

MAGNESIUM

Do You Have Start/Stop Syndrome?



by Margy Squires

Con·sist·en·cy. Conformity in the application of something, typically that which is necessary for the sake of logic and accuracy.

Having a chronic condition or disorder which has no cure or effective treatment leads many to seek their own therapies and answers. While it's good to be your own health advocate, you may find yourself looking for a magic bullet when one does not exist. However, consistency when you do try a supplement may be the key to a successful outcome.

Inconsistency sounds like: *I try Fibro-Care™ for a while but run out so I stop and when I feel worse again, I restart it.*

Consistency says: *I feel better when I take Fibro-Care™ every day so I never miss a dose, even when I'm having a "good" day.*

Inconsistency leads to what I call "start/stop syndrome". You try a supplement for a little while only to stop when you do not see immediate (magic bullet) results. When you feel worse or hurt more, you start again. You're faithful for a while and then, hmm, maybe you miss one day and then another. It's a fact that many supplements make such subtle changes that you may not even notice any difference in how you feel. Unless of course you stop. Why don't you avoid the constant start/stop and U-turns by *continuing* and get the *consistent* benefit? According to our definition, it's the logical thing to do!



Consistency means taking the right dose according to the label for a certain period of time to achieve the expected result. Most of you understand that with a drug such as an antibiotic or pain medication – a prescribed amount is needed to control the symptoms or fix the health issue. Although supplements are not drugs, they work in a similar way; some need a "therapeutic" amount *over a required period of time* to achieve the desired result.



When do you start? Education is first. Know what you need by educating yourself on your condition and then on the nutrients that may be helpful. Supplements are especially useful in disorders with a specific nutrient deficiency that contributes to the symptoms. In fibromyalgia (FM), for example, magnesium deficiency contributes to symptoms of muscle pain, low energy, poor sleep and heightened anxiety.

Magnesium helps relax nerves, blood vessels and muscles to calm them and reduce symptom severity. In addition, magnesium is *required* as an "instructor" to "tell" other enzymes responsible for making biological activity in your body happen. Magnesium is in every cell of the human body for that very reason. Imagine what *isn't getting done* if your

magnesium levels are low or compromised?

How would you know if you are low in magnesium? A simple red blood cell magnesium blood test will tell you. Researcher and physician Thomas Romano, M.D. recommends a level of 5.5 mg/dL for his FM patients. Certain disorders may also require more magnesium. Given the chronic pain and nervous system involvement in FM, constricted blood vessels in hypertension, poor sugar metabolism in diabetes, magnesium is often found low. Correcting magnesium levels is the first step in getting and feeling better and reducing symptoms. Starting and stopping Fibro-Care™, your magnesium supplement, means you'll have symptom breakthrough and more importantly, probably cause your disorder to get progressively worse.

When do you stop? It depends on the reason you started. Sometimes you take a supplement for a specific period, achieve the desired result and then can stop or reduce the amount taken.



For instance, during the cold and flu season, many people take olive leaf extract preventatively to ward off colds and flu. When you've had an injury use systemic enzymes to speed healing and recover.

In the case of chronic, ongoing health conditions such as magnesium for FM, some notable doctors who have treated thousands of FM patients say don't stop. Given the need to maintain a consistent, optimal level, FMers may need to take 500 to 900 mg a day or more of the organic magnesium found in Fibro-Care™, 1200 or more if taking the inorganic forms. For as much Fibro-Care™ as my husband David takes, he's never tested too high. Magnesium also supports vitamin D3 levels and D3 helps with pain; therefore know your vitamin D3 level too. These are



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Magnesium

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two blood tests anyone with pain or a chronic condition should get. Again, educating yourself on your condition helps you to decide which nutrients to take.

Is there a cure for start/stop syndrome?

Thankfully, yes! Know what the supplement you are taking can and cannot do so you have realistic expectations (forget the magic bullet). Then decide to stick with it. TyH is a supplement company that likes to have educated customers who will take supplements for the right reasons – to feel better and get healthier. Do you forget to take your supplements? For those of you reading this article, ask for a free Vitaminder when you order. It is a vitamin pill box that will fit into your pocket so you can take your supplements with you. Plan to take supplements at designated times, with meals or if appropriate, before bed. Set reminders in your phone or use a post-it on the cupboard where



you store your vitamins. Remember too that it takes 30 days to form a new habit and this is a good one to get into your routine!

So think about it. What are you trying to achieve with a supplement when you start? It may take time and consistency to reach your goal so don't give up and stop. Before you know it, you'll be consistently healthier and happier with your results!

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- ◆ The Fibro-Care™ Story
- ◆ Magnesium, Don't Stay Broken
- ◆ Magnesium, The Master Mineral for Health
- ◆ Magnesium & its Relationship to Painful Conditions by Dr. Romano
- ◆ Vitamin D-Cisions by Dr. Pellegrino

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