

[IMAGE]

## **Magnesium Helps Prevent Bone Breakdown**

A study in the *Journal of Clinical Endocrinology and Metabolism* may provide an answer. Twelve men received magnesium (Mg) supplements daily for 30 days and were compared with a second group of 12 men that received no more magnesium than their normal diet provided (daily intake within recommended allowances). Blood analyses showed that the men taking Mg supplements had lower levels of the chemicals known to contribute to bone breakdown than men who took no supplements.

Whole-grain foods, nuts, dry beans and peas, dark green vegetables and soy products are good sources of magnesium. In addition to its influence on bone loss, research suggests that magnesium can reduce cold symptoms and the frequency/duration of migraine attacks. Ask your doctor of chiropractic about the many benefits of magnesium.

### *Reference:*

Dimai HP, Porta S, Wirsberger G, et al. Daily oral magnesium supplementation suppresses bone turnover in young adult males. *Journal of Clinical Endocrinology and Metabolism*, 1998; volume 83, pp2742-48.

For additional information on nutrition, go to <http://www.chiroweb.com/find/tellmeabout/nutrients.html>

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