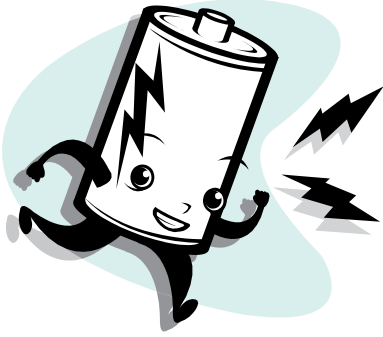
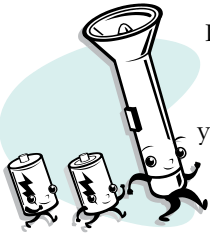


Magnesium Energize Me!



Energy. Who needs it? Everybody. Fatigue is one of the top 10 reasons people visit a doctor. Do you know one of the most important nutrients you need to recharge your energy? *Magnesium.*

We are a magnesium deficient nation. More than 76% of Americans are low in magnesium (Mg). Why? Could be a lack of the mineral in topsoil and subsequently harvested foods or in our drinking water. Perhaps we're blocking Mg absorption by consuming too much calcium, foods with phosphorylated sugars and saturated fat or too much soda and alcohol. Maybe we have a disorder that depletes Mg faster than our supply (heart disease, diabetes, fibromyalgia, ME/chronic fatigue, hypertension, osteoporosis). Or take a prescription that affects Mg levels. Whatever the reason, few will beat the odds of Mg deficiency. How well are your batteries charged?



Like batteries to a flashlight, magnesium is the power source in the energy equation but only if you have enough to light up your life, so to speak. Roughly 21-28 grams of magnesium is stored in your body; 99% in bones, teeth and soft tissue, 1% in the bloodstream. Magnesium is found both in the bloodstream and within cells (intracellular). It's the intracellular magnesium that we're concerned about since it is where Mg is involved in over 300 enzyme reactions, especially in the production of energy from food. So you need to get the magnesium inside the cells for it to work for you – like putting the batteries into the flashlight!

Making Energy

Energy is supplied through a series of complicated biochemical reactions known as the Krebs Energy or Citric Acid Cycle, which few of us would be able to explain. What you do need to know is several reactions in the cycle are magnesium dependent. "It activates every enzyme that produces energy, new protein, almost all the energy in every single cell in the body," says Mildred Seelig M.D., considered a magnesium expert, having made a career out of studying Mg for the past 40 plus years. Magnesium is involved in every energy dependent reaction by its role in the metabolism of glucose, fatty acids, and amino acids. It also plays a part in the manufacture and use of a compound found in all cells: adenosine triphosphate (ATP). When ATP is broken down, it produces the energy necessary for muscles and organs to function.

While it may be obvious when a flashlight faintly shines that the batteries are weak, how do you know when your Mg "battery" is low? Get tested with a simple blood test. Thomas Romano, M.D., rheumatologist who specializes in complicated chronic pain conditions and the use of nutritional therapy, states, "Taking an RBC Mg test is the most efficient or practical way to determine cellular magnesium." Period. So ask your healthcare professional specifically for an RBC (red blood cell) Magnesium Test.

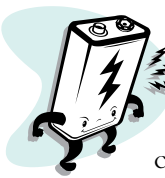


If You Are Low

Supplement and recharge. It's difficult to get the optimum amount for health (500 mg/day) or the higher therapeutic level needed for some disorders from food intake alone. For instance, a typical amount for fibromyalgia is from 500 to 900 mg a day. Remember what we said about intracellular Mg? Some forms are poorly absorbed like Mg oxide so go organic. Magnesium bisglycinate from Albion is an organic, highly absorbable form and found in TyH's Fibro-Care™ signature product for energy.

Magnesium's Energy Helper

Some batteries are super charged for higher energy needs. Malic acid or malate is the primer that jump starts the Krebs cycle and a critical player in energy production. It's organic, too, as a weak acid commonly found in apples. A typical dose is 900-1200 mg daily.



Summary

Adopting a healthy lifestyle and diet, getting plenty of rest and relaxation are all factors in making and sustaining high energy levels. But don't forget about magnesium. Easy to test, easy to supplement, it's the critical mineral to get energized!

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For information purposes only and not intended to diagnose, cure, treat or prevent any medical condition.

For more on magnesium, read the expanded version of *Magnesium, Malic Acid, The Fibro-Care™ Story* in the TyH Online Library.