

Alternative Medicine: Important Mineral Found to Reduce Risk of Diabetes by 10 to 34 percent.

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Study finds that adequate amounts of magnesium could reduce the risk of diabetes by 10 to 34 percent.

In a review of three studies of over 85,000 women and 42,000 men, individuals who consumed the most magnesium lowered their risk of developing diabetes more than 30 percent during the next 12 to 18 years compared to those who consumed the least amount. The studies suggest that magnesium influences the action of insulin in the body. A lack of magnesium may worsen insulin resistance, triggering the onset of diabetes. The current RDA for magnesium is 310-320 milligrams (mg) for adult women, and 400-420 mg for adult men. Average intake among Americans tends to lag about 100 mg below these recommended levels. Those most likely to have low blood levels include the elderly and those who take diuretic medications, which increase the excretion of magnesium. The best food sources of magnesium are green leafy vegetables, whole grains, nuts and dried beans.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151