

Welcome
To 1st USIM International
Conference on Medicine and
Health

Dr. Qais Faryadi (USIM)

Magnesium And Human Health

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<http://www.magnesium4you.com>

qais@magnesium4you.com

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INTRODUCTION:

This extremely crucial mineral plays an **important role** in assisting **human body** to convert **food into energy** thus, helping human body to **function properly (Raloff, 1997)**.

Research further designates that those with **low level** of magnesium need **more oxygen** and energy, therefore **get tired** quickly (Bliss, 2004).

Evidence suggests that **magnesium** has an important function in many **biochemical** and **physiological** process, which **effects**:

human **Lung** function, **asthma** management, **joint pain**, smoothening of **muscle function**, **neuromuscular** excitability, **immune function**, **inflammation**, (**Kazaks, 2006**).

Evidence further signifies that **magnesium balances calcium** and easily **regulates blood pressure**. Magnesium also metabolizes energy and helps in muscle contraction as well as bone mineralization (**Miller, 2005**).

Study indicates that **magnesium is responsible** for the activation of **more than 300 enzymes in the body**. Most of these enzymes are involve in energy metabolism (**Schrader, 1999**).

Magnesium: Emotion, Stress, Depression, Anxiety

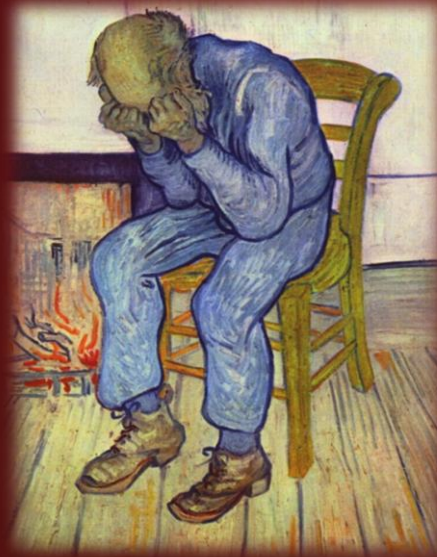


Image: <http://psychology.wikia.com> 2012

MAGNESIUM AND EMOTION

Mark Sircus in his book *Transdermal Therapy* says:

"Magnesium is essential in regulating the central nervous system excitability thus magnesium deficiency may cause aggressive behavior, depression or suicide.

Magnesium calms the brain and people do not need to become severely deficient in magnesium for the brain to become hyperactive."

MAGNESIUM AND STRESS

Magnesium is an important mineral and is a constituent for **hundreds of enzymes** in the body.

It is a crucial mineral for **relieving stress**.
Magnesium **relaxes muscles, rejuvenates cells and tissues**.

When a person is in a stressful situation,
the **level of adrenaline** (a stress
hormone) is increased,

This causes the **blood pressure to go up.**

Magnesium **eliminates stress** and **calms**
down our **central nervous system.**

MAGNESIUM AND DEPRESSION

Magnesium deficiency disrupts the **biochemical** function in the human body especially the **nervous system**.

Studies (**George Eby Research Institute, 2006**) indicate that magnesium is the **best treatment** for patients suffering from **major depression**.

Magnesium is involved in **hundreds of biochemical reactions** in the body (**Bliss, 2004**).

CONCLUSION

Magnesium deficiency is one of the major factor
in many sever illness such as:.....

chronic **joints pain**, **heart attack**, heart disease,
asthma, **anxiety**, **depression**,
fatigue, **diabetes**, **migraine** and **panic attack**.

As thus, magnesium **deficiency** is a serious **condition** in which there is an insufficient amount of magnesium in the body to help the **proper function of various organs** in the body.

Thank You

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