

### The Power of Magnesium

Magnesium is an important mineral for our body and brain to stay healthy. It is involved in the regulation of muscle and nerve function, blood sugar levels and blood pressure. It is also important in the processes of making proteins, bone, and DNA, as well as supporting the body's immune system. Magnesium also helps to convert food into energy.

Having healthy amounts of magnesium in our system is thought to be linked with the prevention or treatment of conditions such as Alzheimer's disease, type 2 diabetes, cardiovascular disease and migraines.

Adequate amounts of magnesium is also thought to reduce the risk of osteoporosis in females after menopause by regulating calcium and vitamin D levels, and improving bone formation and bone density.

There is evidence that magnesium helps bring blood pressure levels down in those who have elevated levels but has no effect on those who are normal. Evidence shows it can reduce inflammation levels with those suffering chronic inflammation, reduce blood sugar levels, insulin and triglyceride levels in those whose levels are high and have low magnesium levels.

For ladies with pre-menstrual tension magnesium supplements have also been shown to reduce the water retention and improve mood for many.

Deficiencies in magnesium are not uncommon in the general population including those who appear otherwise healthy. The recommended daily intake is 400-420mg for men, and 310-320mg for women a day. To get a healthy amount in our diet the addition of magnesium rich foods such as almonds, spinach, pumpkin seeds, dark chocolate (70-85% cocoa) or cashew nuts is often needed. Even with these additions many often need a supplement to have adequate amounts in their body. Magnesium Citrate is easily absorbed through the stomach and so is very effective. The centre sells a good quality version for those needing one.

### Latest news from the centre

#### Children's Backpacks

With the back to school starting this month, we always like to remind you about getting your children's posture checked out. With backpacks getting bigger and heavier, its common to see bags hung on one shoulder causing terrible twisting of children's spines. Don't leave it until too late when the pain begins, go on our website, and book a free spinal screening place and request a posture check for your child.



#### Team Changes



Sadly during August we said goodbye to our fantastic Osteomyologist Johnny who moved on to pastures new. He was loved by clients and team alike and will be missed in the centre. However, the centre has very exciting plans on the horizon starting with David joining our Osteomyology team shortly and other amazing new team members joining us soon as we continue to raise our game in supporting our fantastic community

#### Getting Started Workshop LIVE

Last month saw us trial the first of our live workshops having been forced to go virtual during all the covid lockdowns. Our workshops are aimed at all our clients in early stages of care and are covered by the cost of the new client appointment. They help you learn how to get the most from your care, get better quicker and stay well for longer. Live workshops are currently held the first Thursday of each month at 1:30pm. Places are limited so reserve a place if you have not already attended.



**VOUCHER**

### **FAMILY REFERRAL VOUCHER**

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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