

Balance Stress With The Minerals Magnesium And Calcium

When stress hormones are released into the body due to a stressful situation, several things may happen. Your metabolic rate can increase, heart rate jumps, blood vessels contract and get tighter, the rate at which one breaths gets more frequent and shorter, muscles contract in response to stress among other things.

At the cellular level a significant inflow of calcium decrease cellular magnesium to calcium ratios which stimulates cellular function such as secrete fluids, contract, go into active mode. The muscles prepare to contract this includes the lungs, heart, and blood vessels. Nerves start to fire more frequent, the blood gets ready to clot, and secondary stress hormones are released. Normally when the stress crisis is over, magnesium moves back into the cells at the cellular level forcing calcium out relaxing the cells, this allows the body to slow down and relax, the nerves calm down and blood flow slows.

Magnesium plays a vital role to relax the body, once the stressful situation is over. The demand for magnesium goes up with stress. If there are inadequate amounts of magnesium in the body, this magnesium deficiency can in itself sustain a stress response. A magnesium deficiency itself can initiate and maintain a stress response without a trigger to cause the stress in the first place. Low magnesium states can prevent the body from relaxing and cause muscle cramping. After a stressful situation, adequate magnesium is needed to help the body shift over to a relaxed state.

Boarder-line magnesium individuals can have a mental, emotional, environmental or physical state of continuous stress where their bodies never come down out of the stress state. This can be detrimental to health and wellness. Drinking coffee, alcohol, and eating lots of sugary foods will cause the body to become depleted. Today's diets high in over processed foods are lacking magnesium; one should supplement by either changing ones diet or adding magnesium to their diet in mineral supplement form.

Symptoms of magnesium deficiency include signs such as, muscle cramps or twitches, insomnia, irritability, sensitivity to loud noises, anxiety, nervousness, autism, ADHD, heart palpitations, angina, constipation, spasms in the muscles, headaches, migraines, fibromyalgia, chronic fatigue, asthma and kidney stones (typically caused by a calcium-magnesium imbalance), diabetes, obesity, high blood pressure, menstrual cramps, irritable bladder, irritable bowel, acid reflux, and premenstrual syndrome, depression, low energy, weakness in the muscles, weakening bones (bone density loss), and calcification of organs.

Women who consume high amounts of calcium can actually create a greater deficiency in magnesium leading to greater bone mineral density lost then if no calcium was consumed at all. Foods today that are being fortified with calcium are actually helping women loose more bone density because magnesium is not in the right proportions.

To word off the negative effects of a prolonged or over-reaction to stress including a shortened lifespan, one needs to balance out their magnesium to calcium ratios by adding adequate amounts of both magnesium and calcium to their diet. Supplementing with 400 mgs to 800 mgs of elemental magnesium is critical for one looking to live a healthier longer life that is free from stress.

About the Author

More information on [magnesium supplements](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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