



Women's Health Library

Fight Fatigue & Low Energy with Magnesium



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on [Our Store](#):

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Fatigued and no energy. That was Kelly's story.

Sidelined by crushing fatigue, she felt like she had fallen into a hole and couldn't climb out. After the birth of her fourth child at age 39, her fatigue was relentless. She felt as though she was holding on by her fingernails.

The summer heat really took its toll on her – even crossing a parking lot in the hot sun became a challenge that left her feeling drained. Getting extra rest didn't seem to help. She was still wiped out even after sleeping for 10 hours. And although she tried to eat a healthy diet loaded with plenty of fresh fruit and veggies, she still had zero energy. But it was more than just fatigue. She also experienced frequent headaches and muscle pain and had trouble concentrating, which made managing her family difficult.

She reached out to doctors, but all she received in return were speeches on how she was a typical overstressed mother. One doctor said, "With four boys under the age of 11, what do you expect?" Each symptom brought another specialist and another prescription.

Nothing gave her relief until one day she stumbled across a newsletter article about magnesium. The symptoms she read about were just like her own - they even got worse in the hot environment or when sweating like hers did. She read on to learn that the remedy could be as simple as taking minerals, particularly magnesium. She wanted to learn more and contacted the author of the article, a doctor who assured her that it was very possible that she was lacking in magnesium. The doctor went on to explain that farm soils often become depleted of magnesium. So even on her healthy diet, she could be missing the crucial mineral that fuels more than 150 enzyme systems in the body. She also mentioned that stress and sweating could diminish the body's stores of the nutrient even further.

The doctor recommended that she take a supplement with magnesium and potassium. Within just one week her energy soared, her foggiess and headaches became virtually nonexistent!

Could a Magnesium Deficiency be Stealing your Energy?

If you suffer from fatigue, stress and two or more of the symptoms listed below, your body's magnesium stores may be chronically low. If you are of peri-menopause and/or menopausal age, this deficiency could be making your symptoms even worse.

Headaches, migraines, jaw pain, brain fog, difficulty concentrating, racing thoughts, constipation, bloating, insomnia, high blood sugar, severe PMS, menstrual cramps or menopausal symptoms, urinary incontinence, bladder pain, body-wide muscle and joint aches, Fibromyalgia, and restless muscles.

According to Carolyn Dean, M.D., N.D., author of *The Magnesium Miracle*, your best bet is to supplement with a product that offers a 3 to 1 ratio of magnesium citrate or aspartate with potassium.

Freedom from Menopause goes one better: Our **Cal-Mag-Zinc** mineral supplement has several benefits. It is a great tasting liquid and has all the calcium and Vitamin D your body requires to prevent osteoporosis along with the right amount of Magnesium and Potassium to support bone, joint, nerve and women's health issues.