

A pair of hands with light-colored nail polish is holding a clear glass filled with water. The glass is centered in the frame, and the text 'MAGNESIUM: ESSENTIAL FOR YOUR HEART AND SKIN' is overlaid on the water in a large, black, serif font.

# MAGNESIUM: ESSENTIAL FOR YOUR HEART AND SKIN

**If you want to maintain a healthy heart and have radiant skin until old age, you will need extra magnesium.** This is partly due to the fact that our food contains less magnesium nowadays, because of the use of artificial fertiliser. Still, this mineral is of great importance for many bodily processes. One of these processes is the dilation of blood vessels, so that your blood pressure can remain at a healthy level. Magnesium also helps to reduce stress, which in turn makes it less likely for acne to develop.

**I**f people in the Western world would know how easy it can be to take in enough magnesium, there would be fewer health problems. Having an adequate quantity of magnesium in your body would give you more energy and enable you to perform better overall. It would also make you more stress-resistant. Because of all its positive effects, magnesium is also called the “power mineral”. But how does it work, and what exactly do you need to ensure this aforementioned healthier heart and radiant skin?

## MAGNESIUM REGULATES BLOOD PRESSURE

Many of your clients will have a magnesium deficiency. What does magnesium do in the body? Cardiologist Leonard Hofstra, professor by special appointment at the VU Medical Centre, says: “Nowadays, more than 60 percent

of people in the Western world have a magnesium deficiency, as evidenced by research carried out by the American government (1). 68 percent of Americans do not get the recommended daily amount, and one in five fails to obtain even half.” And that is a shame, according to the professor: “Research carried out at the University Medical Centre Groningen shows that amongst the twenty percent of participants with the lowest amount of magnesium in their urine, the chance of developing a heart disease was heightened by 60 percent (2). An adequate amount of magnesium helps to prevent cardiovascular diseases because it relaxes your muscles and blood vessels and regulates your blood pressure and heart rhythm. Besides this, a sufficient amount of magnesium in your body will make you sleep like a baby, which in turn helps your vessels to recover.” The mineral has even more advantages: “It lowers the level of the harmful

type of cholesterol known as LDL, and helps to increase the levels of good cholesterol. According to the cardiologist, it is of course still important to exercise frequently, to sleep well, to limit your consumption of alcohol, and to relax regularly in order to maintain a healthy heart. Fresh outside air and a healthy diet are also essential.

## YOUR SKIN ABSORBS MAGNESIUM WELL

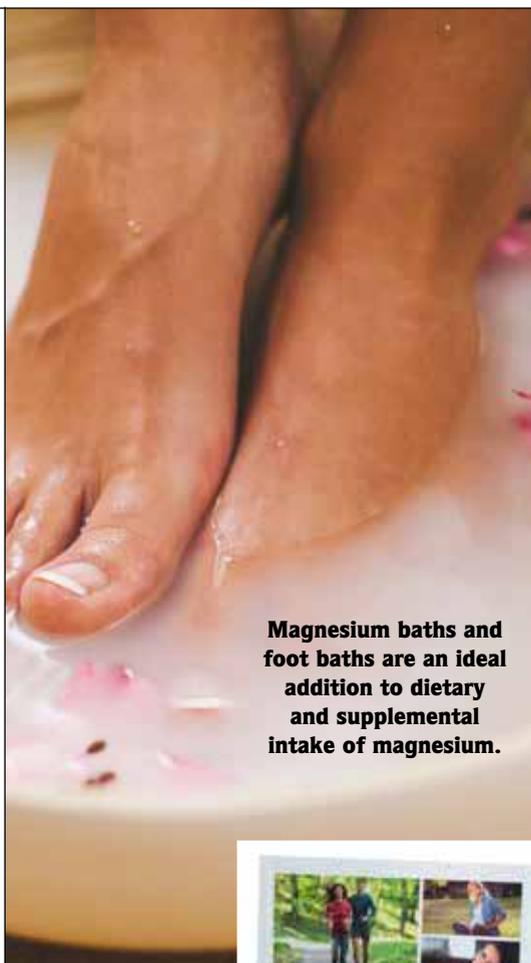
For physician and researcher Richard Danel, the mineral is so important that it is his mission to make sure that magnesium deficiency is eradicated from the world by 2055. He works to reach this goal by conducting his own scientific research and by commissioning the Magnesium Health Institute to do research. As chairman of this institute, he attends congresses on the subject of magnesium and gives lectures across the world (3).

An example of this is the Zechsal Therapist Day, where Danel showed a short film by the American physician Andrea Rosanoff. In this film, the effects of magnesium and the importance of the balance between the amounts of calcium and magnesium in your body are explained (4, 5). Richard warns that “a deficiency can have far-reaching

consequences.” But how do you know whether you are taking in enough magnesium? According to this doctor, it is important to take the mineral in all kinds of ways: “It can be taken intravenously, through food supplements and nutrition, through the skin, and via aerosol sprays”. In the latter case, magnesium is sprayed into the respiratory tract. This method is often used by athletes, but professional athletes also swallow pills with magnesium and/or spray magnesium oil on their muscles. Doctor Danel: “The mineral is absorbed very well by the skin. For a healthy heart, it is important to ensure an intake of at least 400 mg of magnesium every day.” Magnesium baths or footbaths - as a supplement to dietary intake - are an ideal method to guarantee this: dissolve magnesium flakes in warm water and let your feet rest for about twenty minutes. Spraying magnesium oil or using gel on the skin, however, is also very effective.

## A HEALTHIER SKIN WITH THIS WONDROUS MINERAL

It is almost unbelievable, but according to the German physician Barbara Hendel magnesium also has a special effect on the skin. She writes about this in her book *Magnesium Oil*. The mineral adds moisture to and improves the structure and elasticity of the skin. Magnesium normalizes cell growth, which in her opinion also softens the symptoms of psoriasis. She advises to apply compresses with concentrated magnesium oil on the affected skin for thirty minutes. Applying a gel is also possible, after which she recommends to go sunbathing. Besides this, magnesium also has an infection-inhibiting effect that reduces eczema and acne, and improves wound healing. Another factor is that stress exacerbates acne. In any case, stress is harmful to your health, as it makes magnesium leave the body (6). If you are under a lot of pressure, make sure that the mineral is replenished additionally. According to scientific research, this will also reduce acne (7). Doctor Danel adds: “Magnesium inhibits inflammatory reactions, even in the skin. People who are sensitive to developing acne benefit from having a good balance of this mineral (8, 9, 10, 11). A warm magnesium bath - and especially just before bedtime - is ideal in this case. And of course, as mentioned above, it is important to supplement the magnesium through your diet. It is naturally occurring in green vegetables, legumes, fruit, nuts, grains, and dairy products. For the amount of magnesium per type of food, please see footnote 1.



**Magnesium baths and foot baths are an ideal addition to dietary and supplemental intake of magnesium.**

**The book  
Magnesium Oil  
by the German  
physician Barbara  
Hendel.**



Sources:

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- 2 [www.umcg.nl/NL/UMCG/Nieuws/Persberichten/Paginas/Inname\\_van\\_weinig\\_magnesium\\_vergroot\\_de\\_kans\\_op\\_hartziekte.aspx](http://www.umcg.nl/NL/UMCG/Nieuws/Persberichten/Paginas/Inname_van_weinig_magnesium_vergroot_de_kans_op_hartziekte.aspx)
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MD Richard Danel

## MENU FOR A HEALTHIER HEART AND RADIANT SKIN

### Breakfast:

- Greek yoghurt with oatmeal, a handful of blueberries, and some pumpkin seeds.
- A cup of green tea and a glass of lukewarm lemon juice.

### Lunch:

- A salad of stir-fried chard, avocado, black beans, sun-dried tomatoes, sunflower seeds, and a dressing of olive oil and basil vinegar with freshly ground pepper.
- A cup of green tea with a glass of water.

### Dinner:

- Starter: a mushroom broth with a dash of sour cream.
- Entrée: halibut with a puree of sweet potato and a nice good amount of fresh spinach.
- Dessert: a glass of red wine (no more than one) and a glass of water or tea.

### Snacks:

- A handful of cashew nuts or almonds.
- A banana.
- Two cubes of dark chocolate (daily) with a high percentage of cocoa.
- A handful of sunflower seeds or pumpkin seeds.

### Drinks:

- Drink a minimum of two litres of water (possibly with a slice of lemon or a sprig of mint) and/or herbal tea throughout the day.



**Magnesium occurs naturally in green vegetables, legumes, fruit, nuts, cereals, and dairy products.**