



**“I want those present here to be able to retain, apply, and transfer the knowledge that I am providing them with”**

- Richard Danel, MD.

## Magnesium, a true “Life Essential”

The subject of the session captures it nicely: “Magnesium: essential for a healthy body”. Using this motto, Richard Danel, Medical Doctor, founder of the Magnesium Health Institute, wants to increase awareness and share knowledge about the importance of magnesium. “Magnesium is one of three so-called “Life Essentials”. It is called this because it plays a leading role in most bodily processes,” Richard says.

However, the population of the western world suffers from chronic magnesium deficiency. “The consequences of magnesium deficiency are health-threatening, but there is very little awareness about it. During my session here at the NGS National Day of Knowledge, I mainly tried to express what can be done about magnesium deficiency and how this knowledge can be applied in practice.”

Richard is committed to eliminating chronic magnesium deficiency worldwide by 2055 at the latest. “Of course, I am not the only one committed to this cause. But I do want to do everything I can to contribute my share. By promoting research into the relationship between chronic magnesium deficiency and being at risk for certain ailments and diseases, I hope to make some progress. Step by step. For me, increasing awareness and sharing knowledge is the foundation in that regard.”

The reason he brought up the subject during the National Day of Knowledge of the NGS, which stands for the Dutch Society of Sports Masseurs, is simple: sports masseurs have everything to do with preventing sports injuries, boosting physical performance, and aiding the body’s capacity for recovery. “Magnesium plays a key role in these processes of performance and recovery. Therefore, sports masseurs should be aware of the importance of magnesium.”

A chronic magnesium deficiency can lead to sports injuries, which will heal much slower and with more difficulty. “I want those

present here to be able to retain, apply, and transfer the knowledge that I am providing them with. That is the reason why I give them information, and do more than that: I ask them questions as well.” These questions have to do with the current knowledge about the use of magnesium. “For example, magnesium can be used in different ways: as an oil, a gel, or taken as a supplement. It is important that sports masseurs use magnesium the right way, in order to help reduce the prevalent chronic magnesium deficiency.”

In 2016, it was proven that magnesium supplementation can also take place through the skin. Magnesium salts, won in the northern Netherlands from the Zechstein Sea, which evaporated millions of years ago, appears to be absorbed by the body via skin organs such as hair follicles and sweat glands. “Naturally, this is a wonderful approach for sports masseurs”, says Richard.

Being able to advise clients properly about the correct application of magnesium supplementation is what Richard is after. “People should be aware of the importance of magnesium. When someone starts exercising, they should know that they have to consider their magnesium intake.” He rightfully calls the people who took part in his session pioneers: “Together with their clients, they will make an important contribution to reducing chronic magnesium deficiency”, Doctor Richard says.

Consequently, feedback is very important. “I maintain a record of the results and keep in contact with all those involved. Gradually we are moving in the right direction. Spreading awareness and improving the knowledge about magnesium deficiency is progressing steadily, but not everything has been discovered and perfected yet. Not by a long shot.”