

life

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EAT

HEALTH TIPS > Compiled by Beatrice Nakibuuka

Do you know that magnesium runs your body?

Without magnesium, the body would be fatigued all the time. There are numerous bodily activities that are aided by this mineral, according to Mark Alex Kakooza, a nutritionist at Homart Clinic.

Magnesium is a mineral used by every organ in the body, but most importantly the heart, muscles, and kidneys. If you suffer from unexplained fatigue or weakness, abnormal heart rhythms or even muscle spasms and eye twitches, low levels of magnesium could be to blame.

Magnesium deficiency is rare according to Kakooza, "Because the kidney has an extraordinary ability to reduce magnesium loss in urine, and thus achieve magnesium balance on a wide variety of intakes."

Builds muscles and bones

Magnesium aids in neuromuscular signals and muscle contractions. With less magnesium in the body, your muscles can

go into involuntary contraction. The mineral therefore helps muscles to relax and contract, and also enables you to move.

Kakooza says, "It also balances calcium in the body, which is important because overly high doses of calcium, usually from supplements, can cause problems associated with muscle control including controlling the heart."

Magnesium is important in the active transport of calcium and potassium minerals across cell membranes. It is vital to nerve impulse conduction, muscle contractions and normal heart rhythms as well as maintaining strong bones.

Heart health

The most amount of magnesium within the whole body is in the heart, especially the heart's left ventricle. Magnesium works with calcium to support proper blood pressure levels and prevent hypertension. It is therefore very important for



heart health. He warns that, "Without a proper balance of magnesium to other minerals like calcium, a heart attack can occur due to severe muscle involuntary contractions."

Treats sleep problems

Having enough magnesium in the body helps one to get enough sleep. "Our daily rhythms shift, says Kakooza, as we age, because of decreased nutrient consumption and a low nutrient absorption, which puts many of us at risk for insomnia."

Therefore, with magnesium, insomnia

symptoms are reduced, improves sleep efficiency, sleep time and sleep onset and early morning awakening.

Improved digestion

Magnesium relaxes the digestive tract and helps neutralize stomach acid and moves stool through the intestines, taking magnesium supplements is a natural way to help you poop

To maintain a healthy magnesium level, it is more recommendable to get the mineral from food, especially high-fibre foods such as spinach, pumpkin seeds, yoghurt, black beans, avocado, chocolate, banana nuts are recommendable sources of magnesium.

Kakooza remarks that, "People with kidney problems, alcoholism, or chronic digestive problems need magnesium supplements because their absorption of the mineral from the daily foods may be difficult."