

WEIGHT CONTROL • HEALTHY RECIPES • SPIRITUAL WELLNESS • LIVING HEALTHY

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Are You Getting Enough Magnesium? Your Body Depends On It!

Top 15 Magnesium Supplements

Oil Pulling to Strengthen Your Health

Quick Lentil Salmon Salad



Home Cures That Work

AUTHOR



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You may remember magnesium from the periodic table of scientific elements that was posted in your middle school science classroom. It plays a critical role in metabolism, and the body uses it to support your immune system, promote a healthy nervous system and brain, maintain cardiovascular health, and build strong muscles and bones and so much more! So, it's no surprise that when you do not get enough of this macromineral, your health can be negatively affected. When your levels of magnesium are low, you may experience other health issues. This article reveals some of the conditions and symptoms that commonly occur with low magnesium....and how to fix them.

If you're concerned that you aren't getting enough magnesium in your diet, consider supplementation. There are a variety of magnesium supplements available. How well they work depends on a few factors. We've got the best 15 magnesium supplements lined up for you, plus a bonus supplement for the most absorbable form of the mineral.

Oil pulling is an ancient Ayurvedic remedy for oral health and detoxification. It involves the use of pure oils as agents for pulling harmful bacteria, fungus, and other organisms out of the mouth, teeth, gums and even throat. Because of this holistic perspective, oil pulling has been used as a preventative health measure for many other conditions, like migraine relief! Check out the full list of overall health benefits of oil pulling! I bet you might surprisingly find your health problem on this list!

Legumes are an excellent source of plant-based protein, and they contain many different micro- and macronutrients. If you're looking for greater health, a stronger immune system, or even losing weight, eating more whole foods will make a difference. Try introducing more salads into your diet, like this Quick Lentil Salmon Salad.

So whether you've shoveled too much snow this December or shoveled too many gingerbread cookies onto your plate, feel great from the inside out with Home Cures That Work.

For your health,

Cheryl Ravey, Editor
Home Cures That Work



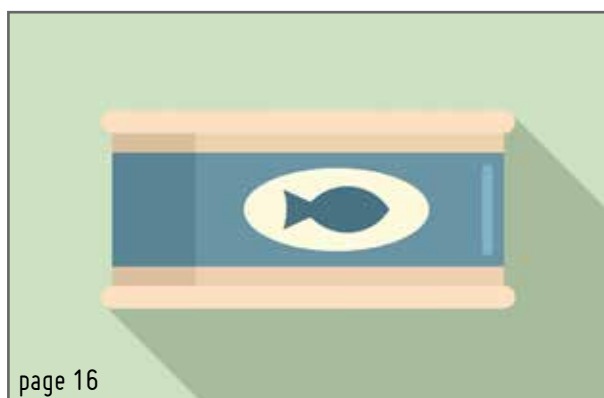
04 ARE YOU GETTING ENOUGH MAGNESIUM? YOUR BODY DEPENDS ON IT!

Most health-conscious people have heard of magnesium, but many of them don't know a whole lot about it. Compared to other vitamins and minerals, it tends to fly under the radar. But, it's a vital nutrient that's essential for more than 300 biochemical reactions.



11 OIL PULLING TO STRENGTHEN YOUR TEETH AND HEALTH

Oil pulling is an ancient Ayurvedic therapy believed to promote oral health, showing promise of pulling away harmful toxins from your mouth and promoting overall health.



13 TOP 15 MAGNESIUM SUPPLEMENTS

Magnesium may alleviate or circumvent many common chronic ailments. If you are interested in taking magnesium for better health, you'll want to understand the quality of supplements, its bioavailability, and how well it dissolves in the gut.

16 QUICK LENTIL SALMON SALAD

This nutritious lentil salad recipe is an ideal meal for promoting sustained energy. Store portions in lidded glass containers to enjoy for tomorrow's lunch or as a filling snack. Bon appétit!



ARE YOU GETTING ENOUGH MAGNESIUM? Your Body Depends On It!

by Dr. Scott Saunders, M.D.

THE BEAUTIFUL CRYSTAL pictured is magnesium. I live near a magnesium plant on the edge of the Great Salt Lake. The plant makes magnesium metal from the ancient inland Lake Bonneville, the precursor to the Great Salt Lake, where minerals have concentrated.

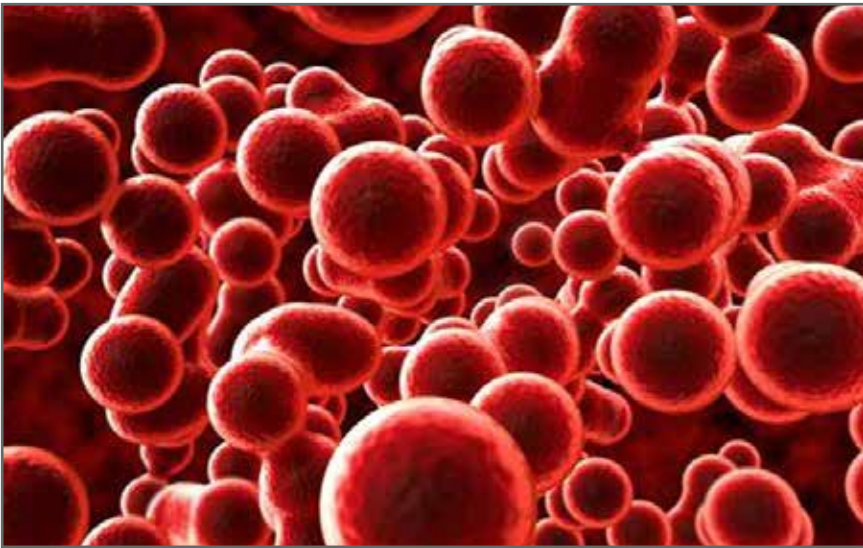
Magnesium is abundant. On average, one hundred gallons of seawater will have a pound of magnesium in the form of magnesium chloride salt. For this reason, there is a limitless resource for the metal. That is why regardless of the uses of

magnesium, there is no problem when it comes to supply. However, it takes a lot of energy, in the form of electricity, to separate the magnesium from the chloride and purify it.

Magnesium is incredibly useful. Its alloys are found everywhere from cameras to airplanes. All racing tire rims are made of magnesium because the alloy is stronger and lighter than aluminum.

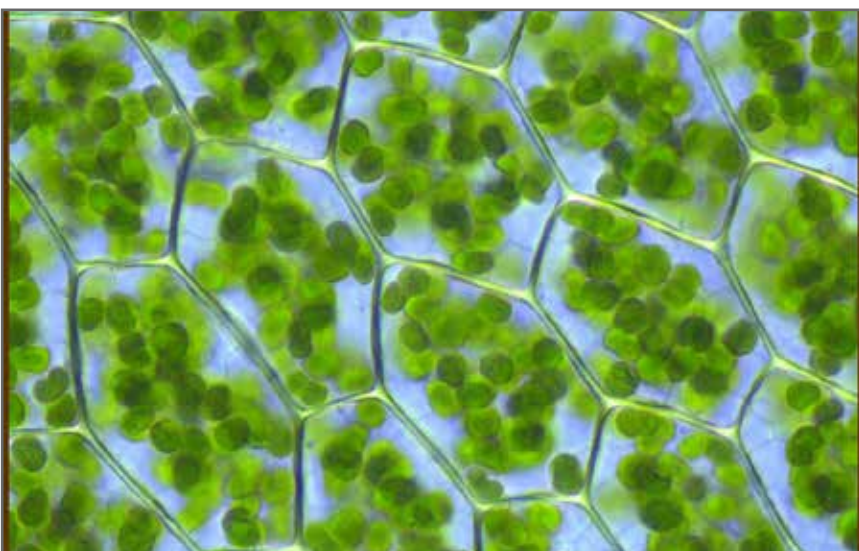
All biological systems require magnesium. Your blood is red because there is one atom of iron in each hemoglobin molecule

of all your red blood cells.



Plants are green because the same molecule that carries oxygen in your blood, hemoglobin, has an atom of magnesium instead of iron. This is called chlorophyll. So, the central atom in our blood is iron, whereas in chlorophyll it is magnesium.

That single atom of magnesium allows the plant to use the energy from light to make all its proteins and sugars from the carbon dioxide in the air. Without magnesium the plant would have no energy and could not survive, the same as if you had no iron for your blood.



But, you also need magnesium, as much as any plant. Magnesium is required in the human body for over 300 different enzymes. That's a lot! Without magnesium the body doesn't function at all.

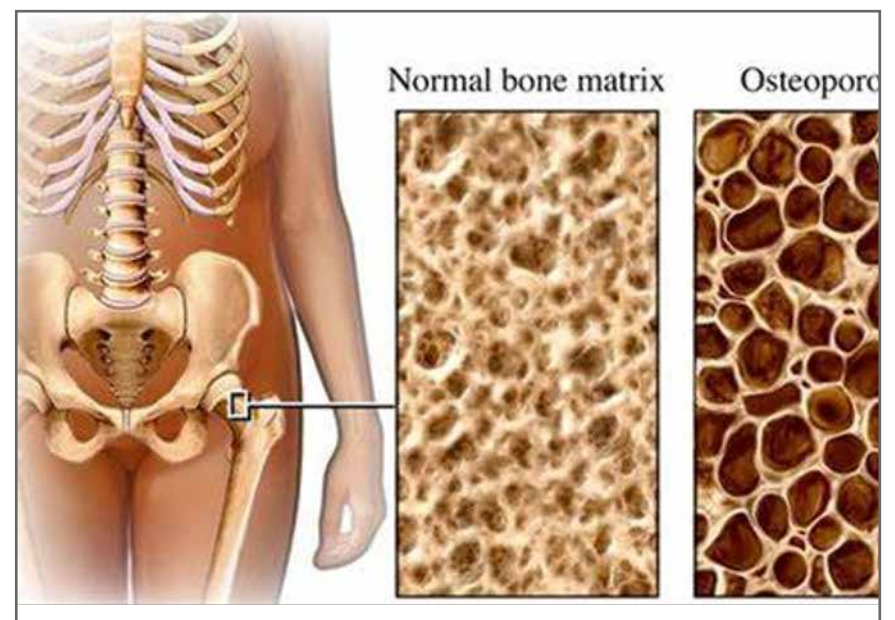
For example, one of the essential functions of magnesium is in getting sugar into the cells. Without magnesium, insulin doesn't work, and people can become insulin resistant just from being deficient in magnesium.[1]

Symptoms of low magnesium[2]

- Cramps, muscle twitching
- Chronic pain
- Osteoporosis
- Abnormal Heart rhythm
- Hypertension
- Asthma
- Depression
- Anxiety
- Fatigue
- Migraine headaches

Osteoporosis

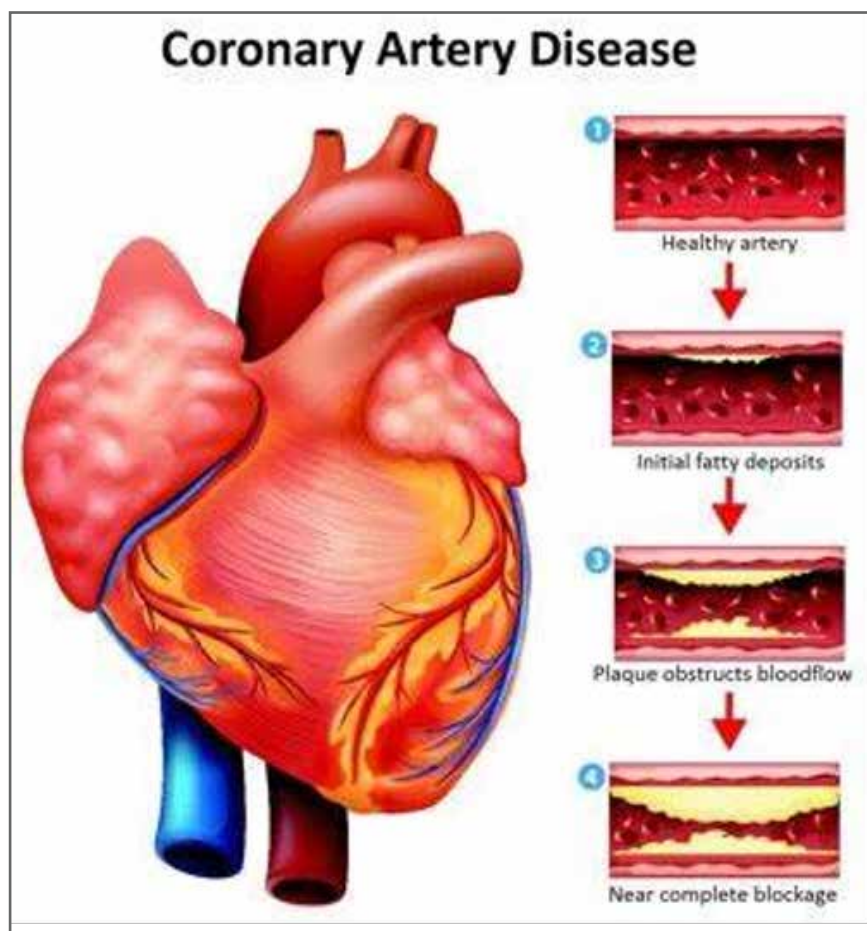
Magnesium is essential for bone health, where 60% of the magnesium we need is stored.[3]



If your body needs magnesium, it will take the minerals out of the bones – which also takes out the calcium. Calcium is then lost in the urine, and may create kidney stones. Proper deposition of calcium requires magnesium. Osteoporosis is most often related to a lack of magnesium, and not calcium. People

with osteoporosis who only take calcium often don't build their bones and end up with calcium deposits in their arteries.[4] Even people with sufficient calcium will get brittle bones if there is not enough magnesium.[5] Taking extra vitamin D won't help because magnesium deficiency will create resistance to vitamin D. Magnesium deficiency is probably a more common cause of osteoporosis than both calcium deficiency and vitamin D deficiency – combined.[6]

Heart Disease



People who have higher magnesium levels in the blood have lower blood pressure, and are 38% less likely to die of a heart attack.[7]

Without sufficient magnesium, there are several problems that can happen to arteries. First, they will be more likely to build calcium deposits, and become clogged with atherosclerosis – or hardening of the arteries. Second, they become stiffer, requiring more pressure to push the blood to the tissues. And, third, the muscles in the arteries are not able to relax, decreasing the flow of blood to the tissues. This leads to fibromyalgia, neuropathy, migraine headaches, back pain, and especially – heart disease.

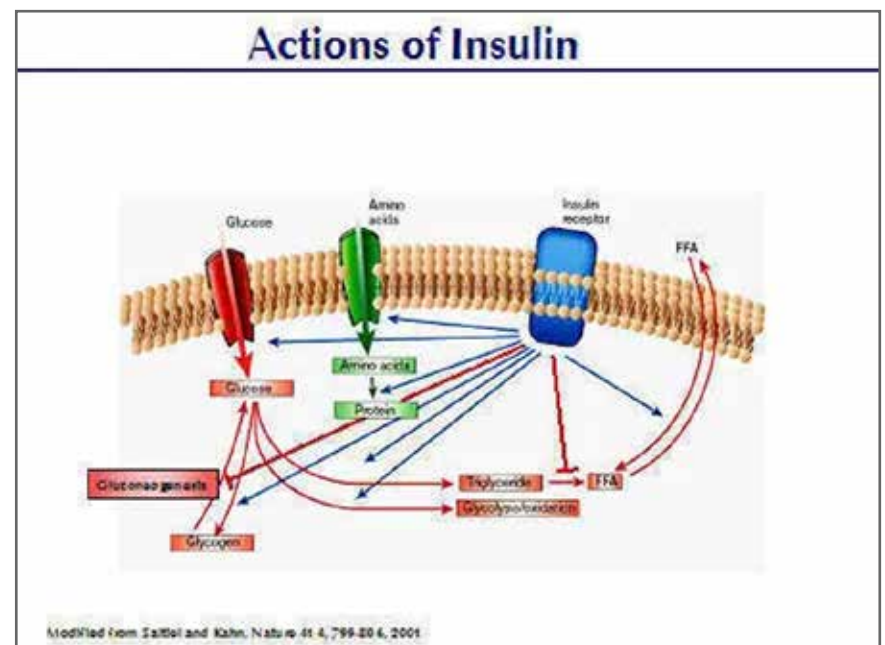
Migraine Headaches

Those who suffer with migraine headaches have lower blood magnesium levels.[8]

The blood vessels constrict and are not able to relax when there isn't enough magnesium. The brain sends signals that it isn't getting enough blood and increases the pressure. The excess pressure in the head is felt as pain. There are other reasons for having problems with circulation in the brain, causing migraines, but magnesium deficiency is among the more common.

Diabetes

Type 2 diabetes is significantly associated with magnesium deficiency because magnesium is required for insulin to let sugar into the cells.[9]



If there isn't enough magnesium, then insulin doesn't work. This is what is called "insulin resistance" or type 2 diabetes mellitus. Having sufficient magnesium will improve the function of insulin, lower insulin resistance, and even reverse type 2 diabetes.

Deficiency

About two-thirds of the population in the western hemisphere

does not get enough magnesium every day.[10] Magnesium is abundant in food, but none of our staple foods are abundant in magnesium. For example, magnesium is in wheat, but not white flour; there is more magnesium in 100 grams of wheat bread (100mg) than in the same amount of spinach (80mg). By contrast, white bread has only about 20mg of magnesium per 100 grams.

Since our staple foods include meat and processed grains, it is hard for most Americans to get a good supply of magnesium. Few Americans live on beans, lentils, whole grains, and dark green vegetables so it's hard to get an optimum supply of magnesium.

Foods that Deplete Magnesium

Moreover, some of the foods we eat can contribute to deficiency of magnesium.

Coffee is a diuretic that can cause the kidneys to waste magnesium. Alcohol causes irritation of the stomach, and decreased acid, so less magnesium can be absorbed. Ironically, people who supplement calcium are more likely to become magnesium deficient because the two minerals compete for absorption – and there is almost always more calcium available. And, not only does sugar inhibit absorption of magnesium, all types of sugar and carbohydrates cause the kidneys to waste it. So, sugar gets you at both ends.[11] Food today is packed with sugar. Even salty foods like gravy and meat spices are filled with sugar. It's hard to get away from it.

- Alcohol
- Calcium supplementation (prolonged or in excess)
- Coffee
- High-sugar diet (glucose, fructose, sucrose, starch)

Drugs that DEplete Magnesium

There are many drugs that lower magnesium stores in the body.[12]

People think that because OMEPREZOLE (Prilosec) is over-the-counter, that it's safe. This is not true. While in the short-term it doesn't do much damage, if taken daily for long periods it can cause many problems, including low magnesium. Also, there are so many people taking diuretics for hypertension, who may become depleted in magnesium, which is a risk for hypertension! Other medications that may deplete magnesium include:

- Acid Blockers such as Omeprazole, Cimetidine
- Antibiotics
- Diuretics such as hydrochlorothiazide (HCTZ)
- Digoxin
- Central Nervous System (CNS) Stimulants
- Cholesterol Agents
- Corticosteroids
- Oral Contraceptives
- Diabetic medications

Diseases that Deplete Magnesium

Any illness that causes malabsorption can deplete magnesium.

Chronic diarrhea pushes food through the intestines rapidly, preventing absorption of nutrients. Also, "leaky gut" or any chronic inflammation such as celiac disease or gluten sensitivity can cause low magnesium.

- Irritable Bowel Syndrome
- Celiac Disease/Gluten sensitivity

How Do I Get Enough Magnesium?

We are often told that we don't get enough nutrition because

our foods are low since the soil is depleted of minerals. This may be true with some minerals, but magnesium is abundant in soils, and the plants will not grow without it. This mineral is found in two basic foods:

1. All seeds that will grow (nuts, legumes, seeds, grains)
2. Anything that is green

This pretty much sums it up. Seeds are anything that can grow a new plant. Nuts are seeds. Grain is seed. If it will grow into a plant, it must have magnesium. If that seed is processed, such as grains that have the bran and germ removed, it loses its magnesium. Don't eat anything white (rice, bread, cereal, pasta), but instead eat whole grains, and you will be getting magnesium. Snack on nuts or sunflower seeds instead of chips.

Moreover, everything green has chlorophyll and thus, must have magnesium. Lettuce that is white (iceberg) or white asparagus has little magnesium. Those greens that are dark, such as chard and kale, have a lot of magnesium. Choose your vegetables accordingly.

Fish has about four times more magnesium than beef, and is a decent source, having even more than a serving of spinach. [13]

Milk has some magnesium. It is estimated that children in the United States get between 10% and 30% of their daily magnesium from milk and milk products.[14] But, it would take about 20 cups of milk or 10 cups of yogurt to get a full day's supply of magnesium.[15] In other words, children in the United States are not getting enough magnesium for a growing body.[16]

Magnesium Supplements

One of the supplements I regularly recommend is magnesium for all the reasons above. It's not easy to get enough in food, unless you are a healthy vegetarian – not all are. The maximum amount of magnesium that the body can handle is about 350mg per day.[17] Those who take more may end up with diarrhea. Many of the laxatives on the market are simply a high-dose of magnesium (milk of magnesia, magnesium citrate)

A good supplement should be about 400mg per day. Whatever is not absorbed will just be in your stool. If you get too much at one time in the colon it may cause diarrhea. I have some patients who suffer with chronic constipation who take extra magnesium every day for the laxative effect. It may also help to divide a dose morning and night to be able to get more.

For this reason, the recommended maximum is very close to what every person needs in a day. Thus, if you have one day that you don't get enough, it's hard to "catch up" by taking a very large dose in a supplement.

Topical Magnesium

Some have found they can avoid intestinal issues by spraying a "magnesium oil," which is just a water solution of magnesium chloride, on their skin.

One study indicated that the magnesium status of those using topical magnesium increased by over 50%.[18] There is other evidence that magnesium applied to the skin is absorbed.[19]

To maximize the benefit of the magnesium spray:

- Increase the area of application to increase absorption. Spray it all over, not just on one area.
- Areas with lots of hair such as the scalp and armpits have higher rates of absorption.
- Increasing the amount of time the application is left on the skin will allow more absorption.
- Heat enhances the delivery such as just after a shower.
- Increasing the frequency of applications will allow more to be absorbed.
- Well-hydrated skin will be more efficient than dry skin.

If you put on magnesium and find your skin gets hot or burning, this is due to the effect of magnesium on the blood vessels. As the arteries and veins enlarge, it can feel like a "hot flash." It does NOT mean you are allergic, you are just having normal dilation of blood vessels.



Our topical magnesium spray, Easy Relief Magnesium, is available for you to [shop here](#).

Healthy Magnesium PLAN

Magnesium is such an important nutrient, and is often not appreciated by even nutritionists. Everyone has been so focused on calcium for osteoporosis, chromium for diabetes, zinc for the immune system, sodium for blood pressure, and potassium for cramps, they forget that magnesium is important for all of these! Magnesium is also essential for energy so it prevents fatigue, as well as helps with methylation, or the functions of vitamins B6, B9, and B12.

To avoid magnesium deficiency, make high-magnesium foods a staple. Beans, lentils, whole grains, nuts, seeds, dark green vegetables, and fish. Avoid any processed or prepared foods. Have dark greens with every meal. Find ways to incorporate these into your daily foods. Add nuts and seeds to your salads every day. Eat more beans, and less meat. My mom used to feed us brown rice, and add finely-chopped chard for color. When you make smoothies, avoid the processed powders, and put fresh greens, fruit, and for protein add an egg. These measures will assure that you get plenty of magnesium to keep your enzymes functional, prevent diabetes, heart disease, and high blood pressure.

If you have any issues with magnesium foods, or you are having symptoms of low magnesium, try supplements as described above. With supplements, it is important to take breaks periodically so your absorption remains intact. Taking it every day can diminish the amount you absorb, both from the supplement and from food. A good way to do this is by taking weekends off, for example, or taking it for one week and then off for a week. Not everyone needs to take magnesium, but if you do, you can maximize your benefit by following these guidelines.



Sources: [1] <https://www.ahajournals.org/doi/pdf/10.1161/01.hyp.21.6.1024> [2] <https://www.healthline.com/health/hypomagnesemia> [3] <https://www.betterbones.com/bone-nutrition/magnesium/> [4] <https://www.betterbones.com/bone-nutrition/magnesium/> [5] <https://pi.oregonstate.edu/mic/minerals/magnesium#:~:text=The%20Linus%20Pauling%20Institute%20supports%20the%20latest%20RDA,article%20on%20Micronutrient%20Inadequacies%20in%20the%20US%20Population%29.> [6] https://www.healthline.com/nutrition/magnesium-deficiency-symptoms#TOC_TITLE_HDR_9 <https://pi.oregonstate.edu/mic/minerals/magnesium#:~:text=The%20Linus%20Pauling%20Institute%20supports%20the%20latest%20RDA,article%20on%20Micronutrient%20Inadequacies%20in%20the%20US%20Population%29.> [7] <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> [8] <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> [9] <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> [10] https://www.healthline.com/nutrition/magnesium-types#_noHeaderPrefixedContent [11] <https://www.thepaleomom.com/5-nutrients-youre-deficient-in-if-you-eat-too-much-sugar/#:~:text=Both%20a%20high%20sugar%20intake%20and%20elevated%20insulin,through%20the%20body%E2%80%99s%20magnesium%20reserves%20during%20sugar%20metabolism.> [12] <https://www.jigsawhealth.com/blogs/news/drug-muggers-suzy-cohen-magnesium> [13] <https://pi.oregonstate.edu/mic/minerals/magnesium#disease-treatment> [14] <https://healthfully.com/magnesium-from-milk-12683305.html> [15] <http://www.dietandfitnesstoday.com/magnesium-in-yogurt.php#:~:text=%20Top%20twenty%20yogurt%20products%20high%20in%20magnesium,Fruit%20%26%20Yogurt%20%3A%2051mg%20%2813%25RDA%29%20More%20> [16] <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> [17] <https://pi.oregonstate.edu/mic/minerals/magnesium#:~:text=The%20Linus%20Pauling%20Institute%20supports%20the%20latest%20RDA,article%20on%20Micronutrient%20Inadequacies%20in%20the%20US%20Population%29.> [18] A Pilot Study to determine the impact of Transdermal Magnesium treatment on serum levels and whole body. CaMg Ratios; Watkins K*, Josling PD** [19] Effect of transdermal magnesium cream on serum and urinary magnesium levels in humans: A pilot study. Lindsay Kass, Andrea Rosanoff, Amy Tanner, Keith Sullivan, William McAuley, Michael Plessset; 1 University of Hertfordshire, Hatfield, Hertfordshire, United Kingdom, 2 Center for Magnesium Education & Research, Pahoia, Hawaii, United States of America

Oil Pulling to Strengthen Your Health

Detoxify Your Mouth — and Entire Body — with an Ancient Ayurvedic Remedy “Oil Pulling”



OIL PULLING IS reviving itself to become a popular remedy to improve oral health, reverse chronic conditions and embrace overall well-being.

This easy and refreshingly simple technique involves swishing oils around in your mouth for 15-20 minutes daily.

By “pulling” from sunflower, sesame, coconut oil or olive oil, you experience an astonishing detoxifying effects. It is inexpensive and therapy you can do at home. Oil pulling benefits include:

- Clear skin conditions
- Cure gingivitis
- Decrease grey hair
- Facilitate weight loss
- Reverse arthritis

The impact of this remarkable therapy begins with its ability to foster a far cleaner, healthier mouth. By vastly improving your oral health, oil pulling benefits can have a tremendous and unexpected positive impact on your total well-being.

Link Between Oral Health and Overall Health

Oral health is a silent factor in millions of American deaths each year. In 2000, the Surgeon General of the United States issued a report, Oral Health in America, calling attention to the strong link between poor oral hygiene, overall health and onset of life-threatening diseases.

Millions of bacteria, viruses, fungi, parasites and other toxins live and breed in the mouth. The dreaded candida virus, as well as streptococcus, produces toxic waste in the mouth that causes gum disease and tooth decay, eventually debilitating the body's defenses against disease and other health problems.

When you start to suffer from stress, poor dietary choices and toxins from food and air, your mouth releases destructive toxins into your body and immune system. Unfortunately, these secondary toxins generate infections, chronic inflammation and other health problems when overburdened. The diseases and conditions affected by oral health include (from Mayo clinic):

- Alzheimer's disease
- Cardiovascular disease
- Diabetes
- Eating disorders
- Endocarditis (infection of the inner lining of the heart)
- HIV/AIDS
- Immune system disorders
- Osteoporosis
- Premature birth and low birth weight

Oil Pulling is Ancient Eastern Remedy Revisited Revived by Western Doctors

Traditionally, oil pulling was known in Ayurvedic medicine as "oil gargling."

But in the early 1990s, one Ukrainian physician Dr. F. Karach, believed that you could cure everything from heart disease to hormone problems (and everything in between) by oil pulling. In fact, Karach cured his own chronic blood disorder and arthritis with oil pulling.

In modern medicine, Dr. Bruce Fife is known as a oil pulling enthusiast and writes about it his book, Oil Pulling Therapy: Detoxifying and Healing the Body Through Oral Cleansing.

"The first thing that most people notice when they start oil pulling is an improvement in their oral health," says Dr. Fife. "Teeth become whiter, breath becomes fresher, and the tongue and gums take on a healthy pink color. Even problems such as bleeding gums, tooth decay, and gum disease are greatly diminished or completely healed."

Dr. Karach likes to use sunflower oil for oil pulling, but Dr. Fife prefers coconut oil for oil pulling. Nonetheless, the oil pulling method is similar: swishing oil in the mouth and "pulling" it through your teeth for about 15-20 minutes.

Think of oil pulling the same way oil cleans your car engine. Engine oil picks up dirt and grime and pulls the debris out with it when it's drained. As a result, your engine is cleaner, runs smoother, and works longer.

Oil pulling has the same effect on the body. It "pulls" toxins and bacteria from your mouth and body. By expelling these harmful substances, you will improve your health so that you, too, can "run" better for longer.

Oil Pulling is a Natural Healer and Detoxifer

Dr. Fife describes oil pulling benefits as "one of the most remarkable methods of detoxification and healing" he's encountered over the course of his career as a naturopathic physician.

Rather than detox with juice fasts, herbs, pills and other bowel-loosening methods, oil pulling is cheap, practical effortless and completely harmless! No unpleasant toilet

experiences. No expensive detox “programs.” Well-being benefits.

“All you are doing is rinsing your mouth out with vegetable oil—a food,” Fife reminds patients. “You’re not even swallowing the oil. What can be more benign than that?”

Oil pulling is completely safe, without any harmful side effects and produces many health benefits, such as:

- Alleviated PMS symptoms
- Clearer complexion
- Decreased migraine headaches
- Elimination of allergies
- Fewer asthma symptoms
- Healthy, pink gums
- Improved or reversed arthritis
- Improved sleep cycle
- Increased energy
- Less sinus congestion
- More regular menstrual cycles
- Whiter, straighter teeth

Regardless of what health condition you are in, oil pulling is safe and simple. Even the most serious health condition can improve with consistent oil pulling treatment.

How to Practice Oil Pulling

Ayurvedic practice of oil pulling uses unrefined, cold-pressed sunflower or sesame seed oil. Today’s experts use unrefined oils such as coconut oil or olive oil, which is actually more effective for certain health conditions. Of course, coconut oil tastes good, too!

Nutrition expert and health writer Elizabeth Walling provides

these tips for trying oil pulling:

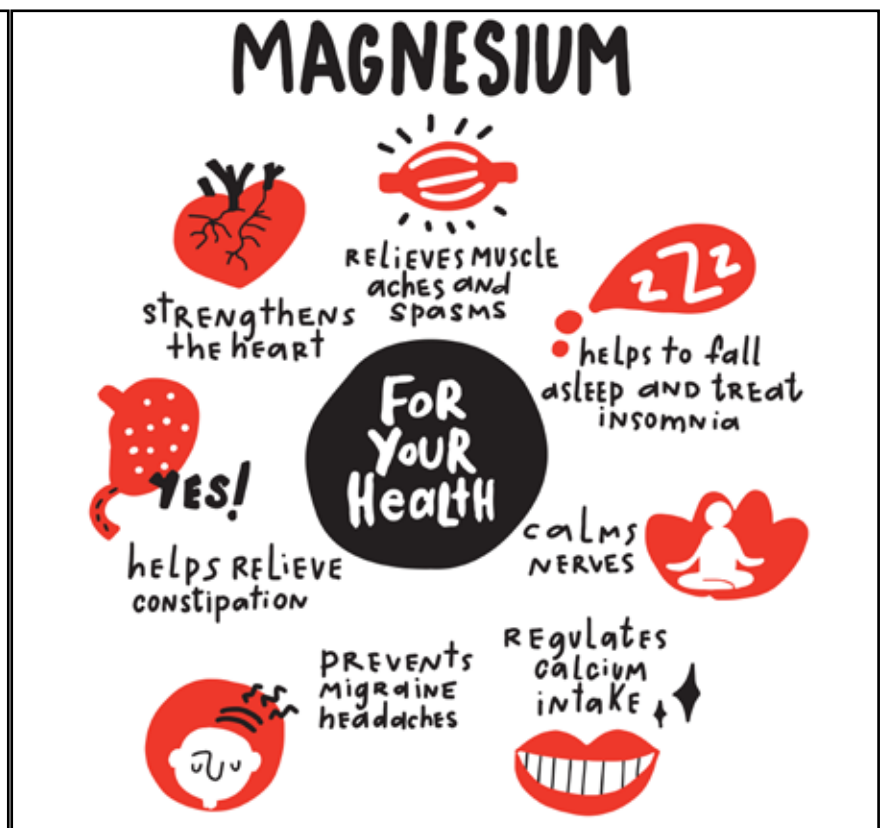
- Oil pulling should be done on an empty stomach immediately after waking up.
- Use about 1 tablespoon of oil.
- If desired, a drop or two of an essential or healing oil like oregano can be added (available at natural health stores).
- Swish the oil slowly, try to reach every region of your mouth.
- Be careful not to swallow the oil, which will become very thin and foamy as you swish.
- After 20 minutes has elapsed, spit out the oil and rinse your mouth with pure water.
- Brush teeth with a natural toothpaste.

[Watch our how-to video here for clear instructions about using a natural toothpaste!](#)

If you are combating a particular health condition, then it is recommended you practice oil pulling every day. However, it can be done as often as you’d like in pursuit of outstanding detoxification, overall health and well-being.



Top 15 Magnesium Supplements



MAGNESIUM IS RESPONSIBLE FOR over 300 biochemical reactions in the body and impacts blood pressure, metabolism, immune function and many other aspects of health. Some experts claim that magnesium deficiency is the single largest health problem in our world today.

Magnesium is needed for proper metabolism and nervous system functioning. Most are able to obtain sufficient amounts of magnesium from diet, but a magnesium deficiency may lead to elevated blood pressure and increased risk of osteoporosis. The magnesium mineral can reduce blood vessel spasms and relax muscles, which may assist in preventing migraines. A British Columbia Research study published in *Cephalalgia* showed that patients who took a magnesium supplement (600/mg a day) for 12 weeks had significantly fewer migraines within 9 weeks.

If you are on diuretic medications or if you suffer from the following conditions, then you may be low in magnesium:

- Alcoholism
- Diabetes
- Digestive Disorders (Crohn's, Celiac)

Magnesium deficiency is more common than many people suspect, and below are warning signs that could indicate a deficiency in this important mineral.

- Irritability
- Depression
- Muscle weakness/cramps
- Irregular heartbeat
- Ringing in the ears or hearing loss

- Kidney stones
- Sleep problems
- Low energy
- Bone health

Regular use of magnesium can:

- Reduce hearing loss from loud conditions
- Ease menstrual pain and PMS
- Prevent migraine headaches
- Act as a laxative and antacid
- Improve sleep
- Relieve stress
- Stabilize heart rate and arrhythmia
- Improve mood

Magnesium comes in a variety of chemical forms, including magnesium oxide, magnesium gluconate, and magnesium citrate. These supplements were tested by an independent lab company for accurate labeled dosages, purity of the magnesium concentrate, absorption and side effects.

THESE MAGNESIUM SUPPLEMENTS ARE NOT SAFE FOR CONSUMPTION:

- BulkSupplements.com Magnesium Citrate – contained only 79.8% of its claimed amount of magnesium.
- ReMag – was contained with a small amount of lead, 0.58 MCG per 1/2 teaspoon.
- Natural Vitality Natural Calm Plus Calcium - Raspberry-Lemon Flavor – contained a bit less vitamin D than claimed: 22.1 IU instead of 35 IU.
- Thorne Basic Bone Nutrients – contained only 69.7% of its claimed amount of vitamin D

Magnesium Supplements Safe for Consumption:

- Carlson Chelated Magnesium
- Designs for Health Magnesium Malate
- Doctor's Best High Absorption 100% Chelated Magnesium
- GNC Magnesium 500 mg
- Jamieson Magnesium Ultra Strength 250 mg
- Jigsaw Health MagSRT
- KAL Magnesium Glycinate 400
- Mag-Ox 400
- Mag-Tab SR
- NOW Magnesium Citrate
- Pure Encapsulations UltraMag Magnesium
- Solar Chelated Magnesium
- Swanson Chelated Magnesium
- Vitacost Magnesium Citrate

An easy way to increase magnesium levels is applying magnesium oil topically. Just spray it on after a shower or a bath, let it soak in, and you're done! It's quick, easy, and bypasses the digestive system for best absorption. [This is our favorite magnesium oil brand.](#)

Top 10 natural sources of magnesium include:

- Spinach (157 mg in 1 cup)
- Chard (154 mg in 1 cup)
- Lentils (71 mg in 1 cup)
- Pumpkin seeds (92 mg in 1/8 cup)
- Organic yogurt (50 mg in 1 cup)
- Almonds (80 mg in 1 cup)
- Black Beans (60 mg in 1/2 cup)

Avocado (58 mg in 1 medium avocado)

Figs (50 mg in 1/2 cup)

Chocolate (95 mg in 1 square)

Banana (32 mg in 1 medium)

The average daily intake of magnesium from food sources in the United States is approximately 320 mg; thus supplementation is likely to increase magnesium intake above nutritional needs - or supplement magnesium deficiency.

The magnesium recommended daily allowance (RDA) are:

- Children 1-3: 80 mg
- Children 4-8: 130 mg
- Children 9-13: 240 mg
- Males 14-18: 410 mg
- Males 19-30: 400 mg
- Males 31+: 420 mg
- Females 14-18: 360 mg
- Females 19-30: 310 mg
- Females 31+: 320 mg
- Pregnant women <18 years: 400 mg
- Pregnant women 19-30: 350 mg
- Pregnant women 31+: 360 mg

When used as a treatment, magnesium supplement is often recommended at doses of 250 to 600 mg daily.

Note: For optimum health, magnesium and calcium intake needs to be at about a 1 to 2 ratio. So, if you supplement with 500 mg of magnesium, you should supplement with 1000 mg of calcium (or less if you get plenty of dietary calcium and little dietary magnesium).

Magnesium is an incredibly versatile and important nutrient that many doctors, nutritionists, and researchers believe is the single most important nutrient for human health. If you have symptoms

of magnesium deficiency, then raise your levels with proper magnesium supplementation and adding magnesium-rich foods to your diet.





QUICK LENTIL SALMON SALAD

IN THIS BUDGET-FRIENDLY salmon recipe, canned salmon tops lentils, carrots, and celery - ingredients you probably have on hand already. Fiber and magnesium-rich lentils come in a variety of colors and they typically cook faster than dried beans, so they're a great choice for a fast weeknight dinner.

Ingredients:

- 3/4 cup brown lentils
- 1/2 cup chopped red onion plus 1/4 cup thinly sliced, divided
- 2 cloves garlic, minced
- 3/4 teaspoon salt
- 1/4 cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 3/4 teaspoon dried thyme
- 1/4 teaspoon ground pepper
- 1 15-ounce can salmon, drained
- 1 cup carrot ribbons
- 1 cup sliced celery

Instructions:

1. Bring a medium saucepan of water to a boil. Add lentils and chopped onion, reduce heat to maintain a lively simmer and cook until the lentils are just tender, 11 to 13 minutes. Drain well.
2. Meanwhile, mash garlic and salt into a paste with the side of a chef's knife (or a fork). Transfer to a medium bowl and whisk in oil, vinegar, thyme, and pepper.
3. Remove any skin and/or bones from salmon; flake the salmon into a large bowl. Add sliced onion, carrot and 3 tablespoons of the dressing; gently toss to coat. Add celery and the lentils to the remaining dressing; gently stir to combine. Divide the lentils among 4 bowls, top with the salmon salad and serve with lemon wedges.

Nutritional Info:

Serving size: 1 1/2 cups

Per serving: 341 calories; 15 g fat(2 g sat); 9 g fiber; 25 g carbohydrates; 26 g protein; 204 mcg folate; 24 mg cholesterol; 4 g sugars; 0 g added sugars; 2202 IU vitamin A; 5 mg vitamin C; 65 mg calcium; 5 mg iron; 723 mg sodium; 529 mg potassium

Nutrition Bonus: Folate 52%, Vitamin A 44%, Iron 29%

Carbohydrate Servings: 1 1/2

Exchanges: 1 starch, 1/2 vegetable, 2 1/2 lean meat, 3 fat





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