Fruits and Vegetables HIGH in MAGNESIUM

1. Magnesium may reverse osteoporosis
Magnesium deficiency alters calcium metabolism and the hormones that regulate calcium, resulting in osteoporosis.

2. Magnesium prevents cardiovascular diseases
Sufficient magnesium intake may reduce the chance of having a stroke. Magnesium deficiency increases the risk of abnormal heart rhythms.

3. Magnesium helps regulate high blood pressure
Magnesium plays a key role in regulating blood pressure naturally.

4. Magnesium can help with diabetes
Magnesium aids in carbohydrate metabolism and influences the release of insulin, controlling blood glucose levels. It has been proven that for every 100 milligrams of increase in magnesium daily intake, there was a 15 percent decrease in the risk of developing type-2 diabetes.

5. Magnesium treats many disorders: Magnesium has been used to treat migraines, insomnia, and symptoms of depression. Magnesium is also known to help severe forms of psychiatric dysfunctions including panic attacks, stress and anxiety.

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