was with my husband, Chris, and we were at a small village in the central Turkey and they gave us breakfast and part of our breakfast was mackerel.

And I knew what mACKerel was because I know that mCKerel is probably the healthiest, most nutrient dense fish you can eat. But it's like sardines. Oh, is it really fishy?

It's fishy, it is oily. It is like a very large sardein. Yeah. And it just is not appetite. No matter… It just got a lot of nutrients. I've been reading about it.

Nutrient fence. So good for you. Interesting. But I definitely have never had it because you don't serve that in normal. In the western… So don' t give me shit that I didn't know how to pronounce it, because Rubio's is…

Could you tell me how did you say it again? The macro tacos, first tacos at Rubios, I don t have that anymore. Wait, how did you? How did? You know, you pronounce it something else.

You're such a gringo. Well, that is a mayonnaise and dense fish, but I've never had in my life before. So it's you don't really want to try it. But I will say if there's a way I can figure out how to cook it to make it appetizing, I think it would be phenomenal to add it to your to regular diet because like sardines, like they're just so nutrients.

I can't do that. Yeah, there's a actually there is a there So we should make this a whole other episode. There is a sardine diet you could do for 10 days that helps minimize your insulin resistance, reverse diabetes if you do it long enough.

There is an endocrinologist I listened to, I think it was on Huberman.

Cottage cheese, mackerel, and closing remarks

I don't remember which podcast, but she developed this entire sardine diet with olive oil and that's all you eat for like minimum of 10 days. It's a bit of a detox, a reset.

when you do it for 30 days, it's actually reversing type two diabetes. It's amazing. Yeah. So anyways, but again, nutrient dense, um, McCarroll or mackerel, the McCarrell cleanse is really good too.

The 10 day. Oh my gosh. All right. So get on magnesium, definitely for your sleep. If you're going to start anywhere, I think we would agree to, uh, magnesium glycinate, just kidding.

Uh, to get your asleep better and, and then try to give it a whole foods. Maybe if you are Canadian, you could say glycenate. All right. Thank you for listening.

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