



Dr Sircus.com



Magnesium Deficiency Symptoms and Diagnosis

Posted by **Dr Sircus** on December 8, 2009 / Filed under *Magnesium*, *Medicine*

☐ [Tweet](#)

☐ [Mail](#)

☐ [Share](#)

32.1k

1.93k

Magnesium Thirst Magnesium Hunger



We thirst for magnesium rich water.

Magnesium deficiency is often misdiagnosed because it does not show up in blood tests – only 1% of the body's magnesium is stored in the blood.

Most doctors and laboratories don't even include magnesium status in routine blood tests. Thus, most doctors don't know when their patients are deficient in magnesium, even though studies show that the majority of Americans are deficient in magnesium. Consider Dr. Norman Shealy's statements, "Every known illness is associated with a magnesium deficiency" and that, "magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient." The truth he states exposes a gaping hole in modern medicine that explains a good deal about iatrogenic death and disease. Because magnesium deficiency is largely overlooked, millions of Americans suffer needlessly or are having their symptoms treated with expensive drugs when they could be cured with magnesium supplementation.

One has to recognize the signs of magnesium thirst or hunger on their own since allopathic medicine is lost in this regard. It is really something much more subtle than hunger or thirst but it is comparable. In a world though where doctors and patients alike do not even pay attention to thirst and important issues of hydration it is not hopeful that we will find many recognizing and paying attention to magnesium thirst and hunger which is a dramatic way of expressing the concept of magnesium deficiency.

Few people are aware of the enormous role magnesium plays in our bodies. Magnesium is by far the most important mineral in the body. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies, vitally important yet hardly known. It is more important than calcium, potassium or sodium and regulates all three of them. Millions suffer daily from magnesium deficiency without even knowing it

In fact there happens to be a relationship between what we perceive as thirst and deficiencies in electrolytes. I remember a person asking, "Why am I dehydrated and thirsty when I drink so much water?" Thirst can mean not only lack of water but it can also mean that one is not getting enough nutrients and electrolytes. Magnesium, Potassium, Bicarbonate, Chloride and Sodium are some principle examples and that is one of the reasons magnesium chloride is so useful.



Magnesium Torment (Deficiency)

You know all those years when doctors used to tell their patients its all in your heads were years the medical profession was showing its ignorance. It is a torment to be magnesium deficient on one level or another. Even if it's for the enthusiastic sport person whose athletic performance is down magnesium deficiency will disturb sleep and background stress levels and a host of other things that reflect on the quality of life. Doctors have not been using the appropriate test for magnesium – their serum blood tests just distort their perceptions. Magnesium has been off their radar screens through the decades that magnesium deficiencies have snowballed.

*Get an instant compilation of **Dr Sircus' top 10 articles on magnesium** by subscribing to his medical newsletter:*

Symptoms of Magnesium Deficiency

The first symptoms of deficiency can be subtle – as most magnesium is stored in the tissues, leg cramps, foot pain, or muscle ‘twitches’ can be the first sign. Other early signs of deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur.

A full outline of magnesium deficiency was beautifully presented in a recent article by Dr. Sidney Baker. “Magnesium

deficiency can affect virtually every organ system of the body. With regard to skeletal muscle, one may experience twitches, cramps, muscle tension, muscle soreness, including back aches, neck pain, tension headaches and jaw joint (or TMJ) dysfunction. Also, one may experience chest tightness or a peculiar sensation that he can't take a deep breath. Sometimes a person may sigh a lot."

"Symptoms involving impaired contraction of smooth muscles include constipation; urinary spasms; menstrual cramps; difficulty swallowing or a lump in the throat-especially provoked by eating sugar; photophobia, especially difficulty adjusting to oncoming bright headlights in the absence of eye disease; and loud noise sensitivity from stapedius muscle tension in the ear."

"Other symptoms and signs of magnesium deficiency and discuss laboratory testing for this common condition. Continuing with the symptoms of magnesium deficiency, the central nervous system is markedly affected. Symptoms include insomnia, anxiety, hyperactivity and restlessness with constant movement, panic attacks, agoraphobia, and premenstrual irritability. Magnesium deficiency symptoms involving the peripheral nervous system include numbness, tingling, and other abnormal sensations, such as zips, zaps and vibratory sensations."

"Symptoms or signs of the cardiovascular system include palpitations, heart arrhythmias, and angina due to spasms of the coronary arteries, high blood pressure and mitral valve prolapse. Be aware that not all of the symptoms need to be present to presume magnesium deficiency; but, many of them often occur together. For example, people with mitral valve prolapse frequently have palpitations, anxiety, panic attacks and premenstrual symptoms. People with magnesium deficiency often seem to be "uptight." Other general symptoms include a salt craving, both carbohydrate craving and carbohydrate intolerance, especially of chocolate, and breast tenderness."

Magnesium is needed by every cell in the body including those of the brain and is one of the most important minerals when considering supplementation because of its vital role in hundreds of enzyme systems and functions related to reactions in cell metabolism, as well as being essential for the synthesis of proteins, for the utilization of fats and carbohydrates. Magnesium is needed not only for the production of specific detoxification enzymes but is also important for energy production related to cell detoxification. A magnesium deficiency can affect virtually every system of the body.



Like water we need magnesium everyday. There is an eternal need for magnesium as well as water and when magnesium is present in water life and health are enhanced.

One of the principle reason doctors write millions of prescriptions for tranquilizers each year is the nervousness, irritability, and jitters largely brought on by inadequate diets lacking magnesium. **Persons only slightly deficient in magnesium become irritable, highly-strung, and sensitive to noise, hyper-excitable, apprehensive and belligerent.** If the deficiency is more severe or prolonged, they may develop twitching, tremors, irregular pulse, insomnia, muscle weakness, jerkiness and leg and foot cramps.

If magnesium is severely deficient, the brain is particularly affected. Clouded thinking, confusion, disorientation, marked depression and even the terrifying hallucinations of delirium tremens are largely brought on by a lack of this nutrient and remedied when magnesium is given. Because large amounts of calcium are lost in the urine when magnesium is undersupplied, the lack of this nutrient indirectly becomes responsible for much rampant tooth decay, poor bone development, osteoporosis and slow healing of broken bones and fractures. With vitamin B6 (pyridoxine), magnesium helps to reduce and dissolve calcium phosphate kidney stones.

Magnesium deficiency may be a common factor associated with insulin resistance. Symptoms of MS that are also symptoms of magnesium deficiency include muscle spasms, weakness, twitching, muscle atrophy, an inability to control the bladder, nystagmus (rapid eye movements), hearing loss, and osteoporosis. People with MS have higher rates of epilepsy than controls. Epilepsy has also been linked to magnesium deficiencies.^[1]

Another good list of early warning symptoms is:

Suggestive early warning signs of magnesium insufficiency:

Physical and mental fatigue

Persistent under-eye twitch

Tension in the upper back, shoulders and neck

Headaches

Pre-menstrual fluid retention and/or breast tenderness

Possible manifestations of magnesium deficiency include:

Low energy

Fatigue

Weakness

Confusion

Nervousness

Anxiousness

Irritability

Seizures (and tantrums)

Poor digestion

PMS and hormonal imbalances

Inability to sleep

Muscle tension, spasm and cramps

Calcification of organs

Weakening of the bones

Abnormal heart rhythm

Severe magnesium deficiency can result in low levels of calcium in the blood (hypocalcemia). Magnesium deficiency is also associated with low levels of potassium in the blood (hypokalemia). Magnesium levels drop at night, leading to poor REM (Rapid Eye Movement) sleep cycles and unrefreshed sleep. Headaches, blurred vision, mouth ulcers, fatigue and anxiety are also early signs of depletion.



We hear all the time about how heart disease is the number one health crisis in the country, about how high blood pressure is the “silent killer”, and about how ever increasing numbers of our citizens are having their lives and the lives of their families destroyed by diabetes, Alzheimer’s disease, and a host of other chronic diseases

Signs of severe magnesium deficiency include:

Extreme thirst

Extreme hunger

Frequent urination

Sores or bruises that heal slowly

Dry, itchy skin

Unexplained weight loss

Blurry vision that changes from day to day

Unusual tiredness or drowsiness

Tingling or numbness in the hands or feet

Frequent or recurring skin, gum, bladder or vaginal yeast infections

But wait a minute, aren’t those the same symptoms for diabetes? Many people have diabetes for about 5 years before they show strong symptoms. By that time, some people already have eye, kidney, gum or nerve damage caused by the deteriorating condition of their cells due to insulin resistance and magnesium deficiency. Dump some mercury and arsenic on the mixture of etiologies and pronto we have the disease condition we call diabetes.

*Magnesium deficiency is synonymous with diabetes
and is at the root of many if not all cardiovascular problems.*

Magnesium deficiency is synonymous with diabetes and is at the root of many if not all cardiovascular problems.

Magnesium deficiency is a predictor of diabetes and heart disease both; diabetics both need more magnesium and lose more magnesium than most people. In two new studies, in both men and women, those who consumed the most magnesium in their diet were least likely to develop type 2 diabetes, according to a report in the January 2006 issue of the journal Diabetes Care. Until now, very few large studies have directly examined the long-term effects of dietary magnesium on diabetes. Dr. Simin Liu of the Harvard Medical School and School of Public Health in Boston says, "Our studies provided some direct evidence that greater intake of dietary magnesium may have a long-term protective effect on lowering risk," said Liu, who was involved in both studies.

The thirst of diabetes is part of the body's response to excessive urination. The excessive urination is the body's attempt to get rid of the extra glucose in the blood. This excessive urination causes the increased thirst. But we have to look at what is causing this level of disharmony. We have to probe deeper into layers of cause. The body needs to dump glucose because of increasing insulin resistance and that resistance is being fueled directly by magnesium deficiency, which makes toxic insults more damaging to the tissues at the same time.

When diabetics get too high blood sugars, the body creates "ketones" as a by-product of breaking down fats. These ketones cause blood acidity which causes "acidosis" of the blood, leading to Diabetic Ketoacidosis (DKA), This is a very dangerous condition that can lead to coma and death. It is also called "diabetic acidosis", "ketosis", "ketoacidosis" or "diabetic coma". DKA is a common way for new Type 1 diabetics to be diagnosed. If they fail to seek medical advice on symptoms like urination, which is driving thirst they can die of DKA.

Oral magnesium supplements reduce erythrocyte^[2] dehydration.^[3] In general optimal balances of electrolytes are necessary to maintain the best possible hydration. Diabetic thirst is initiated specifically by magnesium deficiency with relative calcium excess in the cells. Even water, our most basic nutrient starts having a hard time getting into the cells with more going out through the kidneys.

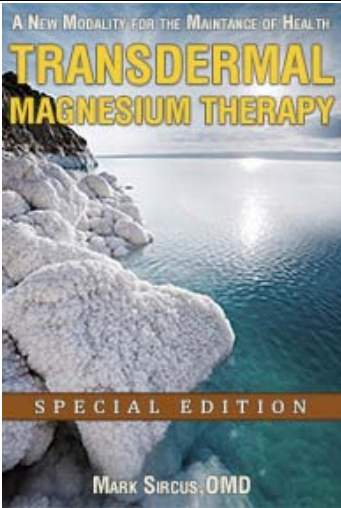
Autism and Magnesium Deficiency

When dealing with autism spectrum and other neurological disorders in children it is important to know the signs of low magnesium: restless, can't keep still, body rocking, grinding teeth, hiccups, noise sensitive, poor attention span, poor concentration, irritable, aggressive, ready to explode, easily stressed. When it comes to children today we need to assume a large magnesium deficiency for several reasons.

1. The foods they are eating are stripped of magnesium because foods in general, as we shall see below are declining in mineral content in an alarming way.
2. The foods many children eat are highly processed junk foods that do not provide real nutrition to the body.
3. Because most children on the spectrum are not absorbing the minerals they need even when present in the gut. Magnesium absorption is dependent on intestinal health, which is compromised totally in leaky gut syndromes and other intestinal problems that the majority of autism syndrome disorders.
4. Because the oral supplements doctors rely on are not easily absorbed, because they are not in the right form and because magnesium in general is not administered easily orally.

Modern medicine is supposed to help people not hurt them but with their almost total ignorance of magnesium doctors end up hurting more than they help for many of the medical interventions drive down magnesium levels when they should be driving them up. Many if not most pharmaceutical drugs drive magnesium levels into very dangerous zones and surgery done without increasing magnesium levels is much more dangerous then surgery done with.

The foundation of medical arrogance is actually medical ignorance and the only reason ignorance and arrogance rule the playing field of medicine is a greed lust for power and money. Human nature seems to be at its worst in modern medicine when it should be at its best. It is sad that people have to suffer needlessly and extraordinarily tragic that allopathic medicine has turned its back on the Hippocratic Oath and all that it means.



For more detailed information feel free to consult my book [Transdermal Magnesium Therapy](#) that's with a reasonable price, or for a more personal approach check my [Consultations](#) page.

SEE REFERENCES ▼



**Dr. Mark Sircus, Ac.,
OMD, DM (P)**

*Director International Medical Veritas
Association*

Doctor of Oriental and Pastoral Medicine



**Get my eBook for
free!**

This book will guide you through Dr Sircus protocol and the medicinals that compose it. This is the first step to teach you to take care of your own health.

Get it for free by subscribing to
my newsletter.

GET NOW

**Introduction to Natural
Allopathic Medicine**



All the basic information you need to know
about the best practice of Natural Medicine.

Dr. Mark Sircus

If you need to improve one's health or recover from a serious disorder learn how to treat yourself and your loved ones safely at home. We offer a [FREE introductory guide](#) to Natural Allopathic Basics which outlines a simple to follow protocol that you can use inexpensively and safely at home.

For more advanced and detailed presentation we offer [Treatment Essentials](#), which has all the information for you to practice Natural Allopathic Medicine, including the important chapter on dosages.

For questions pertaining to your own personal health issues or for specific dosing of Dr. Sircus's protocol items please seek a consultation. Please visit our [knowledge base](#) to see if your question may have been answered previously.

Comments:

216 Comments

Dr. Sircus - International Medical Veritas Association


 Login ▾

 Recommend  Share

Sort by Newest ▾



Join the discussion...



Vlod • 2 months ago

My experience with Magnesium. Some 15 years ago, a new doctor I started with detected hypertension, 140/90. He put me on Metoprolol. A few months later, I developed an arrhythmia. It came and went and was mild at first. Some months later, I ended up in hospital with a major attack. It felt like my heart was going to explode with every, irregular beat. I was fainting, off an on and very weak. All my doctor had for me was to go on Coumadin. A few weeks later, he told me to stop the Coumadin because my INR was sky high. INR is a measurement of thinning of the blood, caused by the Coumadin. It's used to prevent blood clots from forming due to the AF, (atrial fibrillation).

These attacks continued and cost me my job and affected my entire life in all ways imaginable. By the second year, I was at my wits end.

But this is when the information explosion occurred due to the Internet. I researched AF and discovered forums by victims of the condition. One article in particular suggested that Metoprolol could cause arrhythmia. First clue. So I weaned myself off of the Met. and within a month, from 3 attacks a week to none for a whole month. My doctor was horrified and insisted that I resume the

Met. I took ONE pill and within a few minutes I had a major attack that landed me in the hospital. From there, the AF attacks resumed despite not taking any more Metoprolol.

I knew for sure there was a connection and finally, my doctor looked in his big book on drugs and near the bottom of a LONG list of uncommon but potential side effects was irregular heart beat.

[see more](#)

2   • [Reply](#) • [Share](#) ›



C Mason > Vlod • a month ago

I experienced heart palpitations for years but they exacerbated when I started taking omeprazole in February 2015. It is now October 31 , 2015. I have been on a merry-go-round of physicians, testing and medications, including metropolol, all to no avail. I researched extensively and believe that the issue is magnesium deficiency. I cannot find a physician (PCP, cardiologist or electrophysiologist who will speak to me knowledgeably about magnesium, or who will give me an RBC Magnesium test. I did, however, have an online conversation with a reputable pharmacist who knew exactly what I was talking about and I started taking magnesium supplements about a week ago. I have now experienced 2 entire days without palpitations for the first time since February, except for when I took 2 sips of wine last evening and the palpitations started immediately and lasted for a minute. I had also researched the vagus nerve and had concluded that there is indeed a connection which is identical to your description. Magnesium is not part of an electrolyte panel which is stunningly neglectful. I am at a point where I do not know what the next step is for me because I need to have my magnesium level monitored but cannot find a physician to do this.

  • [Reply](#) • [Share](#) ›



Vlod > C Mason • a month ago

Well, all I did was to take more and more till I got the runs. I backed off till that stopped. From there, once the AF stopped, I kept a maintenance dose of 500 MG.

My understanding is, is that it's really hard to get an overdose, as I found out. Works for me,, 500mg a day.

  • [Reply](#) • [Share](#) ›



Miss Em • 2 months ago

Hi, I've been taking chelated magnesium for about 5 years now for muscle tension and anxiety I've found it very helpful but found I've increased from the mg amounts in my pills. I'm currently taking 400mg most days. Do you have any views on why I would need higher levels? I am also interested in its benefits in relation to diabetes and heart disease as I've been pre diabetic for a few

years and a strong family history of heart problems and hypertension. Would the increase be just due to a deterioration due to age and added lifestyle stress?

□ | □ • Reply • Share ›



Linda • 3 months ago

Hi - I have had my magnesium (ERC) blood levels checked. The reference range for this is 40.1-61.2 mg/L. My magnesium was on the high side - 62.6 mg/L OR with the reference range in mmol/L the reference range is 1.65 - 2.52mmol/L - my value was 2.58 mmol/L.

I have taken fluoroquinolone antibiotics several times, which is supposed to deplete magnesium in the body. I have symptoms of twitching, nerve impulses shooting down my legs, insomnia, tendonitis, arthritis, thickened tendons in the soles of my feet, etc. I know the tendonitis a side effect of the antibiotics. My question is - it seems that I am exhibiting symptoms of magnesium deficiency, but my blood levels are high. As far as I know I have good kidney function. Can I still be deficient in magnesium with high blood levels? Thanks.

□ | □ • Reply • Share ›



DigitalDeb > Linda • 20 days ago

Yes. You need magnesium. Magnesium is found in your bones, teeth and tissues. Cofactors of magnesium are B-6 (active form use P5P), Bicarbonate and Boron (eat a couple of prunes daily). You DO need magnesium daily and the cofactors to drive it where it needs to be and help those cells retain it. A Magnesium RBC test is required to see how much you have on the cellular level, how much is actually residing in your blood cells. You should be above 6.1 and optimally at 6.5. Don't take garbage drugstore vitamins. Make sure to find whole food based 'coenzymated' or 'active B vitamins' to make sure you're getting usable nutrients. Vitamins with high units of synthetic versions makes expensive urine and is ultimately no good if your body can't convert it into a usable form. Look on Amazon or go to your local Whole Foods store. Avoid corner drugstore junk. All they carry is magnesium oxide which is poorly absorbed in your body and most often just causes diarrhea. Use mag taurine for heart palps, malate for joint pain/fibro, citrate or glycinate. Get on a good fish oil (like Metagenics) and take at least 2 twice per day. Do NOT take any combo magnesium with calcium. They are not a good idea and not the right ratio. Proper magnesium levels will drive the calcium in your body to the right places. Too much calcium supplements taken encourages calcium deposits where they don't belong...in your aching shoulder, your tissues, your arteries, your heart...magnesium drives that calcium back where it belongs in your bones and teeth. Always start with a low dose to see how well you tolerate it. Too much too soon causes diarrhea. If diarrhea occurs, back off/down a few days and try again. One can generally expect to safely use 500 mg per 100 pounds of body weight per day, 750 mg for a 150 pound person. I'm in the 150 range and take 1000 mg daily under direction of my functional physician for the past two years. Read, read, learn, read all you can! SO important to obtaining and maintaining good health! XOX

1 □ | □ • Reply • Share ›



Karen > Linda • a month ago

You are having the wrong test. You need A Magnesium RBC test

□ | □ • Reply • Share ›



Rainbwfright • 5 months ago

I started taking magnesium in hopes it would help w IBS C. 2 days in it definitely helped. The first day no relief but I had developed some muscle spasms. The second day I took more and had relief but the muscle pain and spasms are out of control. They are everywhere. Random throughout my body and even in my face. my body aches and hurts so bad I can barely sleep. Not sure what's wrong. potassium?

□ | □ • Reply • Share ›



G Clay • 6 months ago

Through the last 4 decades I think I suffered almost every one of these symptoms except the 'female' ones. I learned about Magnesium deficiency after a bout of "Frozen Shoulder Syndrome a little over 4 years ago. Thanks to Dr. Mark Sircus and this site Most of the problems of the past are under control. Between Candida, B vit. deficiency and Magnesium deficiency I like sooo many others have suffered. These things alone keep the Medical Cartel rolling in the dough. If people weren't deficient in Magnesium I would guess that even half of the chiropractors would be out of business. Thank you so much Dr. Sircus, I send people to your site often.

□ | □ • Reply • Share ›



C Mason > G Clay • a month ago

Magnesium deficiency may be creating business for pharmaceutical companies as well. Antidepressants are handed out to children and adults like candy on Halloween. Blood pressure meds are prescribed for heart palpitations. And on and on.....

2 □ | □ • Reply • Share ›



Claire • 10 months ago

Such an interesting article! I've been on a Proton Pump Inhibitor for acid reflux for over 10 years. It's been shown that PPI's inhibit absorption of magnesium. Do you have any suggestions for magnesium supplementation and absorption for someone taking PPI daily? Thank you!

👍 | 🗨️ • Reply • Share ›



Anneli Engberg > Claire • a month ago

Have you tried magnesium oil? Absorbed through the skin.

1 👍 | 🗨️ • Reply • Share ›



Claudia French Mod > Claire • 10 months ago

Claire, you need to obtain a consultation with Dr. Sircus so he can share with you his experience and help you get off the protein pump inhibitors altogether.

<http://drsircus.com/consultati...> French
IMVA

👍 | 🗨️ • Reply • Share ›



GR • a year ago

Hi! I have a loved one with the coxackie 3 virus. Together with that she does have a condition that is keeping the iron in her blood and every now and again she has to get rid of some of her blood to lower the iron levels in her blood. Is there anything you can recommend especially for the coxackie virus?

👍 | 🗨️ • Reply • Share ›



Claudia French Mod > GR • a year ago

You will need a consultation with Dr. Sircus

<http://drsircus.com/consultati...>

He has many things on his protocol that will help.

Claudia French
IMVA

👍 | 🗨️ • Reply • Share ›



Rony · a year ago

Could some one tell me the type of Magnesium one should take to cure Calcium phosphate kidney stones? Most of the Magnesium supplements in the store is of type: Magnesium Oxide. Will it help?
Also, kindly let me know the dosage of Magnesium and Vitamin B6.

Thanks for your reply.

👍 | 🗨️ · Reply · Share ›



Claudia French Mod > Rony · a year ago

Rony,

Magnesium oxide is the least well absorbed of all the different types. All oral magnesium has a disadvantage in that hey take longer to be effective than transdermal magnesium chloride which Dr. Sircus advocates using.
Please read the Transdermal Magnesium Therapy book for more information on this. Its available as an ebook or in paperback from [Amazon.com](https://www.amazon.com).
Dosages afre given in consultation only.

Claudia French
IMVA

1 👍 | 🗨️ · Reply · Share ›



jon dal · a year ago

I know this section is about magnesium which is important but could you tell me more about the baking soda. I have heard that taking baking soda with black molasses or maple syrup would be gobbled up by cancer in the body which would then kill the cancer because it would also be taking in the baking soda which kill fungus. it has be reported that cancer is a fungus. if this is true could we not just take glucose and baking soda which should work in the same way. along with other medicines including magnesium.

👍 | 🗨️ · Reply · Share ›



Claudia French Mod > jon dal · a year ago

Dear Jon,

You can see a lot about sodium bicarbonate and cancer on our website.

<http://drsircus.com/medicine/s...>

You can also purchase the sodium bicarbonate book for in depth information on using sodium bicarbonate in cancer treatment. <http://www.amazon.com/Sodium-B...>

Yes other forms of glucose can be used including honey, sugar water, or even plain water is effective.

Claudia French

IMVA

  • Reply • Share ›



Ger Ison • a year ago

Mark, you are nothing.but a health hero. All my respects!

  • Reply • Share ›



Vicki • a year ago

Dear Dr Sircus,

In June 2013 I was very unwell. I was under a lot of stress and was overwhelmed and I just think my body was telling me something was really wrong. It all started when I went on a flight for work I felt my neck muscle spasm on the flight. Then a couple of days later I felt tingling in my fingers and then the week progressed felt dizzy at work and then my legs became weak. I went to the ER twice during this time and then after that I got worse...tightness in body as when moving neck down felt pulling sensation down my legs & back, tingling, legs will seize up in bed, vibration in my body. I was beside myself. I went to a neurologist who the ER referred me too but, he found nothing wrong with me. Ran numerous tests including myleogram & CT scans on my spine, brain. I can't do an MRI as I have a pacemaker. I thought MS is the cause of all this. He said oh we will all die one day! What a comment to make. Then I thought go to a Professor who is a neurologist gave him all my tests and he checked me and said you are fine but, you have anxiety let's give you a pill for that called Dothep. I went to see him for the third time at the beginning of the year and I said to him I have tingling and numbness in my legs and he just said to me 'YOU are Unique'. So then I had a breakdown as a Professor doesn't even know what I have! Do I have Anxiety at all I thought to myself? Yes I do but this is from what I am going through right now. I then started to getting issues with the Dothep – heart rate

[see more](#)

  • Reply • Share ›



Claudia French Mod > Vicki • a year ago

Dear Vicki,

I'm sorry to hear about the long standing problems you are having and it's a good thing you have found our site and are being helped by some of the things on Dr. Sircus protocol. Unfortunately this is not the place to discuss what might help you with so many problems and you will y need to get a personal consultation with Dr. Sircus himself. Please see the options you can choose from for consultation here:

<http://drsircus.com/consultati...>

.You can also utilize our knowledge base to search for a topic of interest, or our search box at the top of each page. If these things don't help then please schedule a consultation as only Dr. Sircus can give you dosages.

The book Treatment Essentials may also be helpful to you as it discusses each item in the protocol and how to use it.

Please see our publication page for the books: <http://drsircus.com/books/>

This site is not meant to discuss individual health problems, I am sorry, but the guidance you are looking for can be made available through consultation. We look forward to helping you.

Claudia French

IMVA

□ | □ • Reply • Share ›



Ursula K • a year ago

I had palpitations and requested my magnesium be tested in the ER, it was the lowest it can be and still considered normal. I know it was too low and now take it almost every day, but in different ways.

The mag chloride oil I reserve for use sparingly in areas that don't get good blood flow, like my calves, when they are cramping or twitching. Also I use it around my ears, to allow the tiny muscles that help with balance to relax. I think too much chloride in the oil can complicate electrolyte status so thats why I no longer use it a lot.

I found the mag oxide pills to not be absorbed at all. And they are what most people take.

I like the mag citrate pills for relieving constipation but think their ability to propel evacuation short circuits their absorption.

The mag glycinate pill is huge and so I soften it in water first to swallow easily. I think it provides good absorbtion but it won't relieve constipation. My gut tells me this form is best absorbed by my body except for areas where mag has been deficient for decades and blood flow isn't great.

All forms have some benefit - take B complex as well, and vit C helps too.

□ | □ • Reply • Share ›



Guest • a year ago

What an incredible source for magnesium information thank you.

1 • Reply • Share ›



hb12 • a year ago

Thank you for the information however there are a few different magnesium forms(threonate) etc. I have Multiple sclerosis and looking for what is the best form for nerve pain (damage) Thank you. I know the blog is old, so hopefully you will see this.

• Reply • Share ›



Claudia French > hb12 • a year ago

Dear hb12,

Dr. Sircus has his own protocols for neurological disorders like multiple sclerosis and he believes that transdermal application of magnesium will be of much more benefit than ANY oral magnesium preparation. You would need to read more of his work to understand this. He also believes that CBD oil should be used for multiple sclerosis and various other things on his protocol.

You can begin to learn a little bit about it here:

<http://drsircus.com/medicine/m...>

and other related essays can be found here:

<http://drsircus.com/?s=multipl...>

Claudia French
IMVA

• Reply • Share ›



Fatema khateeb • a year ago

Hi iam suffering from all I read above concerning muscles weaknessstefness of muscles I did a v great vesiotherapy and mezzo therapy for my back but my legs hurt me an can't stand because of stefness but tomorrow iam going to test my magnesium potassium cal sim sodium an d vitemene b 12 vitemen and my thriod and will contact you with a comment tku

👍 | 🗨️ • Reply • Share ›



Peter Zoska • a year ago

I don't understand. In a video I saw of you, you said blood tests were useless for testing for magnesium because the body took the magnesium and put it in the blood at the expense of the rest of the cells which are often deficient. Yet above you say that the blood contains only 1% of the body's magnesium. Surely you can't have it both ways - either the blood has most of the magnesium or the body does.

👍 | 🗨️ • Reply • Share ›



Claudia French Mod > Peter Zoska • a year ago

Peter Zoska,

Dr. Sircus' statement is correct. While the blood only contains 1% of the total body amount of magnesium, when the level in the blood drops down, it presents a very urgent situation and the magnesium is taken from the other tissues to replace what is needed in the blood. Eventually this depletes the tissue magnesium levels down to near nothing at the expense of keeping the blood magnesium in the 1% range. So the blood has the most crucial amount of magnesium because when it drops you will suffer heart attack and die.

So it is not to say that the blood has the most magnesium of all of our tissues, but that it is here that it is so tightly controlled to stay at its 1% range and in order to do this it draws from already deficient body tissues.

More information is here: <http://ods.od.nih.gov/factshee...>

Claudia French

👍 | 🗨️ • Reply • Share ›



dell • a year ago

I have extremely pain full leg and body cramp that keep me up most of the night every night. None of the doctors I have seen have an answer. I take over the counter Mag ox which is 482.6 mg plus otc potassium & magnesium aspartate one pill. Is this causing the body and leg cramps which are excruciating or what else can I do?

👍 | 🗨️ • Reply • Share ›



Claudia French Mod > dell • a year ago

Hi Dell,

You might be better off using transdermal magnesium oil since the oral magnesium is very poorly absorbed by our guts.

You can get a small bottle from LL's Magnetic Clay, Inc. to try here : <http://www.magneticclay.com/st...>

This will bypass your gut where absorption of oral magnesium is often hindered, and magnesium oxide is about the worst type to take.

Claudia French

IMVA

□ | □ • Reply • Share ›



mumtaz yusuf • 2 years ago

Hi L have epilepsy for 42yrs n taking phonetoin and frolic acid suffered with constipation

All this time now it's restless leg at night severe cramping lack of sleep hairloss dry skin memory loss very thirsty been to Dr out of desperation can magnesium help me

□ | □ • Reply • Share ›



Maurice Guggisberg Mod > mumtaz yusuf • 2 years ago

Dear Mumtaz,

I'm sorry to hear about your situation.

Dr. Sircus has an entire protocol of a number of things that may help you. You can read about his protocol and about dosages in the ebook Treatment Essentials:

<http://drsircus.com/books/e-bo...>

Or you can choose a consultation with Dr. Sircus for an in depth recommendation for you. He is available to take patients via his online clinic.

<http://drsircus.com/consultati...>

Please let me know if I can be of further help.

Best Regards,

Maurice Guggisberg

IMVA Support Team

<http://drsircus.com/books>

👍 | 🗨️ • Reply • Share ›



bertha fleming • 2 years ago

what are some foods that contain a high volumn of magnesium?

👍 | 🗨️ • Reply • Share ›



Dr R.S. Rajan • 2 years ago

What are the sourcEs of magnesium in the diet?

👍 | 🗨️ • Reply • Share ›



Odette • 2 years ago

Can magnesium and zinc deficiency cause facial hair growth in women

👍 | 🗨️ • Reply • Share ›



Iris • 2 years ago

Thank you SO very much for this write up --- it was truly illuminating and I can not believe GP's can be so ignorant and not look at this as a first 'port of call' so to speak I have started with Magnesium (all 3 types) ... as I had quite a few of the symptoms described above ... on and off and ... after only 1 month of adding Magnesium and proper Hydration/Electrolytes, I can see and feel an incredible improvement of my body (and mind) ... feeling better all round! WOHOOO :)

👍 | 🗨️ • Reply • Share ›



Rod • 2 years ago


Hello,

I recently read an article that suggested if you were on proton pump inhibitors for more than a year, there was a good chance you were magnesium deficient. I have been on omeprazol for 18 years. I've also been on hydorchlorothiazide for about 5 years, drink lots of coffee and like to drink craft beer. I read the list of symptoms for magnesium deficiency and it sounded like a description of me. My kids and wife had told me that I had become intolerably irritable and I was constantly having muscle cramps and spasms. Also my fingernails were growing in all cracked, distorted and chipped. So I read all I could find on magnesium deficiency

including Dr. Sircus excellent book "Transdermal Magnesium Therapy" as well as Dr. Carolyn Dean's book, "The Magnesium Miracle." I started taking 400 mg of Doctor's Best High Absorption Magnesium a day and hosing myself down with Ancient Minerals Magnesium Oil once a day. Within a couple of days, all my cramps were all gone. I was much less irritable. I was actually calm, (makes me wonder how much of road rage can be attributed to magnesium deficiency?), and my fingernails started growing in normally. This was awesome! I've been doing this for 4 weeks and I feel great.

The only problem I've encountered is that if I go out and have a few beers, the next morning I wake up with all the irritable and anxious symptoms I had before. Why would this be. I couldn't imagine a few drinks washing out all the magnesium I've been pumping into myself for a month.

Any thoughts?

 |  • Reply • Share ›



Claudia French Mod > Rod • 2 years ago

Hi Rod,

Intake of alcohol causes rapid excretion of our body's magnesium in the urine. One or two drinks can cause a noticeable difference. Metabolism of alcohol is dependent on many magnesium dependent enzymes . The kidney excretes up to 260 % more magnesium within minutes of drinking alcohol. This is most likely why you feel as you do after taking a few drinks. Additional magnesium should be used to compensate.



Claudia French
IMVA

1  |  • Reply • Share ›



Rod > Claudia French • 2 years ago

Thank you Claudia. I will have to remember to spray the Magnesium Chloride twice a day if I am going to haf a few drinks.

 |  • Reply • Share ›



Raquel • 2 years ago

Dr, Sircus good morning, I have a question for you, I want to start with the magnesium chloride ,but i don't know how can I prepare it , how can I drink it, at what time you recommend me to drink it, in the morning before breakfast, at noon or at night , how many spoons for bottle, it should be keep in refrigerate , it rather keep in a dark bottle o transparent bottle, can I drink it for the rest of my life? or I have to stop in any moment, there are any edge to star or Anybody can drink it?

Thanks for your help doctor Sircus,

[◀](#) | [◻](#) • [Reply](#) • [Share](#) ›



LoveHealth • 2 years ago

Thanks for this article. I have found that magnesium taken internally and bathing in magnesium salts really helped me heal from a calcific shoulder in a much shorter period than what doctors estimated i.e. under 2months.

About

- [Books](#)
- [About Dr Sircus](#)
- [The Team](#)
- [The IMVA](#)
- [Consultations](#)
- [Support / FAQ](#)

Categories

- [Medicine](#)
- [Magnesium](#)
- [Sodium Bicarbonate \(Baking Soda\)](#)
- [Cancer](#)
- [World News](#)
- [Medical News Comentararies](#)

Find Me In

- [◻ Facebook](#)
- [◻ Twitter](#)
- [◻ YouTube](#)
- [◻ Google +](#)

[Log In](#)

[Affiliates Area](#)

LEGAL NOTICE: The Author specifically invokes the First Amendment rights of freedom of speech and of the press without prejudice. The information you will receive with our consultations is for informational purposes only under the rights guaranteed by the First Amendment of the Constitution for the United States of America, and should not in any way be used as a substitute for the advice of a physician or other licensed health care practitioner. The statements contained on my sites and in my books have not been evaluated by the FDA. The products discussed are not intended to diagnose, cure, prevent or treat any disease but are proven useful for health and life extension. We always recommend when and wherever possible that licensed local healthcare professionals be consulted.