

What can I take for high blood pressure?

Magnesium deficiency is related to all of the symptoms you are suffering from. Over 82 percent of Canadians are magnesium deficient and simply adding a magnesium supplement can reverse many health concerns. It is challenging to get magnesium from our food because it has been removed from our grains and our water supply. Magnesium is so important that we should all be taking a magnesium supplement every day. The best forms of magnesium are glycinate and threonate. Magnesium threonate is the only magnesium that crosses the blood brain barrier, helping those with depression, migraines and anxiety. Magnesium glycinate works well to calm restless legs, soothe muscle pain, stop heart palpitations, normalize blood pressure and aid restful sleep. Neither form causes diarrhea when taken in effective doses. Take magnesium at bedtime to improve sleep and restless legs. Every woman taking the birth control pill, using the NuvaRing, or on hormone replacement therapy (HRT) also needs magnesium as synthetic hormones deplete the body of magnesium, increasing the risk of stroke and cardiovascular disease. Remember, every time you drink a cup of a caffeinated beverage, you also lose magnesium from the body so if you love coffee, you need magnesium too.

While magnesium is helpful for all the symptoms you mention, visit the [high blood pressure](#) and [restless leg syndrome](#) sections in conditions for a full list of my recommendations.