

## **Symptoms of Magnesium Deficiency**

The first symptoms of deficiency can be subtle – as most magnesium is stored in the tissues, **leg cramps, foot pain, or muscle 'twitches'** can be the first sign. Other early signs of deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur.

A full outline of magnesium deficiency was beautifully presented in a recent article by Dr. Sidney Baker.

"Magnesium deficiency can affect virtually every organ system of the body. **With regard to skeletal muscle, one may experience twitches, cramps, muscle tension, muscle soreness, including back aches, neck pain, tension headaches and jaw joint (or TMJ) dysfunction.** Also, one may experience chest tightness or a peculiar sensation that he can't take a deep breath. Sometimes a person may sigh a lot."

"Symptoms involving impaired contraction of smooth muscles include constipation; urinary spasms; menstrual cramps; difficulty swallowing or a lump in the throat-especially provoked by eating sugar; photophobia, especially difficulty adjusting to oncoming bright headlights in the absence of eye disease; and loud noise sensitivity from stapedius muscle tension in the ear."

"Other symptoms and signs of magnesium deficiency and discuss laboratory testing for this common condition. Continuing with the

symptoms of magnesium deficiency, the central nervous system is markedly affected. Symptoms include **insomnia, anxiety**, hyperactivity and restlessness with constant movement, **panic attacks**, agoraphobia, and premenstrual irritability. Magnesium deficiency symptoms involving the peripheral nervous system include numbness, tingling, and other abnormal sensations, such as zips, zaps and vibratory sensations."

"Symptoms or signs of the cardiovascular system include palpitations, heart arrhythmias, and angina due to spasms of the coronary arteries, **high blood pressure** and mitral valve prolapse. Be aware that not all of the symptoms need to be present to presume magnesium deficiency; but, many of them often occur together. For example, people with mitral valve prolapse frequently have palpitations, anxiety, panic attacks and premenstrual symptoms.

**People with magnesium deficiency often seem to be "uptight." Other general symptoms include a salt craving, both carbohydrate craving and carbohydrate intolerance, especially of chocolate, and breast tenderness."**

Magnesium is needed by every cell in the body including those of the brain. It is one of the most important minerals when considering supplementation because of its vital role in hundreds of enzyme systems and functions related to reactions in cell metabolism, as well as being essential for the synthesis of proteins, for the utilization of fats and carbohydrates. Magnesium is needed not only for the production of specific detoxification enzymes but is also important for energy production related to cell detoxification.

**A list of early symptoms suggestive of magnesium insufficiency:**

● **Headaches**

- Physical and mental fatigue
- Persistent under-eye twitch
- **“Charley Horse” like cramps, spasms and muscle tension**
- Pre-menstrual fluid retention and/or breast tenderness
- **Tension in the upper back, shoulders and neck**

- Tingling or numbness in the hands or feet
- Frequent or recurring skin, gum, bladder or vaginal yeast infections

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**If you have kidney or heart disease, speak with your prescribing physician before taking magnesium.**

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**Recommended dosage: 400mg/day**

Just a few examples of Magnesium Citrate

**Possible manifestations of magnesium deficiency include:**

- **Low energy**
- Fatigue
- **Nervousness**
- Confusion
- **Anxiousness**
- Irritability
- Seizures (and tantrums)
- Poor digestion
- PMS and hormonal imbalances
- Inability to sleep
- Calcification of organs
- Weakening of the bones
- Abnormal heart rhythm



Image on the right is:  
Calm plus Calcium Powder

**Signs of severe magnesium deficiency include:**

- Extreme thirst
- Extreme hunger
- Frequent urination
- Sores or bruises that heal slowly
- Dry, itchy skin
- Unexplained weight loss
- Blurry vision that changes from day to day
- Unusual tiredness or drowsiness

**Where to Purchase Magnesium**

SwansonVitamins.com has good prices and a generous return policy.

These brands can be found locally at Vitamin Shoppe or Sunshine Vitamins.

**Medical Disclaimer**

Please seek medical care whenever you have concerns and/or when you experience a new symptom, in order to rule out a medical emergency or a condition which requires medical intervention.

General recommendations are not a substitute for appropriate medical evaluation and treatment specific to your case.