

~ A Healthier You ~

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When I surrender, the Universe moves.
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**Does someone you know have ADHD?
Magnesium - (the under appreciated mineral of life) can help!**

The typical American diet is a prescription for magnesium deficiency, because it is never added back into our soils in synthetic fertilizers, or to our foods after processing. Also, when vegetables are cooked, 50% of their magnesium is lost in the cooking water. Fats contain no magnesium. Meat and dairy products are poor sources. While the adult RDA for magnesium is 300 – 400 mg per day, very few of us get anywhere near that amount.

Magnesium is needed in the body to activate over 300 enzymes. Enzymes are catalysts that cause biochemical reactions that are at the core of all metabolic processes that occur in the body's 60 trillion cells. All of our cells, including our brain cells, depend on the production of ATP (Adenosine Triphosphate). Magnesium is the necessary mineral for all the enzymes that contribute to ATP action. It is the key to producing, storing and using this energy, which is at the very root of life.

Twenty percent of the total body ATP is used by the brain and when the brain's energy diminishes, so does the mind's ability to focus. There is mounting evidence that what is often diagnosed as ADHD in children, is actually a chronic magnesium deficiency. Magnesium helps regulate all nerve cell function by

controlling the rate of neuron firing as well as being the necessary component, which allows all of our muscles to relax. Chronic magnesium deficiency promotes excessive muscle tension, which can lead to spasms, restlessness and twitches of the hands, feet and facial muscles.

Some factors which inhibit the intestinal absorption of magnesium are: phosphoric acid in soft drinks, phosphates used in baking powders, preservatives, a high fat diet, excessive or prolonged diarrhea (due to intestinal parasites, laxative abuse, or food allergies), alcohol consumption, a high sugar diet, high blood levels of stress hormones, and high levels of dietary calcium. Magnesium is so very important for nearly every function of the human body, that it should not be overlooked as part of our dietary supplementation.