

Low Magnesium Levels Found To Be Best Predictor Of Heart Disease

Source: *Hyscience.com*

Contrary to traditional belief, low magnesium levels, not cholesterol or saturated fat, have been found to be the best predictor of heart disease.

Medical News Today reports:

Research scientist Andrea Rosanoff, PhD., and her colleagues conducted a detailed review of cardiovascular disease research, using studies dating back to 1937. The current review is based upon work that was started by Midred Seelig, MD, who studied the link between magnesium and cardiovascular disease for more than 40 years.

Previous research has revealed low magnesium to be linked with all known cardiovascular risk factors like:

- high blood pressure
- arterial plaque build-up
- calcification of soft tissues
- cholesterol
- hardening of the arteries

This implies that the real culprit of cardiovascular disease has been low magnesium levels, while historically, experts have blamed a high-saturated fat diet and high cholesterol.

The article goes on to point out that calcium supplements **that are not in balance with magnesium**, elevate the risk of heart disease, and that low levels of magnesium are associated **with all the risk factors and symptoms of heart disease**, such as hypertension, diabetes, high cholesterol, heart arrhythmia, angina and heart attack.

High levels of magnesium can be found in some fish, almonds, soybeans and spinach, while beans, rice, raisins and chocolate provide smaller levels of magnesium. Vitamin D-rich foods include a variety of fish, liver, eggs and cheese. Yogurt, milk, sardines, spinach, mozzarella cheese and a variety of green leafy vegetables can also help you meet the RDA for calcium. Though consuming a diet rich in vitamins and minerals is best, you can also take supplements to ensure you're getting the essentials.

For those choosing to take calcium and magnesium supplements, I strongly suggest taking at least 1000 mg. calcium citrate and 400 mg. of magnesium citrate (*the most absorbable forms*),

along with at least 2000 I.U. vitamin D3 (*products at links provide total of 2700 I.U. D3, 1000 calcium citrate, 400 mg. magnesium citrate.*). Given that I am not a physician, I strongly recommend that one should consult with their physician before taking any supplements.

According to Margaret Seelig, M.D., calcium and magnesium should be taken in a two to one ratio. The Ca/Mg ratio of two to one (twice as much calcium as magnesium) has long been considered physiologic and best for normal functioning. This was confirmed on the basis of long-term metabolic studies in young men and women done by the Research Division of the U.S. Department of Agriculture.