

Magnesium

Peanuts (175mg)



Dulse (220 mg)



Brazil Nuts (225 mg)



What is Magnesium?

Magnesium is a key nutrient in the body responsible for over 325 enzyme reactions, the bodies' ability to produce energy, cope with stress as well as the prevention/treatment of many serious health conditions including: diabetes, high blood pressure, heart disease, osteoporosis, anxiety and insomnia (Dean, 2011).

Falling Short?

Despite its importance research has shown only 32% of Americans get the recommend daily intake of magnesium (Broder, 2010). Furthermore, magnesium tends not to get the credit it deserves from the mainstream health community. Dr. Carolyn Dean (2011) explains "...has your doctor ever told you to take magnesium? Probably not. That's because magnesium is not regarded as a first-line therapeutic agent in medical schools, hospitals, or doctor's offices. It's not a patentable drug. And for this reason, mainstream medicine remains blind to the extent of magnesium deficiency...".

Quality Sources

Consider adding more of this mineral to your diet. Pictured here are some common foods along with their magnesium content per 100g serving size.

Kelp (760 mg)



Almonds (270 mg)



Wheat Bran (490mg)



Pumpkin Seed (532 mg)



Cashews (267 mg)



Molasses (258 mg)



Sources:

Broder, Joanna (2010). Magnesium May Improve Memory. WebMD. Available: <http://www.webmd.com/brain/news/20100127/magnesium-may-improve-memory>

Dean, Carolyn (2011). Magnesium The Missing Link to Better Health. BetterNutrition.com

Available: <http://www.betternutrition.com/>

Healthy Transformations Book of the Month:

The Queen of Fats: Why Omega-3s Were Removed from the Western Diet and What We Can Do to Replace Them

By Susan Allport

"An interesting and comprehensive account of the history of omega-3 fatty acids. It not only provides a clearly reasoned case for the benefits of having more omega-3 fatty acids in the diet, but also offers practical advice about how to add these fats to our diet." -Nature

Thanks to Kim Thompson of Healthy Transformations



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