



Miracle of Magnesium

Sodium receives so much attention in the athletic world when, in my opinion, ALL of the minerals are really important for athletes. If you pick up a bottle of Thermolytes you'll see that, in addition to sodium, you're also getting the minerals magnesium, calcium, zinc, potassium and selenium. So how do these minerals help? Over the coming weeks I'll go into more details on each mineral and why it might be important for athletes. Since magnesium is found in high doses in chocolate (my favourite food...ahem...in small doses of course) and since it has started to receive more attention lately I thought it would be a good place to start!

SO WHAT DOES MAGNESIUM DO?

- Magnesium helps to relax muscles (so may play a role in muscle spasms)
- Magnesium helps to transmit nerve signals
- Magnesium produces and transports energy
- Magnesium is necessary for the synthesis of protein
- Magnesium helps enzymes with chemical reactions in the body, including temperature regulation
- Magnesium also has gentle laxative properties so can help relieve constipation

So you can see why it's important for athletes!

WHERE DO I FIND IT?

Leading sources of magnesium include:

- Spinach
- Almonds
- Quinoa
- Amaranth
- Chocolate
- Pumpkin seeds
- Oysters
- Brazil nuts
- Buckwheat
- Barley
- Avocados

SUGGESTIONS TO EAT MORE OF THESE FOODS?

- **Spinach** in salads or as a side-dish
- **Almonds** as a snack, in a salad, as a 'breading' for fish/tofu, almond butter
- **Quinoa** (also high in protein) for dinner, in a salad
- **Amaranth** can be used in breads, cookies or as a grain for dinner



- **Chocolate** – do I need to make a suggestion?!
- **Pumpkin seeds** are great in salads, as a snack
- **Oysters** – I'm open to creative suggestions on this one!
- **Brazil nuts** (also high in mineral selenium) as a snack, in a salad
- **Buckwheat** as a grain for dinner (also **kasha**)
- **Barley** as a grain or in cookies, breads barely flour can be used
- **Avocados** in guacamole (just go easy on the margaritas!), in sandwiches, salads, used as a 'butter' spread

If you would like to contact Mel for a health consultation or for more details on the programs she offers she can be reached at mel@melanieashmore.com. Happy Eating!