

# Magnesium Could Multifunction to Relieve Anxiety and Stress

Alana McIntosh July 20, 2017



Purest Vantage Magnesium Oil with Aloe Vera

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([Newswire.net](http://Newswire.net) -- July 20, 2017) Orlando, FL -- The importance of magnesium for bodily function and health as well as human survival should not be overlooked. This mineral has been thought to be involved in hundreds of processes and functioning inside the body.

Further, magnesium has multifunctional ways to offer relief from anxiety and stress. It has even been popularized as “nature’s Valium” and “the original chill pill.”

While the importance of this mineral should not be taken for granted, it can’t be denied that 75 percent of the population is deficient. In developed countries, it has been found that magnesium is the second most common deficiency.

Over the past 50 years, the intake of magnesium has plummeted as the rates of anxiety increased. This, according to some experts, may not be a coincidence.

It has been believed that there is a strong correlation between anxiety and magnesium. According to researchers, magnesium counters stress by stimulating and binding to GABA receptors in the brain.

It is important to understand that the gamma-aminobutyric acid (GABA) is called a primary inhibitory neurotransmitter that places brakes on brain activity. It becomes difficult for the brain to relax when GABA is low.

Individuals who are disorganized, easily overwhelmed, anxious, and staying awake with racing thoughts are more likely to have low levels of GABA. It is further worth mentioning that low GABA levels have been associated with conditions like panic attacks, anxiety disorders, and irritable bowel syndrome.

This miracle mineral also works in fighting stress and anxiety by reducing stress hormones. It restricts the release of stress hormones as well as acts as a filter to block them from entering the brain. According to researchers, excess levels of cortisol contribute to anxiety, memory loss, depression, brain fog, and other mental disorders.

Dr. Carolyn Dean, author of the perennial bestseller called *The Magnesium Miracle*, reveals that deficiency in magnesium could be a major contributor to panic attacks and anxiety.

This miracle mineral also has anti-anxiety and anti-inflammatory properties. It is worth remembering that inflammation in the brain has been associated with depression, anxiety, and memory loss.

There are many other ways that magnesium fights stress and anxiety. It could eliminate heavy metals, which could accumulate in the brain and lead to the development of neurological disorders.

Aside from eating magnesium-rich foods and taking supplements, it would also be wise to take into account the use of Magnesium Oil Spray with Aloe Vera. This product could efficiently deliver abundant levels of magnesium via the skin.

([amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I](http://amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I))

## About PUREST VANTAGE

Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

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