Magnesium for Fibromyalgia Could Help With Symptoms

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Magnesium and Fibromyalgia

As we are well aware, there is no one thing that will cure fibromyalgia. That being said, there are things that may help relieve some of our symptoms, providing us with a better quality of life. And isn't that what we are all striving for?

One supplement that has been found helpful by many fibro patients is magnesium. In fact it is not uncommon for people with fibromyalgia to have a magnesium deficiency.

Magnesium is a vital mineral that affects many aspects of our bodies and plays an important role in many of its functions.

Let's take a moment to consider just a few of the problems a lack of magnesium may cause or contribute to:

- Inflammation
- Muscle weakness
- Muscle cramps
- Insomnia
- Depressed immune system
- Restless legs syndrome
- Mood instability
- Anxiety
- Depression
- Migraines
- Worsened PMS

As I am sure you are well aware, many of the above conditions are symptoms of fibromyalgia or are considered companion conditions of fibro. It is also believed by some that magnesium deficiency may contribute to the onset of fibromyalgia.

Could taking a magnesium supplement help relieve some of the life-altering symptoms of fibromyalgia? It very well could.

Magnesium has the potential to improve tenderness, pain, fatigue, as well as brain fog.

One study was conducted to assess the effects of using a magnesium spray on fibromyalgia patients. While some did experience skin irritation from the spray, the rest saw improvements in their symptoms in as little as two weeks.

How Do You Get Magnesium?

There are many forms of magnesium; it can be taken orally and it can be used topically. You will likely find it beneficial to talk with your doctor and to do some research into what the best form of magnesium is for you. You may also have to experiment to find what helps you personally.

We must keep in mind as well that magnesium needs to be taken in balance with calcium, as the two work closely together within the body.

There are also many foods that provide magnesium naturally, such as:

- Spinach
- Kale
- Swiss chard
- Pumpkin seeds
- Yogurt
- Almonds
- Mackerel
- Black beans
- Brown rice
- Quinoa
- Avocados
- Bananas
- Figs
- Dark chocolate

Adding some of these healthy food items to your diet could give you an additional boost of magnesium.

It is important to note that it is possible to take too much magnesium, causing a dangerous overdose. Some signs that you are taking too much are stomach cramping and diarrhea.

My Experience With Magnesium

I first started taking magnesium several years ago, after reading of the possible benefits for people with fibro and anxiety. As is frequently the case when I try new supplements, the results were not immediately apparent.

After I went off the supplement a while later though, I quickly realized my pain was getting worse and I was having a harder time falling asleep, causing my fatigue to get worse.

I quickly went back on magnesium and noticed an improvement within a week or two.

However, I have found that not all magnesium supplements are created equally. I have tried to save myself some money by buying the less expensive store brands, but as the saying goes, you get what you pay for. This isn’t to say that you have to buy the most expensive one on the market, just do your homework and make sure you are buying a reputable brand.

I have also found relief in using magnesium sulfate, or Epsom salt, for baths. Soaking in a tub with Epsom salt and some essential oils is not only relaxing, but also eases sore muscles, relieves aches and pains, and has been proven to help the body detox.

Every one of us with fibromyalgia is different and likely we will all have a different experience when we try new forms of treatment. If though, like me, you are searching for a natural method to help alleviate some of your symptoms and to just give yourself more good days, magnesium is worth a try.