

Alternative Health: Unique Magnesium Found to Reverse Brain Aging

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In a peer reviewed human study, a magnesium compound has been shown to reverse markers of brain aging by as much as 14 years!

This finding by Massachusetts Institute of Technology (MIT) researchers shows that the unique magnesium-L-threonate concentrates in the brain to rebuild neuronal connections and youthful brain plasticity.

Scientists have shown that magnesium plays an essential role in supporting brain plasticity.

Brain plasticity is the sign of a youthful, flexible brain primed for optimal learning, memory, and cognitive function in a rat animal model.

A medical study showed raising brain magnesium levels has been proven to restore important brain plasticity thereby leading to improved cognitive function.

Scientists at MIT developed and tested a special compound called magnesium-L-threonate and found it boosted brain magnesium levels by an approximately 15%.

These scientists found a novel way of overcoming the problem of getting magnesium loaded into the brain due to poor absorption via using magnesium-L-threonate.

Compared to other various forms of magnesium, they found that magnesium-L-threonate had the highest brain magnesium-loading ability and has been shown to cross the blood-brain barrier readily and coincide with improvements in cognitive function.

In conclusion, studies show that magnesium-L-threonate improves brain plasticity, leading to significant improvements in memory, learning, and control of emotions.

Dr. Badanek has been and currently is 42 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