

## **Warning symptoms suggestive of magnesium insufficiency:**

- Physical and mental fatigue
- Persistent under-eye twitch
- Tension in the upper back, shoulders and neck
- Headaches
- Pre-menstrual fluid retention and/or breast tenderness

## **Possible manifestations of magnesium deficiency include:**

- Low energy
- Fatigue
- Weakness
- Confusion
- Nervousness
- Anxiousness
- Irritability
- Seizures (and tantrums)
- Poor digestion
- PMS and hormonal imbalances
- Inability to sleep
- Muscle tension, spasm and cramps
- Calcification of organs
- Weakening of the bones
- Abnormal heart rhythm

## **Signs of severe magnesium deficiency include:**

- Extreme thirst
- Extreme hunger
- Frequent urination
- Sores or bruises that heal slowly
- Dry, itchy skin
- Unexplained weight loss
- Blurry vision that changes from day to day
- Unusual tiredness or drowsiness
- Tingling or numbness in the hands or feet
- Frequent or recurring skin, gum, bladder or vaginal yeast infections

But wait a minute, aren't those the same symptoms for diabetes? Magnesium deficiency is synonymous with diabetes and is at the root of many if not all cardiovascular problems. Magnesium deficiency is a predictor of diabetes and heart disease both; diabetics both need more magnesium and lose more magnesium than most people. In two new studies, in both men and women, those who consumed the most magnesium in their diet were least likely to develop type 2 diabetes, according to a report in the January 2006 issue of the journal Diabetes Care.