

What burns our Magnesium?

"The Magnesium Burn Rate"

Below is a list of our top 20 lifestyle and environmental factors that can be depleting your magnesium levels. After working with and hearing from hundreds of clients/customers, we thought to share our insight on how else you can overcome whatever magnesium deficiency symptom you are experiencing.

1. Any form of excessive sweating can cause magnesium loss.
2. Alcohol causes magnesium depletion due to its diuretic effect.
3. Antacids (like tums & alka-seltzer) counteract stomach acid, decreasing magnesium absorption.
4. Acid rain draws calcium and magnesium out of the soil because it's high in nitric acid.
5. Caffeine causes magnesium depletion because of its diuretic effect. It also stimulates the adrenal glands, causing adrenaline surges and magnesium loss.
6. Most drugs cause magnesium depletion and is very true for drugs containing fluorine atoms.
7. Most fertilizers used on commercial agriculture farms and plants are high in phosphorus, potassium, and nitrogen (NPK). Excess potassium and phosphorus are preferentially absorbed into plants (and what animals eat) inhibiting magnesium absorption.
8. Processed food and over cooking decreases magnesium in foods.
9. Herbicides such as Roundup bind with magnesium making it unavailable for plants to utilize for decades.
10. Pesticides that can be found even on "organic" food kills worms and bacteria
11. Taking calcium supplements and multivitamins depletes magnesium stores
12. Meat from animals that have been given shots, antibiotics and eat magnesium-depleted food is low in magnesium.
13. Oxalic & Phytic acid (found in rhubarb, spinach, chard, cereal grains, and soy) block absorption of magnesium.
14. Low potassium levels can increase urinary magnesium loss.
15. Junk foods, especially in added sugar products, drain magnesium.
16. Soil erosion makes it easier for heavy rain or irrigation to wash away soil, leading to a loss of minerals, including magnesium.
17. A physical stress from an injury, surgery, or poor posture, deplete the body of magnesium.
18. Mental and emotional stressors from a loss of job, breakup, financial troubles, etc can create magnesium deficiency.
19. Tannins in tea bind and remove minerals, including magnesium.
20. Being around environmental stressors (artificial blue light, non-native EMF's, toxic deodorants, bodywashes, candles, perfumes, cleaning products, detergents, polyesters, etc) all deplete the body of magnesium.

21. Stomach acid due to stress results in decreased absorption of magnesium.

Check out the world's most natural and purest form of magnesium on the planet at www.mitigatestress.com. Our upgraded magnesium bicarbonate formula is live, now with icelandic sea salt. Use code: **NEW20** @ checkout for 20% off.