

Instructions for Taking Magnesium
Lotus Homeopathy, Inc.
www.lotushomeopathy.com

Magnesium is one of the essential nutrients that everybody needs. Unfortunately, most of us don't get enough of it in our diets either. According to Healthline.com, some of the foods known to be high in magnesium are Dark Chocolate (what an excuse to overdose!), Avocados, Nuts—especially cashews, almonds and Brazil nuts; Legumes, Tofu, Seeds, Whole Grains, Some Fatty Fish such as Salmon, Bananas and Leafy Greens.

The Reference Daily Intake (RDI) of Magnesium is 400 mg. That is a lot of magnesium, especially considering that a medium sized avocado only provides 15% of the RDI for magnesium.

And, it's safe to say, that people also need varying amounts depending on their size and their level of anxiety, as anxious people often need more magnesium than those who don't experience anxiety.

Magnesium has recently been seen as a panacea for all our health problems. This is NOT true. But it is helpful and it is important.

So how do you know if you are getting enough?

Determining your Magnesium Needs

There are many forms of Magnesium out on the market. Some have a greater impact on your digestive system than others. Magnesium Citrate, for example, is used to clear out your intestines prior to a colonoscopy. So you probably don't want to be consuming that on a regular basis.

I personally have found that Magnesium Glycinate has the least impact on the digestive system. By impact, I mean, diarrhea. Too much Magnesium can give you diarrhea.

Most capsules of Magnesium are around 150-200 mg. So what you want to do it start with three capsules. One in the morning with breakfast and two at night, preferably an hour before bedtime. If you wake up in the morning with diarrhea, cut back the night time capsule to one. If you do not have diarrhea, add a capsule in the morning, so that you are taking four a day. You could also take one at breakfast, one at lunch and two an hour before bed time.

The goal is to reach what is referred to as Bowel Intolerance. That means that you develop diarrhea or really soft stools. When you reach that point, cut back on the Magnesium one capsule.

As you build up the magnesium in your body, you may be able to cut back some more. I have personally had that experience.

Other Things to Consider

If you already have loose stools or chronic diarrhea, it would be best to eliminate this step and schedule an appointment with Lotus Homeopathy.

There are magnesium creams available for these situations. The problem is that you never really know how much you are getting or how much is enough. Magnesium creams and gels can make you itchy, but that generally goes away once you have enough magnesium build up in the body. You can also put some plain lotion on the itchy spots about five minutes after you rub in the magnesium cream.

If you have chronic constipation, which is a common symptom in people who need a certain category of PTSD remedies, you may not see much difference in your bowels. If this is your situation, please make sure you are getting at least 400 mg a day and are feeling better.

Of course, taking Magnesium isn't going to take away your PTSD or CPTSD, but it may help calm you down and enable you to sleep just a little better. **The best way to heal from PTSD and CPTSD is to use homeopathy.** Schedule your appointment here:

<https://www.genbook.com/bookings/slot/reservation/30237101?bookingSourceId=1000>

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