

# Link between magnesium deficiency and risk for diseases becomes even clearer



A heightened risk of cancer, cardiovascular disease, type 2 diabetes and more: the shortage of magnesium that we all have in our bodies can have disconcerting results. This is becoming apparent more and more by research performed and ordered by the Magnesium Health Institute (MHI) in Groningen.

## Research

The MHI has been conducting research for many years already, and it is becoming increasingly obvious that magnesium is vitally important for our body. Those suffering from a magnesium deficiency are at a heightened risk for several ailments: "The chances of you developing one of these illnesses is higher. They will also be more severe and more difficult to treat".

These are the words of Richard Danel, a doctor who is linked to the MHI. He is also the founder of the institute, and a man on a mission: "I did not know about it either. While studying medicine, I was never once taught that a magnesium deficiency could have such serious consequences. But ever since I started looking into it, I have promised myself to do one thing: to contribute substantially to removing the problem of magnesium deficiency from the world by 2055".

He has a long way to go. The World Health Organization (WHO) and the American Food and Drug Administration (FDA) are clear as day: up to 70% of the population of the western world fails to obtain even half of the daily recommended amount of magnesium.

## Magnesium deficiency

Danel stumbled upon the issue of magnesium deficiency by coincidence, more or less: "A neighbour brought me into contact with the guys behind Zechstein Minerals in Veendam. That is how I found out that I had been living on the purest natural source on earth for a quarter century.

I was fascinated by the stuff, read more and more about it, and did research on the subject. My conclusion: this is unique. We should put all hands on deck to help as many people as possible. Help them with the magnesium itself, but also with all the knowledge on the subject”.

This was back in 2009, a time when the world of medicine was still skeptical about the findings concerning magnesium in the body. At the moment, Danel gives lectures all across the globe to academic audiences that are not only increasingly interested, but convinced: “The facts speak for themselves”.

#### Magnesium spray

In a hospital in the Danish Aalborg, for example, it was shown that patients who used a magnesium spray recovered quicker, suffered less pain, and were able to return home earlier. The spray is also effective against restless legs syndrome, skin conditions, and tinnitus, to name but a few ailments. Decades ago, a big American hospital already showed that there were more cases of strokes and cardiovascular disease in an area where the use of artificial fertilizer caused the crops to contain too little magnesium. The link between magnesium deficiency and Alzheimer’s and Parkinson’s, as well, has been established since the last world conference on magnesium and health in Rome (2016).

The MHI foundation was founded precisely to make this knowledge available to the world. Danel: “We want to inform the public, but especially want to share our knowledge with medical professionals who can use it to make a difference in their practice. Many types of medication, for example, cause the body to secrete and lose magnesium. As such, while one ailment is battled, another is created”.

#### Calcium and magnesium

The MHI is working on the exact role that magnesium plays in the human body, on the best ways to supplement the deficiency, and on finding the cause of the chronic shortage of magnesium in our part of the world. “It is partly due to the use of inorganic fertilizers in the agrarian sector. They have caused the crops to barely absorb magnesium anymore, and they pass that along to us”.

All of this carries extra weight, because the problems are mostly caused by the interplay between calcium and magnesium. Especially considering that Dutch people are the biggest consumers of calcium, mostly in the form of dairy, in the world. “It is not without reason that there are more cases of osteoporosis here than anywhere else on earth. It has got to do with the disturbed balance between calcium and magnesium: too much of one, too little of the other”.

#### Veendam

The solution to the problem lies hidden at a depth of about 1500 meters underneath Veendam, where a thick layer of the purest magnesium is stored. Danel: “Unique in the world. A gift from Mother Nature. That magnesium is exactly what our body needs”.

As commissioned by Zechstein Minerals, responsible for the production of the highest possible quality of magnesium chloride for topical purposes, the MHI is researching the best way to administer the substance that our body lacks. “Recently, it has been shown that our skin takes up the magnesium. Because of that, a spray is a suitable way of administration. Bathing in a magnesium bath works as well. There is also the possibility of an aerosol, or pills. It differs per individual. Research on it is in full swing”.

The MHI does not merely perform research, it also orders research at universities and academic hospitals spread out across the globe. “We are learning about what magnesium does for us and how harmful a deficiency is at breakneck speed. But we still have a long way to go”. As we said: a man on a mission.