

Nature's Wisdom Magazine

natural health, spirituality, & environmental awareness

Nature's Arsenal: Herbs and Vitamins

Welcome To Nature's Arsenal: Herbs and Vitamins

In this regular column, Naturopathic Doctor Shirley Piccarreto will examine one vitamin, mineral or herb, each issue, and discuss how it can benefit our health and wellness.

Magnesium: An Essential Mineral For Vital Health

Recent studies show that close to 80% of all Americans are deficient in one very important mineral that just may be the causative factor in a countless number of diseases and afflictions. Just 400 mg of magnesium per day acts as a preventative in keeping your nervous, cardiovascular and structural systems functioning at their optimum level yet, very few people consume the foods necessary to meet these needs or take additional supplementation to ensure it.

Magnesium is responsible for the correct function of over 350 enzyme functions in the body aiding in the essential metabolism of proteins, carbohydrates and lipids. Both calcium and potassium rely on magnesium to be properly absorbed.

Deficiencies are most often seen in those that are under huge stress or have long term use of diuretics, anti-biotics and alcohol. Excessive fat or protein intake will also cause a magnesium deficiency.

You may be surprised to know that the following conditions have all been associated with magnesium deficiency:

- Anxiety/panic attacks
- Irritability/nervousness
- Muscle weakness
- Twitching/muscle trembling
- Insomnia
- Lower back pain
- Kidney stones
- Heart attack
- Seizures
- Constipation
- Menstrual cramps
- ADHD

Food Sources of magnesium: vegetables, nuts, beans, whole grains, dairy, avocado, apricots, brown rice and figs

Herbs high in magnesium: Irish moss herb, oatstraw herb tumeric

Magnesium is indeed a most necessary nutrient for your body....take the time to make sure you are getting the 400mg you need!

- Shirley Piccarreto, ND



Shirley Piccarreto, ND, BS (Health and Wellness Counseling) is a Certified Herbalist, Instructor and Health Educator with over 23 years experience in health, fitness & nutrition.