Magnesium has been found to have beneficial effects on insulin resistance. This mineral is widely studied by experts and has been found to be useful for improving overall health.

In a study, it was found that overweight participants with insulin resistance achieved reduced fasting blood sugar levels. There was a placebo group and also a group treated with 365 mg of magnesium on a daily basis. The improvements were seen in the individuals who were treated with magnesium for six months. Further, it has also been observed that the treatment group had less insulin resistance than the control group.

According to some experts, insulin resistance takes place when the body is unable to properly use insulin. This leads to an increase in blood sugar levels. It is important to understand that insulin resistance is considered a precursor to type 2 diabetes. It could also be a risk factor in other chronic conditions.

Magnesium utilizes a mechanism that allows it to control glucose and insulin homeostasis. This mechanism involves two genes that are responsible for magnesium homeostasis. This mineral is needed for activating tyrosine kinase, which is an enzyme that works as an on or off switch in a variety of cellular functions.

Further, it is also required in the proper functioning of the insulin receptors. Individuals with insulin resistance may also suffer from increased magnesium secretion in their urine. This has been found to significantly contribute to the reduction of magnesium levels in the body.

Some experts also suggest that this type of magnesium loss seems to be only secondary to increased urinary glucose, which heightens urinary output. Inadequate intake of magnesium has been speculated to prompt a vicious cycle of reduced magnesium levels as well as elevated insulin and glucose levels. It has further been found to promote excess magnesium excretion.

Individuals who want to increase their immunity against Type 2 diabetes are actually advised to nourish their bodies with the right amounts of magnesium. Unfortunately, it has actually been found that up to 80 percent of the American population isn’t getting adequate amounts of magnesium. They may even be deficient.

Foods and supplements are considered to be excellent sources of this mineral. However, consumers may also take into account the use of Purest Vantage Magnesium Oil Spray, which continues to win the hearts of many international consumers.

This amazing formula is carefully crafted to deliver the therapeutic goodness of magnesium.

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

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.
Source: http://newswire.net/newsroom/pr/00103008-magnesium-found-to-have-beneficial-effects-on-insulin-resistance.html