Why Perimenopause Depletes Magnesium

For the For the perimenopausal women I perimenopausal women I treat who can't treat who can't sleep and are feeling sleep and are feeling anxious and agitated, anxious and agitated, magnesium is almost magnesium is almost always the first thing I always the first thing I suggest. It's cheap, it's low risk, and, it's low risk, and for many, it for many, it really works. The main thing is to know which type to know which type to buy and how much to buy and how much to take. I am a naturopath, Dr. Elizabeth, Dr. Elizabeth Tatakin, from Phoenix, Tatakin, from Phoenix, Arizona, and Arizona, and magnesium is one of the magnesium is one of the remedies I remedies I prescribe most often to prescribe most often to women in women in perimenopause. By the perimenopause. By the end of this video, you'll end of this video, you'll learn how it learn how it helps with three of the helps with three of the most challenging most challenging most challenging symptoms: poor symptoms: poor sleep, anxiety, and sleep, anxiety, and hot flashes. You hot flashes. You will also learn about the will also learn about the correct form, correct form, dosage, and timing of dosage, and timing of intake, which really intake, which really matter. We'll matter. We'll start with why start with why your body now your body now uses magnesium uses magnesium faster and why it faster and why it helps with sleep in a way that melatonin simply melatonin simply can't. Then—the honest can't. Then—the honest truth about hot flashes: truth about hot flashes: where the research is where the research is compelling and where compelling and where it's still ongoing, and it's still ongoing, and finally—the exact finally—the exact protocol I would protocol I would start with today, start with today, because most women because most women are buying the wrong type.

are buying the wrong type. Let me start with something Let me start with something that surprises that surprises many of my many of my patients. Women, patients. Women, who need magnesium who need magnesium the most, usually the most, usually have the lowest have the lowest levels. And levels. And perimenopause is a big reason for this.

big reason for this. Magnesium is a real Magnesium is a real workhorse. workhorse. workhorse. Your body Your body uses it in uses it in over 300 different over 300 different processes. It's everything from processes. It's everything from muscle and muscle and nerve function to blood sugar levels nerve function to blood sugar levels and the quality of and the quality of your night's sleep. That's the your night's sleep. That's the problem.

problem. problem. Most women Most women experience its experience its deficiency even before deficiency even before menopause. You menopause. You need about 310–320 milligrams per day.

310–320 milligrams per day. And about half of And about half of Americans don't Americans don't get enough get enough magnesium from their diet. magnesium from their diet.

Perimenopause only Perimenopause only makes things worse. And makes things worse. And here everything falls into here everything falls into place. When place. When levels of the levels of the stress hormone cortisol are stress hormone cortisol are high, the body high, the body excretes more excretes more magnesium in the urine.

Poor sleep leaves Poor sleep leaves the body less time the body less time to recover. to recover. And if you And if you drink alcohol regularly, drink alcohol regularly, it also lowers it also lowers magnesium levels. So, magnesium levels. So, women who women who need magnesium the most— those who are those who are stressed, stressed, stressed, sleep poorly, and experiencing sleep poorly, and experiencing hormonal changes— often lose it the often lose it the fastest. And here is the fastest. And here is the moment that ties moment that ties everything together. Some everything together. Some classic signs of classic signs of magnesium deficiency, such as muscle cramps and as muscle cramps and fatigue, are very similar to fatigue, are very similar to symptoms of symptoms of symptoms of perimenopause.

perimenopause. perimenopause. Low Low Low magnesium levels are also magnesium levels are also associated with poorer associated with poorer sleep and increased sleep and increased anxiety. So what anxiety. So what

you're blaming on you're blaming on hormones hormones hormones could be partly caused by a could be partly caused by a mineral deficiency. The mineral deficiency.

How Magnesium Helps Sleep When Melatonin Cannot

The real question is what real question is what happens happens happens when you fill that when you fill that gap. The most gap. The most obvious answer obvious answer will be reflected in will be reflected in your dream. And your dream. And it works in a way that most it works in a way that most people, even many people, even many doctors, don't expect.

doctors, don't expect. This is something I think more women need to understand. If you more women need to understand. If you go to bed at night, your body go to bed at night, your body is tired, and your brain is tired, and your brain just won't shut down— it's usually not a it's usually not a problem with problem with melatonin, it's a melatonin, it's a completely different system.

Melatonin is the hormone of Melatonin is the hormone of time. It tells time. It tells the body that it is the body that it is dark and it is time dark and it is time to rest. But it to rest. But it doesn't calm the brain, doesn't calm the brain, which is constantly working.

which is constantly working. So if you fall asleep So if you fall asleep normally but normally but wake up at wake up at 3am feeling 3am feeling tense or lying there with your tense or lying there with your thoughts racing, thoughts racing, more melatonin more melatonin usually won't help. The usually won't help. The brain has a brain has a calming calming calming substance called substance called GABA. Think of it GABA. Think of it as the brake pedal of as the brake pedal of your nervous your nervous system. It system. It slows down the flow of slows down the flow of thoughts and helps thoughts and helps the body fall the body fall asleep. This is where asleep. This is where magnesium comes into play.

Laboratory and Laboratory and animal studies show animal studies show that magnesium acts on these that magnesium acts on these same calming same calming pathways. Both on the GABA inhibitory and excitatory systems. It excitatory systems. It helps to " switch off". Simply switch off". Simply put, magnesium put, magnesium helps you take your helps you take your foot off the gas and foot off the gas and hit the brakes.

This is important, because it is This is important, because it is these "brakes" that are put under pressure by these "brakes" that are put under pressure by many prescription many prescription medications for insomnia and medications for insomnia and anxiety. Magnesium is anxiety. Magnesium is much softer. It does much softer. It does not cause not cause addiction or addiction or morning "fog" in morning "fog" in the head. Finally, we the head. Finally, we have data from have data from human studies. A human studies. A randomized, randomized, randomized, placebo- placebo- controlled study controlled study enrolled 155 adults enrolled 155 adults with poor sleep.

with poor sleep. The group taking 250 The group taking 250 mg of magnesium mg of magnesium bisglycinate bisglycinate bisglycinate performed better performed better on a on a standard standard standard insomnia scale than the insomnia scale than the placebo group. How placebo group. How significant was the effect?

significant was the effect? He was moderate. No He was moderate. No wonder. But here's an interesting wonder. But here's an interesting point. People with the point. People with the lowest starting lowest starting magnesium levels magnesium levels saw the greatest saw the greatest improvement, which points improvement, which points to you. If you to you. If you are stressed, are stressed, sleep poorly, and have a sleep poorly, and have a deficiency. So sleep is the deficiency. So sleep is the area where the scientific area where the scientific evidence is strongest. With evidence is strongest. With "tides" everything is "tides" everything is more interesting and a little more more interesting and a little more complicated. Let me complicated.

The Honest Truth About Magnesium and Hot Flashes

Let me tell you what the research actually shows and where research actually shows and where science is still

catching up with science is still catching up with reality. Now reality. Now let's talk about " tides". This is a tides". This is a case where the case where the internet is ahead of internet is ahead of science. So I want science. So I want to show you what we to show you what we really know and how I really know and how I apply magnesium in my apply magnesium in my life. On paper, the idea life. On paper, the idea seems logical.

seems logical. Magnesium helps Magnesium helps relax blood vessels and relax blood vessels and calm the nervous calm the nervous system. Both of these system. Both of these factors play a factors play a role in the occurrence of " tides". So it makes perfect sense to check this out. And perfect sense to check this out. And one of the early one of the early studies really studies really inspired people. In a inspired people. In a small pilot small pilot group of women who group of women who had had had breast cancer, breast cancer, more than half more than half reported a reported a 50% or more reduction in hot flashes 50% or more reduction in hot flashes with with with magnesium. But I won't magnesium. But I won't exaggerate the exaggerate the exaggerate the results. There results. There was no placebo was no placebo control group in that study control group in that study. And when. And when researchers conducted a researchers conducted a larger larger larger trial trial trial comparing magnesium to a comparing magnesium to a placebo, it placebo, it worked no better worked no better than a sugar pill.

than a sugar pill. In both groups, In both groups, the results the results the results improved improved improved approximately equally. approximately equally.

However, there's However, there's one more thing to know: both of these one more thing to know: both of these studies studies studies used used used magnesium oxide. A cheap magnesium oxide. A cheap form that is poorly form that is poorly absorbed. I'll absorbed. I'll tell you soon why it's tell you soon why it's worth avoiding. So, worth avoiding. So, we don't have we don't have enough data yet on enough data yet on whether whether whether better forms help with hot better forms help with hot flashes, but I flashes, but I think it probably think it probably does. So here's how I does. So here's how I actually actually actually use it. I don't use it. I don't rely on magnesium rely on magnesium as the only remedy as the only remedy for hot flashes, for hot flashes, as there as there is no conclusive evidence for this. But as is no conclusive evidence for this. But as part of a broader part of a broader plan to support the plan to support the vasomotor system, it can be, it can be helpful. He is helpful. He is safe. It is safe. It is inexpensive. And inexpensive. And most of my most of my patients already patients already take it for take it for sleep and sleep and anxiety. In this anxiety. In this context, he is a secondary player, secondary player, not a star. And if not a star. And if hot flashes are your hot flashes are your main concern, it main concern, it 's worth discussing this 's worth discussing this in more detail with your doctor, in more detail with your doctor, including whether including whether hormone hormone hormone therapy is right for you. So, for sleep, it is effective, for effective, for hot flashes, it plays a hot flashes, it plays a supporting role.

Anxiety is Anxiety is where things get where things get interesting again, because it's interesting again, because it's directly related to directly related to why you might why you might wake up at 3 a.m.

wake up at 3 a.m. with your with your heart pounding. A heart pounding. A quick note quick note before we before we continue. If sleep continue. If sleep or hot flashes are your or hot flashes are your main problem, main problem, write about it in write about it in the comments and the comments and tell us what you've already tell us what you've already tried. I read them tried. I read them and it helps me and it helps me make these videos make these videos more useful for you.

more useful for you. I also always I also always respond to your respond to your comments. So, comments.

Magnesium, Cortisol, and the 3 AM Wake Up

So, let's talk let's talk about that 3 a.m. wake-up call. That moment. That moment when your eyes open on their own when your eyes open on their own and and and your heart beats for no your heart beats for no reason.

reason. reason. Many women think Many women think it's just it's just anxiety, but it's anxiety, but it's often driven by often driven by hormones. hormones.

hormones. Perimenopausal anxiety is Perimenopausal anxiety is often more than just an often more than just an emotional state. emotional state. Part of it is a matter of Part of it is a matter of stress hormones. When stress hormones. When estrogen levels estrogen levels fluctuate up and down, it throws off down, it throws off balance in balance in your body's stress control system—the hypothalamic- hypothalamic- pituitary- pituitary- adrenal (HPA) axis. This adrenal (HPA) axis. This makes you more makes you more vulnerable to vulnerable to arousal and arousal and slows down the slows down the calming process. This is calming process. This is often what causes waking up often what causes waking up at at at 3am. At night, your 3am. At night, your main main main stress hormone, cortisol, stress hormone, cortisol, can can can spike. If spike. If your system is already on your system is already on edge, this jump edge, this jump causes you causes you to wake up with a to wake up with a racing racing racing heart and an heart and an overloaded overloaded overloaded mind. This is where mind. This is where magnesium comes in handy. It works like a dimmer,. It works like a dimmer, dimming the lights in dimming the lights in this stress system.

this stress system. Research Research Research shows that it shows that it helps reduce helps reduce signals that signals that stimulate cortisol, stimulate cortisol, in part through the in part through the same calming same calming pathways we pathways we talked about in the context of talked about in the context of sleep. So your body sleep. So your body can lower its can lower its stress response level stress response level instead of instead of leaving it at its peak. Regarding anxiety,. Regarding anxiety, the research is the research is the research is encouraging, but it is encouraging, but it is not a guaranteed not a guaranteed success. A review success. A review of studies has shown of studies has shown that magnesium may that magnesium may help with mild help with mild anxiety, anxiety, anxiety, especially in people who especially in people who are are are stressed or have a stressed or have a deficiency to deficiency to begin with. It is not a begin with. It is not a substitute for therapy or substitute for therapy or medication in certain medication in certain cases.

cases. cases. Consider it Consider it support, not medicine. support, not medicine. And there is also a physical bonus. Magnesium relaxes Magnesium relaxes muscles, so it can muscles, so it can relieve clenched relieve clenched jaws, tense jaws, tense shoulders, and feelings of shoulders, and feelings of tightness that often tightness that often accompany accompany accompany anxiety. So, anxiety. So, here's why. Now here's why.

Which Form to Buy and Which to Skip

Now let's get to the part let's get to the part you you you came for, namely: what came for, namely: what exactly to buy and how exactly to buy and how to take it, because this is where to take it, because this is where most women most women make make make mistakes. So, this is the mistakes. So, this is the part that really part that really changes your changes your results. Walk into results. Walk into any store and any store and you'll see an entire you'll see an entire wall of magnesium. And wall of magnesium. And most of them are not what most of them are not what you need.

Magnesium oxide. This is a Magnesium oxide. This is a cheap option that cheap option that you will find everywhere. And you will find everywhere. And it is also found in it is also found in many supplements. And many supplements. And this is the option that this is the option that most women most women buy by accident.

buy by accident. Very little of it Very little of it is absorbed by the is absorbed by the is absorbed by the body. body. body. Mostly it acts Mostly it acts as a laxative. For sleep as a laxative. For sleep or anxiety, or anxiety, just skip just skip it. Magnesium citrate.

it. Magnesium citrate. It is well It is well absorbed and is great absorbed and is great if you have if you have problems with problems with constipation, but in constipation, but in high doses it can high doses it can loosen stools.

loosen stools. So it's not my first So it's not my first choice for the night. choice for the night. Magnesium glycinate, Magnesium glycinate, sometimes labeled as sometimes labeled as bisglycinate. This is exactly what bisglycinate. This is exactly what you need you need for sleep and for sleep and anxiety. It is anxiety. It is well absorbed.

well absorbed. It is gentle on the It is gentle on the stomach, and this is the stomach, and this is the form form form

used in the used in the 2025 sleep study 2025 sleep study. Magnesium. Magnesium is bound to glycine, which itself has a, which itself has a calming effect.

calming effect. Magnesium malate. This one is Magnesium malate. This one is better suited for better suited for daytime. Many daytime. Many people use people use it for energy and it for energy and muscle pain. So it's muscle pain. So it's not necessarily your not necessarily your bedtime choice.

bedtime choice.

The Right Dose and Timing to Start Tonight

So, dosage for So, dosage for sleep and anxiety: sleep and anxiety: aim for 200–350 aim for 200–350 mg of magnesium per night. The mg of magnesium per night. The study study study used 250 mg, which is a great, which is a great starting point. And know starting point. And know your limit. Do not your limit. Do not exceed 350 mg per exceed 350 mg per day from supplements unless day from supplements unless your doctor advises your doctor advises otherwise. A larger otherwise. A larger amount usually amount usually just makes you just makes you run to the restroom.

run to the restroom. Reception time Reception time matters. For sleep and matters. For sleep and anxiety, anxiety, anxiety, take approximately take approximately 30–60 minutes before bedtime.

30–60 minutes before bedtime. If you're If you're using it using it more for general more for general support, morning support, morning might be a good time too.

might be a good time too. Give this a real Give this a real chance. Most people chance. Most people notice changes notice changes within one to two within one to two weeks, not weeks, not necessarily the first necessarily the first night, but the effect can night, but the effect can come quite come quite quickly. So don't draw quickly. So don't draw conclusions after just conclusions after just three days. One important three days. One important note: when I note: when I work with someone work with someone individually, I individually, I adapt everything to adapt everything to the person, their tests, the person, their tests, medications, and medications, and medical history. What I'm medical history. What I'm offering you here is a offering you here is a generally safe generally safe starting point that starting point that most healthy most healthy people can people can try on their try on their try on their own. One own. One safety tip: safety tip: Magnesium is very well Magnesium is very well tolerated by tolerated by tolerated by most healthy most healthy adults, but adults, but check with your check with your doctor first if you have doctor first if you have kidney problems kidney problems or are taking or are taking certain medications, as certain medications, as magnesium may magnesium may interact slightly with interact slightly with some of them. So, some of them. So, that's the complete picture.

that's the complete picture. Let me Let me boil it down to a boil it down to a very simple plan that very simple plan that you can you can start with start with tonight. Magnesium is not a tonight. Magnesium is not a cure for cure for perimenopause, but it is perimenopause, but it is one of the one of the safest, safest, safest, cheapest, and cheapest, and best- best- best- researched researched researched tools tools tools you have, especially for you have, especially for sleep, anxiety, and sleep, anxiety, and as a smart support as a smart support for hot flashes. Here's what to for hot flashes. Here's what to remember.

remember. remember. Form matters the most Form matters the most. Choose. Choose glycinate or glycinate or bisglycinate for sleep bisglycinate for sleep and anxiety, and anxiety, not oxide. Start with not oxide. Start with 200–350 milligrams 200–350 milligrams before bed and give before bed and give yourself a full two weeks yourself a full two weeks before drawing before drawing conclusions. And the reason conclusions. And the reason it works when it works when melatonin doesn't is melatonin doesn't is simple.

simple. simple. Melatonin sets a Melatonin sets a timer. Magnesium timer. Magnesium helps to flip the helps to flip the “switch,” “switch,” “switch,” calming the system calming the system that makes your brain that makes your brain work. This is the role of work. This is the role of GABA. Your body knows GABA. Your body knows how to heal itself. My how to heal itself. My job is to help job is to help remove what stands remove what stands in the way.

If sleep is your main your main problem, I'm preparing a problem, I'm preparing a full video about full video about why you wake up why you wake up at 3:00 a.m. and the at 3:00 a.m. and the hormonal aspect of hormonal aspect of this phenomenon. This video will this phenomenon. This video will be released soon, so be released soon, so stay stay stay tuned. And if tuned. And if you take only one thing from today, start tonight only one thing from today, start tonight.

.. 200 mg of magnesium 200 mg of magnesium glycinate about glycinate about 30 minutes before bedtime 30 minutes before bedtime for 2 weeks. This is the for 2 weeks. This is the simplest test simplest test you can you can do on yourself.

do on yourself. If you want If you want clear, clear, evidence-based answers about what evidence-based answers about what really really really happens during happens during perimenopause, from perimenopause, from someone who treats it someone who treats it every day, subscribe.

every day, subscribe. Then, as soon as the Then, as soon as the 3:00 AM sleep video comes out 3:00 AM sleep video comes out, it will appear, it will appear right in your feed