Diseases and Conditions
Associated with Magnesium Deficiency

A warning about calcium supplementation!
Calcium and magnesium (from all sources) should be consumed in a ratio no greater than 2 calcium to 1 magnesium; it may be desirable to take calcium and magnesium in a 1:1 ratio.

Taking calcium supplements without taking magnesium will induce a magnesium deficiency.

Restated - supplementing with calcium without adding magnesium in the proper ratio will induce a magnesium deficiency and put you at risk for the following:

- ADHD
- Agoraphobia
- Angina (see also vasospastic angina)
- Anxiety
- Arrhythmia
- Arthritis
- Asthma
- Atrial Fibrillation
- Autism
- Bizarre facial or eye movements or twitching
- Blood Clots
- Body odor
- Bruxism
- Cardiomyopathy
- Cerebral Palsy
- CFS (Chronic Fatigue Syndrome)
- Chest tightness or sighing
- Constipation
- Convulsions
- Coprolalia, copropraxia
- Cravings for carbohydrates
- Cravings for chocolate
- Cravings for salt
- Delirium tremens
- Depression
- Dental caries (cavities)
- Diabetes (Type 2)
- Difficulty swallowing
- Dyslipidemia (irregular cholesterol and blood fats)
- Eczema
- Eclampsia
- Elevated serum phosphorus
- Eosinophilia
- Epilepsy
- Fibromyalgia
- Hallucinations
- Hangover
- Hearing loss, ringing in ear
- Heart palpitations
- Hiccups (chronic)
- Hyperactivity, restlessness, constant movement
- Hyperlipidemia (high cholesterol and blood fats)
- Hypertension (high blood pressure)
- Hypocalcemia
- Insomnia
- Insulin Resistance (Type 2 Diabetes)
- Irritability
- Kidney stones
- Low serum calcium or low serum potassium that cannot be corrected with supplements
- Meniere’s syndrome
- Menstrual cramps
- Metabolic Syndrome X (Type 2 Diabetes, etc.)
- Migraine, headaches
- Mitral valve prolapse
- Muscle cramps
- Muscle soreness
- Muscle tension
- Muscle tetany
- Muscle twitches
- Neuralgia
- Numbness
- Osteoporosis
- Panic attacks
- Pituitary problems
- PMS
- Preeclampsia
- Pre term labor
- Pseudo senility
- Restless leg syndrome
- Sensitivity to bright lights in the absence of eye disease
- Spontaneous abortion, miscarriage, low birth weight
- “Startle” response: sensitivity to loud noise
- Stroke
- Subluxations
- Sudden Death
- Temporomandibular joint dysfunction
- Tetany
- Tingling
- Tinnitus
- Torsade de Pointes
- Tourette’s syndrome
- Tremors
- Urinary spasms
- Vasospastic angina (chest pain due to spasm, rather than blockage of coronary arteries)
- Vitamin D resistance