## FOOD SOURCES:

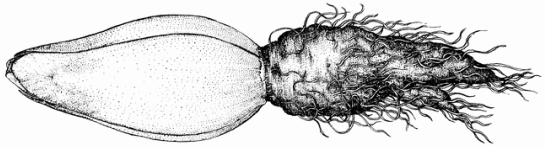
- dark green leafy vegetables - magnesium is at the center of every chlorophyll molecule!
- whole grains
- nuts
- spring water

## SUPPLEMENTS:

Chelated forms such as magnesium glycinate or malate seem to be most absorbable. The most common side effect of less absorbable forms is diarrhea.

## ABOUT THE AUTHOR:

Mo Katz-Christy (they/them) is a queer Ashkenazi Jewish herbalist born and raised in Cambridge, MA on unceded Massachusett land. They approach herbalism by connecting folks to the knowledge they already have about their body and herbs through working with kitchen medicine, ancestral traditions, and mulberries falling on the sidewalk.



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## ALL ABOUT

# MAGNESIUM:

## THE GREAT RELAXER

Magnesium is an essential cofactor for over 300 different enzymatic reactions!

# USES:

Tension: While calcium is the signal for muscles to contract, magnesium is the signal for them to relax. It relaxes blood muscles around our blood vessels and of the heart to lower blood pressure and improve flow. It relaxes the tension that causes migraines, asthma, restless leg syndrome and menstrual cramps.

Bones and Calcium Absorption: Magnesium supports our bones and helps keep calcium in the places where we need it and out of the places where it causes problems.

Energy: Magnesium is required to metabolize carbohydrates and fats, and to make proteins and DNA.

Vitamin D: Magnesium is needed to convert vitamin D to its active form.

Antioxidant: Magnesium is required to make glutathione, our primary antioxidant.

# ABSORBING MAGNESIUM:

We need stomach acid, gut microbes, and vitamin D to absorb magnesium, so if we are deficient in any of these three, we will likely have some magnesium deficiency.

# DEFICIENCY:

Magnesium is often depleted from soils, and most people do not consume enough magnesium.

Stress and magnesium form a vicious cycle: stress depletes magnesium, and magnesium deficiency can cause stress.

Type II Diabetes: Research shows that magnesium improves insulin sensitivity, and magnesium deficiency is associated with an increased diabetes risk.

Cardiovascular Issues: Deficient magnesium is associated with an increased risk of cardiovascular disease, osteoporosis, metabolic syndrome, and high blood pressure.