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608-238-6001 [ TEL ]

greg@cruisingreview.com [ Email ]



# magnesium-for-health-while-travel-by-cruising-review

Cruising Review

Magnesium benefits for health series by Cruising Review to enhance and protect health before, while, and after traveling.

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Discover the importance of magnesium, an essential mineral for over 300 biochemical reactions in the body, supporting bone health, cardiovascular health, muscle function, and more. Learn about the best sources, forms for optimal absorption, and innovative uses in body lotions for a comprehensive approach to health and wellness.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/topics/magnesium-for-health-while-travel-by-cruising-review.html>



# Magnesium: An Essential Mineral for Optimal Health

Magnesium is a vital mineral crucial for over 300 biochemical reactions in the human body, supporting everything from muscle and nerve function to energy production and bone health. Despite its importance, magnesium is not produced by the body and must be obtained through diet or supplementation.

## Sources and Synthesis

Magnesium is abundantly found in nature and enters the human diet through various foods. Green leafy vegetables, nuts, seeds, and whole grains are among the richest dietary sources. The mineral is also present in hard water, providing another avenue for intake. In terms of supplements, magnesium is available in several forms, including magnesium oxide, magnesium citrate, magnesium chloride, and magnesium sulfate, each with different absorption rates and uses.

## Health Benefits and Optimal Forms for Absorption

Magnesium plays a pivotal role in health, offering numerous benefits:

- **Bone Health:** It contributes to the structural development of bones and is involved in the metabolism of calcium.
- **Cardiovascular Health:** Magnesium is vital for maintaining a healthy heartbeat and is linked to lower blood pressure and reduced risk of cardiovascular disease.
- **Muscle Function:** It helps regulate muscle contractions and can alleviate cramps and spasms.
- **Nervous System Support:** Magnesium aids in the function of neurotransmitters, which send messages throughout the brain and nervous system.

Regarding circulation, magnesium plays a critical role. It helps relax blood vessels, improving blood flow and lowering blood pressure, which is beneficial for overall cardiovascular health.

The best forms of magnesium for absorption are typically considered to be magnesium citrate, magnesium lactate, and magnesium chloride. These forms are more bioavailable, meaning the body can absorb them more easily than others like magnesium oxide, which is less bioavailable but often used for its laxative effect.

## Magnesium in Tea and Body Lotion

While magnesium is not typically found in tea, it can be absorbed by the body through the skin, making it a popular ingredient in body lotions and oils. Magnesium-infused body lotions claim to deliver the mineral's benefits topically, potentially aiding muscle relaxation and improving skin hydration.

## Conclusion

Magnesium's crucial role in health cannot be overstated, with benefits ranging from bone and cardiovascular health to muscle function and nervous system support. To ensure adequate intake, incorporating magnesium-rich foods into the diet and considering supplementation, especially in highly bioavailable forms, can be beneficial. Topical applications, such as body lotions containing magnesium, offer an innovative way to enjoy the mineral's benefits, making magnesium a versatile and essential nutrient for overall wellbeing.

## Notes

1. DiNicolantonio, J. J., O'Keefe, J. H., & Wilson, W. (2018). Subclinical magnesium deficiency: a principal driver of

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