

The Natural Medicine View on the Vitamin D – Magnesium Connection

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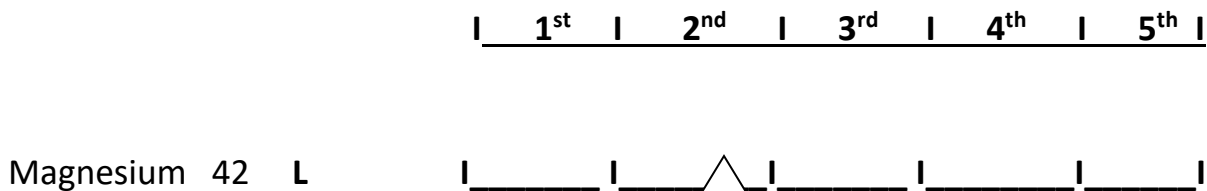
After consulting with hundreds of patients, I am seeing a scary pattern that I want to bring to your attention.

The concern is the combination of rock bottom intracellular magnesium “and” low vitamin D levels.

It is important to know that if you have a low vitamin D level in spite of taking it, a magnesium deficiency can be one of the reasons you can’t correct it.

Magnesium levels in the first quintile (lower 20% of reference range) or below that, could make you a victim of a fatal heart attack.

The following represents the quintile ranking. You want to see your intracellular magnesium in the 5th quintile



In addition to increasing your intracellular magnesium levels to the 5th quintile, I recommend working on increasing your vitamin D levels to 75 - 100 mol/L or more.

Don’t accept a level of less than 60 mol/L. It is simply insufficient to support good health. The most current medical literature has shown that 5000IU per day is safe. You can even go as high as 10,000 IU to 20,000IU.

It is sad to see that many physicians are still recommending 400IU per day. This is out-dated information. This level is only for preventing a disease called rickets.

Much higher levels of vitamin D are needed for prevention and healing diseases such as diabetes, coronary disease, osteoporosis, depression, recurrent infections, dental problems and cancers.

So the take away is make sure you have your physician test your intracellular magnesium levels in conjunction with vitamin D levels.

Additionally, to activate vitamin D in the body you need to produce a catalyst/activator of vitamin D3 which is known as GCMAF. You produce this product daily; however, certain substances destroy GCMAF production.

By the way, I mean intracellular NOT serum magnesium. This is commonly ordered on a basic blood test (Red Blood Cell Analysis)

Our office can and will check your magnesium levels and vitamin D levels to insure proper absorption and utilization. Make sure your magnesium levels and other essential minerals should always be checked by Red Blood Cell analysis to insure proper intracellular levels of the elements. All other forms of diagnostic testing will not give a true and accurate reading.

Dr. Badanek has been and currently is 37 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