

# Wellness

## REVIEW

### The Wonder Mineral for Pain and Fatigue



#### Not Firing On All Four Cylinders?

Do you struggle through the day feeling fatigued, in pain or just plain fed up? If you wake up in the morning with exhaustion, experience cramping or muscular aches, pains, backaches or headaches your body may be crying out for more magnesium. Many Australians and New Zealanders have below the recommended daily intake of magnesium in their diet, which may lead to magnesium deficiency. A magnesium deficiency may cause symptoms and disorders affecting nerves, muscles, bones, the cardiovascular system and metabolism. Stress can also increase the body's demand of magnesium, leaving you depleted and with lower reserves of this important mineral.

#### Magnesium - the Wonder Mineral

Magnesium is an essential mineral which is vital for producing energy to fire every cell in your body, so you function at your best. When you are deficient in magnesium, it can exacerbate feelings of exhaustion and heighten the intensity of pain and inflammation. If you have ever suffered from symptoms of pain, muscular cramps, headaches, fatigue or even fibromyalgia, you may have increased requirements for therapeutic doses of a highly bioavailable magnesium.

#### Energy to Go, Go, Go!

Magnesium is ideal for increasing energy levels in those with physical and/or mental fatigue. It is responsible for the cellular production of energy which powers everything you do; helping your muscles contract and your heart, one of the most important muscles in the body, to beat rhythmically. Magnesium can assist with any health challenges that involve tiredness and malaise, including both short term fatigue, chronic fatigue syndrome, low thyroid function, and fatigue due to poor sleep.

Magnesium is an excellent mineral in its own right for battling fatigue, and has even greater results when combined with other energy kicking nutrients:

- N-acetyl carnitine works wonders for energy, breaking down fat stores as a source of fuel. It also helps to reduce mental and physical fatigue, while improving memory and cognition.
- Another gem is tyrosine, which can aid memory and reduce the effects of stress and fatigue. Tyrosine can also assist in thyroid hormone synthesis, improving metabolic rate and energy output.
- Selenium and iodine also support thyroid function, minimising physical and mental sluggishness.

#### Pain, Pain Go Away!

If you experience pain and tenderness, magnesium is your mineral. Whether you have muscle soreness after exercise, a headache after a long hard day at work, period pain, or are suffering from the common chronic pain syndrome, fibromyalgia, magnesium can help you manage your pain. This important mineral also helps your muscles to relax, so they are not tense, stiff and angry. Magnesium plays a role in moving fluid into the cells of all of your tissues, to make sure they are fully hydrated in order to function optimally. Magnesium deficiency can lead to more inflammation in the body, causing more pain; another good reminder to maintain your magnesium levels.

#### Pain Fighting Combinations

While magnesium is well known for being the main "muscular mineral", you can find relief from pain when combined with other nutrients:

- Malic acid and magnesium are great mates for pain relief, significantly reducing chronic pain in as little as 48 hours.
- Calcium works with magnesium to aid muscle contraction and movement, and to support energy production.

#### The Type of Magnesium Matters

Ensure you take a magnesium with superior absorption; the more your body absorbs, the greater symptom improvement you will experience. Magnesium bisglycinate (also known as Meta Mag<sup>®</sup>) is a highly absorbable form of magnesium which is shown to be eight times more absorbable than other forms of magnesium. Meta Mag<sup>®</sup> absorbs intact so you are getting a pure and highly useable form of magnesium straight into your cells, without digestive upset for the greatest results.

#### Magnesium Makes the Difference

Speak to your Practitioner today about how you can achieve optimal levels of magnesium to improve your health and wellbeing. You can trust your Practitioner will provide you with the right magnesium to address your individual health needs. Magnificent magnesium can help free you from the clutches of pain, with an energy boost to boot.



Call us today to find out if you are getting enough Magnesium.