

2-1-2016

Tip for That #1 – Integrative Medicine Competency: Micronutrients (Magnesium)

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Recommended Citation

Reynolds KH. Tip for That #1 – Integrative Medicine Competency: Micronutrients (Magnesium). *Integrative Medicine (Aurora Health Care Digital Repository)*. 2016 Feb 1.

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Tip for That #1:

Integrative Medicine Competency: Magnesium

What is one of the most common nutrient deficiencies in the United States?
Given the subject line, you guessed it . . . magnesium!

I love a simple, safe and inexpensive intervention that can fix more than just one thing. Magnesium is just that, and it's great for some of the most common patient complaints:

- Headaches
- Insomnia
- Constipation

That's 3 birds for one stone.

(Not to mention: HTN, CVD, DM and osteoporosis)

And remember, a serum Mg level is not reflective of total body stores, since 99% of magnesium lives within the red blood cells. For a serum Mg to be low, the patient is down to 1% or less of optimal Mg. Don't worry about checking magnesium levels in your outpatient population, as the result will not reflect total body stores.

Aside from poor kidney function, Mg is safe in just about everyone. I even recommend it for pregnant women who can't sleep, can't poop, and/or struggle with headaches.

Practical Tips:

- Use magnesium citrate or oxalate for those struggling with constipation. ("Triple Mg" by Vital Nutrients, which can be purchased at Wiselives, is a well-vetted product; we sell it at cost.)
- Use chelated magnesium or magnesium glycinate for those who need a softer touch to the GI tract.

I hope you enjoyed the first installment of Tip for That. My intentions are to build off of content learned during fellowship, and more importantly to provide quick tips for excellent patient care. I welcome your feedback.

Stay tuned for:

Tip for That #2 – Integrative Medicine Competency: Macronutrients (**Fat**)

In Health,

Kristen

Access previous editions of **Tip for That at Aurora Health Care's Digital Repository - Integrative Medicine:**
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Additional interesting reading: See what Dr. Mark Hymen has to say about the relaxation mineral – Magnesium:

<http://drhymen.com/blog/2010/05/20/magnesium-the-most-powerful-relaxation-mineral-available/>

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