

## Leg Cramps & Magnesium Loss

Waking up in the middle of the night with leg cramps is never fun. If you have ever experienced them, they can be very painful. For an emergency situation, a warm shower can help as an immediate solution.

But lets look at the real cause of this inflammation?

As a health coach, I have sought out some real solutions. What I have found in my research is there can be a lack of magnesium within our bodies. Now you say, why do we need magnesium and how did we lose it?

Every organ in the body — especially the heart, muscles, and kidneys — needs magnesium. Not only does Magnesium contribute to the makeup of healthy bones and oral health, it is also important for circulation and elimination.

**Signs of magnesium deficiency include:**

- \*Leg Cramps
- \*Chronic Constipation
- \*Headaches and Migraines
- \*Insulin Resistance
- \*PMS
- \*Hot Flashes

**Things that can leach our magnesium, can also make our legs cramp.**

- \***Commercial refined table salt** can restrict arteries.(1)
- \***Sugar** can decrease good gut microbiome and magnesium.
- \***Soda.** Soft drinks with their high level of phosphates causes magnesium to be depleted from the body.
- \***Aspartame** found in ice teas, colas and more-are toxic and can cause magnesium loss.
- \***Alcohol** use can lead to magnesium loss.
- \***High amounts of animal proteins** can lead to reduced magnesium absorption. High fat intake will also cause magnesium to be depleted from the body. (such as High fatty pastrami)
- \***Synthetic Vitamin D.** High doses will cause magnesium to be leached from the body.
- \***Calcium pills.** Studies have shown these supplements to be heart toxic. Get calcium and magnesium from green vegetables.(2)
- \***Coffee** is a diuretic and may flush magnesium from of the body.
- \***Stress.** When we are stressed our bodies become depleted of magnesium. Magnesium regulates cortisol as it calms our nervous system and prevents excessive cortisol.
- \***Prescription drugs.** Diuretics, Antacids, Birth Control Pills, Chemotherapy, Tetracycline, Blood Thinners and Corticoids are just a handful of medications that can lead to magnesium loss.

**Refined Foods.** Just the process of refining foods strips nutrients, including magnesium.

**Some examples are:**

- Milling flour from grains strips magnesium from the grain.
- Sugar in anything uses up magnesium.
- Fluoridated and distilled water depletes magnesium.
- Processed foods, like lunch meat, contain phosphates that bind to magnesium molecules and flush it out of the body.
- A diet full of processed foods will not provide necessary nutrients to thrive on.

**The best food sources of magnesium include:**

- \*organic green leafy vegetables (spinach, kale)
- \*raw organic nuts and pumpkin seeds
- \*organic black beans
- \*pumpkin
- \*organic figs
- \*organic brown rice
- \*organic chickpeas
- \*organic gluten free oatmeal

**Become less stiff when implementing healthy habits!**

1-Add in good fats: Good fats include: organic cold pressed virgin olive oils, organic coconut oils and coconut butter, avocados and organic raw nuts. Avoid low-fat or fat-free products as they may contain extra sugar and synthetics.

2-Eat raw or steamed leafy green vegetables is much better than boiling as to not decrease the nutritional magnesium contents.

3-Consider avoiding gluten — Gluten has been shown to disrupt bone, brain, and digestive health.

4-Add in fermented foods for good gut microbiome, better immunity and brain health.

5- Don't allow yourself to become dehydrated. Drink pure clean water throughout the day.

6-Drink the juice of a fresh lemon to a glass of water in the am, before eating breakfast. This helps with cramping and detoxifies the liver.

7-No matter what your age, add some form of movement/exercise to your day. You'll sleep better and your bones, joints and muscles will thank you.

8-Know your food. Avoid GMO's. This means buy from organic farmers who use a nutrient-rich fertilizer containing magnesium, no magnesium in the soil means no magnesium in the plants.

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footnotes:

1- <http://drsircus.com/medicine/salt/real-salt-ceptic-salt-and-himalayan-salt>

2- <http://drsircus.com/medicine/magnesium/calcium-magnesium-balance>

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As Dr. Robert Thompson M.D. describes in his excellent book- **The Calcium Lie**, your bone is composed of at least a dozen minerals, and if you focus exclusively on calcium supplementation you are likely going to worsen your bone density, and can actually increase your risk of osteoporosis.