Magnesium Deficiency May Be Closely Linked with Seizures

Alana McIntosh  November 30, 2016

Those who are having difficulties getting magnesium through food consumption may want to consider supplementation.

(Newswire.net -- November 30, 2016) Orlando, FL -- Magnesium is one of the minerals in which its importance in human health is often overlooked. Not many people even know that having low levels of this mineral inside the body may potentially cause detrimental effects. Magnesium deficiency may be closely linked with seizures. Seizures happen due to the occurrence of abnormal electrical activity in the brain. Magnesium deficiency is believed to be one of the causes of seizures.

There are certain medical conditions that can ruin the ability of the body to maintain magnesium balance, and this may lead to adverse effects. According to the University of Maryland Medical Center, magnesium deficiency is influenced by several factors, and one is the low daily intake of the mineral.

Individuals who suffer from intestinal illness usually experience vomiting or even diarrhea, which can reduce magnesium levels temporarily.

There are also gastrointestinal conditions like irritable bowel syndrome or other diseases such as hypothyroidism or diabetes that can cause magnesium deficiency. Those who consume too much alcohol, coffee, salt, or diuretics may also be more susceptible to being deficient.

Both MedlinePlus and the University of Maryland Medical Center reveal that there are many other symptoms of a magnesium deficiency aside from seizures. Individuals who are deficient may even be more susceptible to confusion, apathy, irritability, or anxiety.

There are different types of seizures, and they also have varying causes. Thus, it may be essential that consumers know exactly how they can avoid being magnesium deficient.

According to MedlinePlus, deficiency may be due to the use of certain pharmaceutical drugs or a head injury. Recurring seizures may indicate the occurrence of a brain disorder such as epilepsy. Individuals who suffer from seizures should seek medical attention immediately.

The MedlinePlus also reveals that adult men should get between 400 and 420 mg of magnesium on a daily basis. Women, on the other hand, should consume about 310 and 320 mg.

Magnesium can be obtained from a variety of food sources, such as bananas, green leafy vegetables, cashews, brown rice, and tofu. Those who are having difficulties getting magnesium through food consumption may want to consider supplementation.

The University of Maryland Medical Center also reveals that the recommended dietary allowance for magnesium should be increased for athletes, pregnant women, or individuals who are recovering from an illness.

Consumers may also turn to the use of magnesium oil spray, which is extremely popular today. This product has the potential to be beneficial since up to 60% of what is applied on the skin can be absorbed by the body.

(http://amazon.com/Pure-Magnesium-Oil-Spray-Transdermal/dp/B011T9TASI)

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PUREST VANTAGE

390 North Orange Avenue
Suite 2300-C
Orlando, FL 32801
United States
(407)-545-2097
media@purestvantage.com
http://www.purestvantage.com

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