



Dr Georges MOUTON MD

Functional Medicine

QUOTE GM #11

2017-06-17

Title

Created

## EVIDENCE OF STRESS REDUCTION BY MAGNESIUM INTAKE

MMW Fortschr Med. 2016 Dec;158(Suppl 6):12-16. Epub 2016 Dec 8.

**[Long-term HRV analysis shows stress reduction by magnesium intake].**

[Article in German]

Wienecke E<sup>1</sup>, Nolden C<sup>2</sup>.

### Author information

- 1 Stiftung für Mikronährstoffe Prävention, Gesundheit, Lebensqualität gem. GmbH, Gausekampweg 2, 33790, Halle/Westfalen, Deutschland. stiftungmikronaehrstoffe@t-online.de.
- 2 SALUTO Gesellschaft für Sport und Gesundheit mbH, Halle/Westfalen, Deutschland.

**“BACKGROUND:** Mental pressure and stress represent an ever-increasing socio-political challenge. The heart rate variability (HRV) measurement, which has its origin in the cardiac function diagnosis, gives information on the neurovegetative activity. A low HRV shows an imbalance of the sympathetic and parasympathetic efferents and thus is an indicator of stress.

**CONCLUSIONS:** The results of this study point out that persons with mental and physical stress can benefit from a daily intake of magnesium. This might lead to an improved physiological regulation of the sympathetic and parasympathetic efferents and, furthermore, prevent magnesium deficiency and diseases such as, for example, restlessness, irritability, lack of concentration, sleep disorder or depression.”