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Magnesium in Human Health and Disease (Nutrition and Health)

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Magnesium is an essential mineral which is required for growth and survival of humans. Since magnesium is a mineral and not synthesizable it must be obtained through dietary foods and/or supplements. *Magnesium in Human Health and Disease* reviews the benefits of magnesium supplementation to reach recommended intakes as well as provides new research that suggests how reaching levels above the recommended intakes can promote health and treat various diseases. Magnesium deficiency can cause low serum potassium and calcium levels, retention of sodium, and low circulating levels of regulatory hormones. These changes in nutrients cause neurological and muscular symptoms such as tremor and muscle spasms. Further magnesium deficiency causes loss of appetite, nausea, vomiting, personality changes and death from heart failure. Causes of magnesium deficiency include alcohol abuse, poorly controlled diabetes, excessive or chronic vomiting and/or diarrhea. Thus the effects of inadequate and deficient intakes or levels of magnesium is critical to health and are reviewed by the expert clinicians in this book. *Magnesium in Human Health and Disease* provides the most current research to support the potential benefits or lack thereof for normal and high supplementation with magnesium. Animal model research and early human trials are reviewed to document other disease states such as hypertension, cholesterol level, type 2 diabetes and cardiovascular disease that would benefit from increased magnesium.

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