



the better nutrition magnesium evaluation

When the body feels stress, it shifts into "Fight or Flight" mode, reprioritizing your needs. This means that its normal workload – things like digestion, absorption, elimination, assessment, metabolism – take a back seat to its "fight or flight" efforts. And today, this happens a lot more than you may be aware of because stress, by the body's definition, is not just the bad stuff. The body reacts to all your good stress this exact same way too! Thus, the expression "Life Happens" could really be "Stress Happens" and you need to help your body manage that stress better.

To help your body manage stress better, more often, you need enough magnesium in your cells. Magnesium plays an essential stress management role. When stress happens, calcium enters the cell. Magnesium needs to be there to push calcium back out, thereby turning off the stress response and enabling relaxation.

Who isn't getting enough magnesium? Most of us. >70% of US adults currently do not meet the recommended daily allowance (RDA) for magnesium. That's not better! Food preferences, intolerances, processing, soil health and intake of other nutrients are just some of the reasons when magnesium intake is too low.

Are you giving your body enough magnesium daily? Take this quiz to find out.

Section A:

How often are you getting magnesium in from food?

ALWAYS | **SOMETIMES** | **NEVER**
 >5 days/wk | 2-4 days/wk | < 1x/wk

	ALWAYS >5 days/wk	SOMETIMES 2-4 days/wk	NEVER < 1x/wk
Nuts / Seeds Cashews: 3 Tbsp; Almonds: 2 Tbsp; Peanuts: ½ cup; Hemp seeds: 1 Tbsp; Pumpkin seeds: ½ cup; Sesame seeds: 3 Tbsp; Sunflower seeds: ¾ cup; Cacao nibs/powder: 4 tbsps; Dark chocolate (>65%): 2 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Greens Spinach: ¾ cup cooked; Swiss Chard, Beet, Turnip Greens: 3 cups cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole grains Oatmeal: 1 ½ cups, cooked; Brown Rice: 1 cup cooked; Quinoa: 1 cup cooked; Buckwheat: 1 cup cooked; Millet, 1 cup cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans / Legumes Kidney: ½ cup; Pinto: ½ cup; Black: ½ cup; Navy: 1 cup; Lima: 1 cup; Tempeh: 1 cup; Edamame: 1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How much magnesium are you eating & drinking daily?

(Each serving is ~100 mg magnesium or read label)

Servings (most days)
 1 serving | 2 servings | 3 servings
 (note: you can check more than 1 box for 4, 5, 6 servings)

	1 serving	2 servings	3 servings
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Beans / Legumes Kidney: ½ cup; Pinto: ½ cup; Black: ½ cup; Navy: 1 cup; Lima: 1 cup; Tempeh: 1 cup; Edamame: 1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section B:

Do you drink these beverages and / or take these supplements?

	ALWAYS >5 days/wk	SOMETIMES 2-4 days/wk	NEVER < 1x wk
Coffee (> 8 oz, or 1 shot espresso)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeinated green, black, oolong tea (> 16 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soda or diet soda (any)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, yogurt, cottage cheese, ricotta, dairy kefir (>6 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Juice or Non-dairy milk fortified with calcium (>8 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium > 50 mg/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium oxide - any	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your magnesium servings - What is your daily total?

_____ mg

[Ex. each serving is ~100mg so if you marked 1 for 4 boxes your total is 400 mg]

+

Read the labels and note your daily magnesium total from ALL supplements (remember to look at protein powders, fiber supplements etc)

What is your daily supplemental magnesium intake?

_____ mg

=

Add these two totals
How much magnesium are you currently taking in most days?

_____ mg



Section C:

Tell us a little about yourself:

YES | NO

Do you feel...?	YES	NO
Backed Up - Constipated or bloated	<input type="checkbox"/>	<input type="checkbox"/>
Exhausted - You have trouble getting to sleep or staying asleep, & never feel really rested	<input type="checkbox"/>	<input type="checkbox"/>
Achy - head, shoulders, muscles, joints	<input type="checkbox"/>	<input type="checkbox"/>
Cranky Pants - PMS or Peri/Menopausal	<input type="checkbox"/>	<input type="checkbox"/>
Sick - heart and/or auto-immune disease, diabetes, GERD or high blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
Recovering - local or full anesthesia surgery, modified or inactive from an injury, post-natal (gave birth in the last 6 months)	<input type="checkbox"/>	<input type="checkbox"/>
Depressed - Taking supplements, medications or working with a practitioner to address	<input type="checkbox"/>	<input type="checkbox"/>
Stressed - on a scale of 1-10 with 1 being cucumber cool & 10 being hot red pepper you are a 9-12	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a history of kidney stones?	<input type="checkbox"/>	<input type="checkbox"/>

YES | NO

Does your activity include:	YES	NO
Sitting in-place for more than 2 hours at a time > 1 week	<input type="checkbox"/>	<input type="checkbox"/>
Bodyweight bearing exercise (like yoga) > 1 week	<input type="checkbox"/>	<input type="checkbox"/>
Lift weights >1 week	<input type="checkbox"/>	<input type="checkbox"/>
Airplane travel > 1 flight / month	<input type="checkbox"/>	<input type="checkbox"/>



What do your answers tell you and your practitioner about your current nutrition?

In section (A): Where do you get your magnesium and how often?

As with any other nutrient, it's not only important to get enough magnesium, but important to get it from a variety of sources.

ALWAYS: You are likely already doing a better job of getting in enough magnesium from foods. Awesome! Review your answers for the next sections to see if your other choices or lifestyle means you need to adjust your supplement plan.

SOMETIMES: You are doing well, but you could do better with your magnesium food intake or look to balance it with a better supplement. Checkout the **Better Magnesium Menu** for more ideas as well as review the answers for the sections below.

NEVER: You should try adding some of these magnesium-rich foods more often. The **Better Magnesium Menu** can help.

For sometimes and never answers, you may benefit from adding magnesium as a supplement.

Are you meeting your personal magnesium needs daily?

Each serving is about 100 mg and most adults need about 400 mg daily. So when you review your intake answers, see if you are getting in a minimum four servings from one of these ways (1) four servings of the same food, (2) one serving of four foods, (3) some combination that gets you to at least four servings of these foods.

In section (B):

ALWAYS & SOMETIMES: Your other foods, beverages and supplemental nutrition make it important for you to get in enough magnesium (or a better form of magnesium), both to counteract calcium and also to help the body relax better.

- Calcium is what helps muscles contract and also produces the stress response (known as "fight or flight" it is really important for our body to run better). Calcium works in opposition to magnesium. The foods and beverages noted here are typically good or excellent sources of calcium (quantity, not necessarily quality) so if you are consuming them it is extra important to evaluate your calcium using The **Better Calcium Evaluation** as well as work to balance them with magnesium rich foods like those in this evaluation. Likewise, if you take a calcium supplement you will want to make sure that you are getting a better balance of calcium and magnesium more often (from foods, beverages, and supplements).
- Not all magnesium supplements are created equal. There are many different forms to choose from, but most of us don't absorb magnesium oxide as well as other sources, so discuss your magnesium supplement options with your practitioner.
- Caffeine can be great for us, but as a stimulant it can also produce tension throughout the body. Use the **Better Caffeine Evaluation** to help assess if your intake is better or needs attention, but if you consume it, it is important that you do better on your magnesium intake to help turn off that tension.

NEVER: Your other food, beverage and supplement choices don't indicate a need for more magnesium, but you may want to use The **Better Calcium Evaluation** as well to assess your needs and intake of this key mineral too.

In section (C):

YES: to one or more of the questions: What you do impacts the need for your nutrition to help your body recover better. Likewise, how you are feeling and what you are dealing with health-wise will provide information that may indicate your magnesium intake isn't where it needs to be to help you feel better.

- If you answered YES to feeling depressed and are not currently working with a professional, we encourage you to reach out to your doctor for a referral or to call 911 if you are having thoughts about harming yourself.
- Because magnesium works in our cells to turn off the stress response it plays a major role in our better health. If you've answered yes, to any of the health questions you should discuss your total magnesium intake with a practitioner or request a consult with a better nutrition provider.
- Activity is great for us but especially when we kick it into high gear or fly high into the skies we can make it harder on the body to relax. Your answers here may indicate that you will benefit from magnesium (foods, supplements, or skin and bath products) at strategic times to help your body feel and run better.
- Sometimes a nutrient isn't the better option or what's needed to help with stress or PMS or depression or to help you feel better. We love journaling as well as doing breath work and meditation to help signal the body that it should STRESS LESS. One better breathing technique is the 4-7-8 where you breathe in through your nose for a 4 count, hold it for 7 count, then exhale for an 8 count. Try 10 cycles of 4-7-8 and see how you feel!
- If you have a history of kidney stones, make sure to discuss with your practitioner.

NO: to all of these questions: We love that you are feeling good! Nothing about your activity and health indicate a need for increased magnesium intake. But quick question, how come you aren't lifting weights or doing body-weight bearing exercise? As we age, the body needs extra attention and effort to build and retain lean body mass. Plus, your muscles support your body to help prevent falls as well as maintain posture and protect bones. Get after it!

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