



Role of Magnesium Deficiency in Behavioral and Emotional Problems

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DESCRIPTION

Magnesium deficiency in children is a condition where the body lacks the required amount of magnesium, which is an essential mineral needed for over 300 different chemical reactions in the body. Up to 75% of the population, including children may be deficient in magnesium due to poor diet, stress, and intensive exercise. Common symptoms of magnesium deficiency in children include poor sleep, constipation, irritability, cramps, anxiety about school or other activities, and even learning disabilities and asthma. Magnesium can be found in nuts, seeds, vegetables, and oatmeal, but it is challenging to meet the daily recommended intake of magnesium through diet alone. Therefore, supplements such as Organic Magnesium Ultra and Opti-Mag powder are recommended to address magnesium deficiencies.

The most common causes of magnesium deficiency include chronic diarrhea, kidney disorders, excessive sweating, low intake of magnesium, and movement of magnesium from extracellular fluid into less accessible locations. Additionally, hypomagnesemia can be caused by certain health conditions such as alcohol use disorder, poorly managed diabetes, and those in the hospital or ICU. The symptoms of magnesium deficiency may include nausea, vomiting, fatigue, muscle cramps, abnormal heart rhythm, and seizures. Magnesium deficiency may increase the risk of heart arrhythmia and muscle cramps. Furthermore, magnesium deficiency may worsen insulin resistance, which is a condition that often develops before type 2 diabetes. Adequate magnesium intake is linked to healthy bone formation, improved bone crystal formation, low risk of osteoporosis in women after menopause, glucose control, insulin metabolism, and management of type 2 diabetes. Magnesium depletion can be associated with a number of chronic diseases, including diabetes, hypertension, coronary heart disease, and osteoporosis. Magnesium is also important for heart health, as magnesium deficiency can increase a person's risk of cardiovascular problems. Increasing magnesium intake may lower the risk of stroke, and magnesium supplements are sometimes used to reduce arrhythmia risk in congestive heart failure treatment.

Overall, magnesium deficiency can lead to significant health problems and should be addressed through proper diet and, if necessary, supplements.

Chronic magnesium deficiency can have severe consequences for children, as it can cause poor sleep, constipation, irritability, anxiety about school or other activities, and even learning disabilities and asthma. Hypomagnesemia can result in hypocalcemia or hypokalemia, which is low serum calcium or potassium levels, because mineral balance is disrupted. Magnesium deficiency can also lead to muscle twitches, tremors, and cramps, as well as muscle weakness and fatigue. Additionally, magnesium deficiency has been linked to osteoporosis, bone fractures, and low bone density. The best sources of magnesium are green leafy vegetables, legumes, nuts, seeds, and whole grains. However, it can be challenging to meet the daily recommended intake of magnesium through diet alone. Therefore, supplements such as Organic Magnesium Ultra and Opti-Mag powder are recommended to address magnesium deficiencies. The symptoms of low magnesium can vary, and it is essential to consult a healthcare professional if you suspect you have a magnesium deficiency or are experiencing any of the symptoms mentioned above.

CONCLUSION

Magnesium deficiency symptoms in females can include menstrual cramps, Premenstrual Syndrome (PMS), and hormonal imbalances. Magnesium is essential for regulating estrogen, progesterone, and other hormones that are crucial for female reproductive health. Additionally, magnesium deficiency can lead to osteoporosis, which is more common in postmenopausal women due to the loss of estrogen. It also supports the immune system, and low levels have been linked to increased inflammation, which can worsen conditions like endometriosis and Polycystic Ovary Syndrome (PCOS). Common symptoms of magnesium deficiency in females include fatigue, muscle weakness, mood swings, anxiety, and depression. Foods high in magnesium include leafy greens, nuts, seeds, whole grains, and dark chocolate. It may be recommended for

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the women who are not taking their diet daily, but it is important to consult a healthcare professional before taking any supplements.