Why Magnesium Isn't Working For You! Transcript

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Most people tell me the same thing. I Most people tell me the same thing.

Introduction to Magnesium Mistakes

I tried magnesium, but it didn't work for tried magnesium, but it didn't work for me. Maybe you took it for sleep, but me. Maybe you took it for sleep, but still woke up at 3:00 a.m. Or you hoped still woke up at 3:00 a.m. Or you hoped it would calm your stress, but your it would calm your stress, but your anxiety didn't budge. Or you tried it anxiety didn't budge. Or you tried it for digestion only to feel worse. Here's for digestion only to feel worse. Here's the reality. Most people take magnesium the reality.

Why Magnesium Often Fails

Most people take magnesium wrong. And in this video, I'm going to wrong. And in this video, I'm going to show you how to do it right. the best show you how to do it right. the best timing, the right form for your health timing, the right form for your health concern, and the daily rituals that concern, and the daily rituals that actually make magnesium work. Hi, I'm actually make magnesium work. Hi, I'm Dr. Monisha Benote, your longevity Dr.

Meet the Speaker and Channel Mission

Monisha Benote, your longevity lifestyle physician and founder of the lifestyle physician and founder of the WCOA Institute, and welcome back to my WCOA Institute, and welcome back to my channel. If you want to improve your channel. If you want to improve your sleep, strengthen your stress sleep, strengthen your stress resilience, support your gut, and age resilience, support your gut, and age with intention, subscribe now. This is with intention, subscribe now.

Common Reasons Magnesium Doesn't Work

This is where science meets lifestyle rituals so where science meets lifestyle rituals so your cells can thrive for decades to your cells can thrive for decades to come. Let's break down what's really come. Let's break down what's really happening when you take magnesium and happening when you take magnesium and why you may not be feeling the benefits why you may not be feeling the benefits yet. Here's why magnesium hasn't worked yet. Here's why magnesium hasn't worked for you. I see it all the time. Someone for you. I see it all the time. Someone tells me, "I tried magnesium for sleep, tells me, "I tried magnesium for sleep, but I still woke up at 3:00 a.m." but I still woke up at 3:00 a.m." Another says, "I used it for stress, but Another says, "I used it for stress, but I didn't feel any calmer." or I took it I didn't feel any calmer.

Choosing the Right Magnesium Form

" or I took it for digestion and it only made my gut for digestion and it only made my gut worse. The first mistake, taking the worse. The first mistake, taking the wrong form of magnesium. Magnesium isn't wrong form of magnesium. Magnesium isn't just one supplement. It comes in many just one supplement. It comes in many forms, and each one works a little bit forms, and each one works a little bit differently in the body. If you're differently in the body. If you're struggling with sleep, but you took struggling with sleep, but you took magnesium oxide, that form mostly works magnesium oxide, that form mostly works as a laxative. It won't calm your as a laxative. It won't calm your nervous system, so of course you didn't nervous system, so of course you didn't feel the benefit. The second mistake, feel the benefit. The second mistake, timing. One of my patients told me, "I timing. One of my patients told me, "I took magnesium in the morning and then I took magnesium in the morning and then I felt tired all day." That's because she felt tired all day." That's because she took the wrong calming form at the wrong took the wrong calming form at the wrong time. Some types are best in the morning time. Some types are best in the morning for energy, focus, and digestion. Others for energy, focus, and digestion. Others are best in the evening for stress are

best in the evening for stress relief, and a deeper sleep. And here's relief, and a deeper sleep. And here's the third mistake, expecting instant the third mistake, expecting instant results. Magnesium is not like caffeine.

results. Magnesium is not like caffeine. It doesn't just give you a jolt. It It doesn't just give you a jolt. It works quietly over time, rebuilding your works quietly over time, rebuilding your reserves, calming your nervous system, reserves, calming your nervous system, fueling your cells. So, if you tried fueling your cells.

Timing Magnesium for Sleep, Stress, and Digestion

So, if you tried magnesium and thought, "This doesn't magnesium and thought, "This doesn't work." It's not the magnesium has failed work." It's not the magnesium has failed you. It's that no one showed you how to you. It's that no one showed you how to take the right form at the right time in take the right form at the right time in the right way. And that's exactly what the right way. And that's exactly what I'm going to walk you through next. Now, I'm going to walk you through next. Now, let's talk about how to make magnesium let's talk about how to make magnesium right. The key is to match the form with right. The key is to match the form with your concern and take it at the right your concern and take it at the right time. If sleep is your struggle, think time. If sleep is your struggle, think of magnesium glycinate. One of my of magnesium glycinate. One of my patients told me, "It was the first time patients told me, "It was the first time I slept through the night in months." I slept through the night in months." That's because glycinate calms the That's because glycinate calms the nervous system and helps you transition nervous system and helps you transition into deeper sleep. If stress is your into deeper sleep. If stress is your issue, consider magnesium bis glycinate.

issue, consider magnesium bis glycinate. That is my go-to. It's gentle on That is my go-to. It's gentle on digestion and the form I use in my own digestion and the form I use in my own evening ritual to calm cortisol. And if evening ritual to calm cortisol.

Best Forms for Energy, Focus, and Heart Health

And if digestion is your problem, maybe digestion is your problem, maybe magnesium citrate can help get things magnesium citrate can help get things moving along. Think of it as the guts moving along. Think of it as the guts traffic controller. But too much and it traffic controller. But too much and it may move things a little too quickly. So may move things a little too quickly. So if you're dragging through the day, if you're dragging through the day, magnesium malate can help support the magnesium malate can help support the mitochondria, those power plants inside mitochondria, those power plants inside your cells. It's especially helpful for your cells. It's especially helpful for that mid afternoon crash. And if your that mid afternoon crash. And if your focus is on memory and your memory focus is on memory and your memory hasn't been what it used to be, consider hasn't been what it used to be, consider magnesium 38ate. This is the one that magnesium 38ate. This is the one that can cross into the brain, supporting can cross into the brain, supporting cognition and long-term brain health.

cognition and long-term brain health. Finally, for heart health, magnesium Finally, for heart health, magnesium torate combines magnesium with torine, a torate combines magnesium with torine, a nutrient that supports blood pressure nutrient that supports blood pressure and cardiovascular rhythm.

and cardiovascular rhythm. Now let's talk about timing. In the Now let's talk about timing. In the morning, malleate is great for energy, morning, malleate is great for energy, citrate for digestion, thrienate for citrate for digestion, thrienate for focus. In the evening, glycinate or focus.

Daily Magnesium Rituals for Long-Term Benefits

In the evening, glycinate or biscinate for sleep and stress, torate biscinate for sleep and stress, torate for cardiovascular calm, and here's the for cardiovascular calm, and here's the most important part. Magnesium works most important part. Magnesium works best as a ritual, not a rescue. It's not best as a ritual, not a rescue. It's not about taking it once and expecting magic about taking it once and expecting magic to happen. It's all about daily to happen. It's all about daily consistency, filling in the gaps your consistency, filling in the gaps your body faces from

stress, caffeine, body faces from stress, caffeine, alcohol, and even depleted soils when alcohol, and even depleted soils when you're eating the best diet ever. When you're eating the best diet ever. When you use the right form at the right time you use the right form at the right time every day, that's when you start to feel every day, that's when you start to feel the real benefits.

the real benefits. Better sleep, steadier energy, calmer Better sleep, steadier energy, calmer stress, and healthier aging. This is stress, and healthier aging. This is what # cellcare is all about. simple what # cellcare is all about. simple intentional rituals that restore balance intentional rituals that restore balance at the cellular level. Now, you deserve at the cellular level. Now, you deserve to feel rested, resilient, and to feel rested, resilient, and energized.

energized. energized. Magnesium isn't just about fixing sleep Magnesium isn't just about fixing sleep or stress in the moment. It's about or stress in the moment. It's about fueling your body's natural rhythms so fueling your body's natural rhythms so your cells can function the way they your cells can function the way they were designed to. When you get the right were designed to. When you get the right form at the right time as a daily form at the right time as a daily ritual, you're not just supporting ritual, you're not just supporting tonight's sleep or tomorrow's energy.

tonight's sleep or tomorrow's energy. You're also building the foundation for You're also building the foundation for longevity. longevity. longevity.

I'm Dr. Manish, the longevity lifestyle I'm Dr. Manish, the longevity lifestyle physician. If you found this video physician. If you found this video helpful, hit subscribe. Every week, I helpful, hit subscribe. Every week, I share sciencebacked rituals to support share sciencebacked rituals to support your gut, your nervous system, and your your gut, your nervous system, and your cellular health so you can live and age cellular health so you can live and age