



Magnesium to Minimize Stroke Risk

By Morning: Spirit: Wolf-D.R.M.

***Taking 100 mg
magnesium per day
decreases risk of
common stroke by 9%***

Also known as cerebro-vascular accident, stroke is a

*condition caused by a lack of blood supply to the brain or by hemorrhage (bleeding) within the brain. **Stroke** is a leading cause of death and disability in most westernized countries, but it turns out that simple lifestyle choices, such as getting some daily exercise and avoiding trans fats, can greatly lower the odds of having one. To these sensible steps, we can now add getting more dietary **magnesium** as another potential way to keep stroke at bay.*

Magnesium's Impact on Stroke

To study the potential connections between dietary magnesium and stroke risk, researchers used meta-analysis to combine and analyze data from seven previous observational studies on three types of stroke:

- Ischemic stroke, which occurs when a blood vessel supplying blood to the brain becomes blocked
- Intra-cerebral hemorrhage, which occurs when there is bleeding within the brain tissue
- Subarachnoid hemorrhage, which occurs when there is bleeding within the skull, but not within the brain tissue itself

The authors of the study found that for every 100 mg per day increase in magnesium intake, the risk of ischemic stroke, the most common type of stroke, decreased by 9%. The risk of the other stroke types—intra-cerebral hemorrhage and subarachnoid hemorrhage—was not related to dietary magnesium levels.

Mastering Magnesium

The meta-analysis approach allows for larger numbers of people to be studied together, and typically, more study subjects makes for a stronger study. However, this type of study is observational, so it cannot prove cause and effect. Still, the results suggest a high-magnesium diet and whole plant supplements may protect against ischemic stroke.

Using Peak Frequency Plant Therapy's Wheat-Magnesium you get the best of both worlds, high enzyme, predigested Magnesium from an organic whole wheat source – without the gluten – that delivers 100mg per 10 drops. Whole plant Magnesium has also proven to keep the heart muscle strong and regular, blood vessels free of debris and able to perform their particular brand of peristalsis to keep blood spinning.



Here are some steps you can take to reduce your stroke risk:

- *Focus on food.* The magnesium master list includes whole grains, especially buckwheat, bulgur wheat, barley, organic whole wheat, and organic corn meal; nuts and seeds, including flax and sunflower seeds, Brazil nuts, cashews, and almonds; red kidney beans and red lentils; and vegetables, especially spinach, Roma tomatoes, red beets, red potatoes and crook neck squash.



- *Address high blood pressure.* Given that magnesium plays a role in keeping blood pressure in the healthy range, and that high blood pressure is a major risk factor for ischemic stroke, it makes sense that this mineral may protect against stroke. Kidneys are in charge of blood pressure, and the electrolytes that keep blood volume in balance (Real Salt® contains all the electrolytes the kidneys need to balance blood pressure and volume). Consider using Sarsaparilla to repair and restore kidney/adrenal function, keep tabs on your blood pressure, and consider that dehydration may be a cause of high blood pressure.



- *Have a healthy heart.* The same things that can lead to clogged vessels around the heart—and subsequent heart disease—also lead to clogged vessels around the brain. If you focus on heart-healthy habits, you'll get the added bonus of stroke prevention. Vitamin C keeps blood vessels healthy, and may help reduce plaque and cholesterol that builds up in arteries. Yerba Santa keeps the heart healthy, and the foods that boost the heart are cilantro, blackberries, tangerines, raspberries and hawthorn berries.



- *Heed heart tips.* To keep your heart, and your brain, healthy, eat more extra virgin olive oil and avocados and get all the essential fatty acids necessary to reduce blood serum cholesterol and keep arteries clear. Choose food with less saturated fat, which is found in beef and pork, high fat cow dairy products, baked goods, and fast food; avoid trans fat, found in chips and processed food, baked goods, and fast food; avoid sodium-loaded chips, crackers, canned soups, and other high-sodium processed foods; exercise at least 30 minutes most days of the week; do not smoke; and use Peak Frequency alcohols, such as Absolut vodka, Peak Organic IPA beer, unfiltered Sake, and seven year or older aged Red Wine in moderation.

