



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Magnesium is an important part of the more than 300 enzymes found in your body. Enzymes are body chemicals that help regulate many bodily functions, including the production of energy, body protein and muscle contractions.

Health Benefits of Magnesium

There are many health benefits associated with magnesium. It plays a role in maintaining a healthy heart and healthy bones. In fact, without adequate Magnesium, Calcium cannot be incorporated into bone as effectively.

Magnesium has been shown in some research to be **effective in reducing arthritis pain, muscle pain and muscle cramps**.

It has an excellent record for **reducing migraine headaches**.

In addition, it **improves sleep and helps depression**.

Magnesium is important in **cardiovascular health, helping to control high blood pressure and prevent diabetes**.

Magnesium is also useful in **reducing bronchospasm in asthma**.

Magnesium Needs

Recent studies show that 70-80% of Americans' diets may be deficient in **magnesium**.

The average person needs to consume between 300 and 400 milligrams of **magnesium** a day.

Foods Rich in Magnesium

Dark green leafy vegetables, fish, bran, whole grains, beans and nuts.

Fresh fruits and vegetables also provide a modest amount of **magnesium**.

Coconut Water

First, coconut water is not the same thing as coconut milk.

Coconut milk is creamy and comes from coconut meat, while coconut water is the liquid from young green coconuts. Coconut water is low-fat, with one-half gram of fat in one cup, and a good source of fiber, **magnesium**, potassium and vitamin C. (The sodium content of coconut water can be high, so make sure to check the label).

Quinoa (pronounced KEEN-wah) is a grain native to South America. Although it is somewhat similar to other grains, it cooks faster, is higher in protein and is a good source of iron and **magnesium**. Since it has more protein than other grains, it is a great choice for vegetarians. The flavor of quinoa is bland so it can be used in soups or salads or on its own as a side dish. This grain can also be a great substitute for any dish that calls for rice.

Bananas

Everyone thinks of potassium when they think of bananas, but bananas also contain a significant amount of vitamin C, B6, folate, **magnesium**, iron and copper. A medium banana, seven to eight inches long, has 105 calories and three grams of fiber with 27 grams of carbohydrates.

Dried Figs are a good source of potassium and calcium and contain iron and **magnesium**.

Artichokes are high in potassium, low in calories, fat-free and contain some folate, **magnesium**, fiber and vitamin C.

Epsom Salts: Another Alternative

Question: How is it possible to get any benefit from Epsom Salt (Magnesium Sulfate) just from soaking in it?

Answer: Magnesium and sulfates can be ingested from foods or mineral supplements, but both substances are readily absorbed through the skin.

Question: Is all Epsom Salt the same?

Answer: While there are various ways of manufacturing and packaging Epsom Salt, chemically all Epsom Salt is the same. The Epsom salt you buy in a container at one grocery store or pharmacy is the same as what you would find at another grocery store or pharmacy.

Question: Why is Epsom Salt called Epsom Salt?

Answer: One of the earliest discoveries of magnesium sulfate, the scientific name of Epsom Salt, occurred back in Shakespeare's day in Epsom, England, which explains the first half of the name. The term "salt" probably refers to the specific chemical structure of the compound, although many people mistakenly assume it refers to the crystalline structure of Epsom Salt, which has an appearance similar to that of table salt. (Table salt, of course, consists of sodium chloride, so it's an entirely different substance than magnesium sulfate).



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Question: How much Epsom Salt should I use in a bath and how often?

Answer: Add 1-2 cups (or up to 20 oz or 400-600 gms) into the bath while the tub is filling. If too much Epsom Salt is added, the water may become somewhat soapy in texture. Studies suggest that most people would find maximal benefit by bathing 2 or 3 times/ week.

Question: Does Epsom Salt dry your skin and leave a residue the way sea salt does?

Answer: No. In fact, Epsom Salt is widely reported to soften skin, and it rinses away completely. If needed, add 1 to 2 tablespoons glycerin to keep your skin from drying out (more for dry skin, less for oily skin), You can also add essential oils of choice for scent if desired.

Question: Is Epsom Salt safe to ingest?

Answer: Yes – in fact, Epsom Salt is an FDA-approved laxative when taken orally. For Internal Use as a Laxative, dissolve the following doses in 1/2 glass water:

Adults 12 years or older - 1 to 2 teaspoons.

Children 6 to 12 years - 1/2 to 1 teaspoon.

Not recommended for children under 6.

Repeat in four hours if needed.

Limit two doses per day.

Lemon juice may be added to improve taste. Follow above directions only or as directed by a physician.

Question: Is it safe for pregnant women to use Epsom Salt?

Answer: Please consult with your obstetrician.

Question: Where can I buy Epsom Salt?

Answer: Most drug stores sell it in convenient, consumer-sized packages. Look for it where you find aspirin, Tylenol or Ace bandages (because it's used as a treatment for muscle aches) or in the laxative section (magnesium sulfate is an effective, naturally occurring laxative).

Question: There are different kinds of Epsom Salt, some sold in supermarkets or pharmacies and some that's agricultural or technical grade sold in hardware, co-op or farm stores. How do I know what's safe for humans to use?

Answer: Any package that has a "drug facts" box or that's labeled "USP" has been manufactured, tested and certified to meet stringent regulatory standards that are safe and acceptable for human use. That's true for ingesting Epsom Salt or soaking in it. Consult the package for directions.

Question: Is it safe to put Epsom Salt in my hot tub?

Answer: Yes, but please consult with your local spa dealer to determine whether it is safe to add Epsom Salt to your hot tub or whirlpool.