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## The role of magnesium for healthy diet

Since our health is controlled by our diet, we highly need to consider the type of food we consume. Most of us shop for food that is tasty, but not necessarily healthy. Most of our food today has a large amount of fat, salt, and other ingredients that can be unhealthy in large quantities. How many of people consider the dark green type of food, such as spinach or broccoli that contains many types of minerals. You can even consider eating nuts and soymilk to fill in your diets lack of minerals. Some of us probably do, but do we consume them in sufficient amounts? This may seem a trivial issue on the short run, but keeping our diet balanced which can be effective in preventing many types of illness in short and long term. One of the minerals that is key to running our body that most people lack in is magnesium, which is one mineral that people need. Some people are not familiar with Magnesium and its effect, like they are with other vitamins, such as vitamin A,B and C. Magnesium can be found in many types of food in many types of food, of which, if consumed, can prevent from many illnesses.

Overall, magnesium assures the strength and firmness of bones and makes teeth harder. Since magnesium participates in an astonishing array of biochemical reactions, it's no surprise that it's essential for healthy bones and teeth. Most notably, adequate magnesium is essential for absorption and metabolism of calcium. Magnesium also has a role to play, together with the thyroid and parathyroid glands, in supporting bone health: stimulating the thyroid's production of calcitonin, which acts as a bone-preserving hormone, and regulating parathyroid hormone, a function of which is to regulate bone breakdown in a number of ways. Magnesium is an essential cofactor in 80% of all cellular enzymes. It is necessary for the conversion of vitamin D into its active form, and a deficiency of magnesium can lead to a syndrome known as vitamin D resistance. The enzyme that is required for forming new calcium crystals, alkaline phosphatase, also requires magnesium for activation, and if levels are low, abnormal bone crystal formation can result. Even mild magnesium deficiency is reported to be a leading risk factor for osteoporosis. As with calcium, the majority of the body's reserves of magnesium are held in the bone (60%), and the bones act as a storage reservoir, transferring magnesium into the blood stream in times of need. Adequate daily intake of magnesium is important throughout life to keep the magnesium that is stored in the bones from being lost. Low magnesium intake, as well as low blood and bone magnesium levels, has been widely associated with osteoporosis in women.

Magnesium is the second most abundant mineral in our body. Considering we have so much, it's obviously needed for a ton of stuff. It's a vital nutrient that drives close to 300 different biochemical reactions in the body. One of these critical functions is ensuring that our blood sugar remains within the right range. The connection between having adequate magnesium and

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diabetes prevention is deep. Magnesium can help prevent diabetes if you don't have it yet. If you are diabetic, it can help you control blood sugar better. We're meant to get magnesium from a variety of foods, including dairy. And yet an astounding 80% of Americans are deficient in this mineral. Magnesium aids in the transport of glucose across the cell membrane, thereby helping to reduce insulin resistance. It is also an integral part of the insulin secretion and binding processes. Diabetics discard a lot more magnesium from their bodies, as opposed to healthy individuals. This is because high blood sugar levels make them urinate more frequently

Your migraines could be a symptom of low magnesium. Magnesium deficiency is one of the most commonly overlooked migraine trigger. The precise role of this mineral in the development of migraines is still being unraveled, but we do know that magnesium deficiencies allow serotonin levels to flow unchecked. A serotonin increase causes vascular spasms, which then reduces blood flow and oxygen to the brain. It also brings about the release of other pain-producing chemicals. Studies show that up to 50 percent of migraine patients have lowered levels of magnesium during an attack, and an infusion of the mineral can provide rapid and sustained relief. Additionally, routine oral use of magnesium can reduce both the frequency and severity of such attacks.

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