

Health & Wellness

♥ If you get a heart attack, insist on magnesium!

Ronald Grisanti
Your Medical Detective
Mon, 25 Mar 2013 10:45 CDT



If you end up in the emergency room with a heart attack, make sure you insist on a **2 cc injection of magnesium sulfate**.

In double-blind, placebo-controlled scientific study, they looked at 273 patients who were admitted to the hospital for a heart attack. The study published in one of the most prestigious medical journals revealed that after 4 weeks, the people who received the magnesium, only 7% died versus 19% who did not get the magnesium. That means **magnesium cut the death rate a whopping 63%**.

What was interesting is the fact that the study indicated that the people in the study were give far less than the 2 cc of magnesium recommended above.

Furthermore, **the injection of magnesium decreased arrhythmias by 55%**. Remember having a heart arrhythmia is one issue doctors are seriously concerned about following a heart attack.

In another study in the same medical journal approximately ten years later revealed that **magnesium produced a 24% reduction in the number of deaths in one month after the heart attack**.

Besides the proven benefits for victims of a heart attack, another study showed people who were given IV magnesium had a **76% reduction in death from a fatal blood clot**. And by the way this same study showed that aspirin made no difference.

It is in your best interest to insist that your doctor check your magnesium levels. However, don't settle for the serum magnesium commonly ordered by most physicians. This test only evaluates the extracellular magnesium which makes up only 1% of the magnesium in your body. You want your doctor to order the goal standard "intracellular magnesium test" which gives you the "real" picture of your level of magnesium in your body.



Your best protection is to keep your magnesium level high enough to possibly prevent having a heart attack in the first place. Considering that government studies show the average American diet only provides 40% of the magnesium that we need in a day, your best protection against a heart attack is to keep your magnesium level high enough. The best absorbed form of magnesium I've seen in 31 years is Magnesium Chloride Liquid 200 mg/cc, and use half teaspoon once or twice a day.

References

Rasmussen HS, et al, Intravenous magnesium in acute myocardial infarction, *Lancet*, 234-5, Feb. 1, 1986

Woods KL, et al, Intravenous magnesium sulfate in suspected acute myocardial infarction: Results of the

Second Leister Intravenous Magnesium Intervention Trial (LIMIT-2), *Lancet*, 339: 1553-8,1992

Comment: For more information on how to supplement with magnesium, see [Magnesium: The Spark of Life](#)

Like

Send

105 people like this. [Sign Up](#) to see what your friends like.

[\(Register to add your comments!\)](#)