

[IMAGE]

Magnesium Matters

By Editorial Staff

Magnesium is abundant in the body and present in various foods including almonds, spinach, black beans and avocado, among others. But are you eating enough of the right foods to ensure adequate magnesium intake? Your answer matters because the potential health benefits of magnesium are also numerous: prevention of high blood pressure, heart disease, type 2 diabetes, osteoporosis, and migraine headaches.

A recent study adds to the evidence suggesting magnesium is protective against cardiovascular disease and diabetes. Researchers analyzed data from more than 40 studies involving over 1 million people spanning nine countries. Analysis revealed that people with the highest intake of dietary magnesium were 10 percent less likely to develop cardiovascular disease, 12 percent less likely to suffer a stroke and 26 percent less likely to develop diabetes.

Keep in mind that *too* much magnesium is just as dangerous as too little – side effects of excess intake range from nausea and vomiting to irregular heartbeat and even cardiac arrest. Your doctor can evaluate your diet to ensure you're getting the proper amounts of all the macro- and micronutrients necessary for lasting health.

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