

# NUTRITION ESSENTIALS

## WHY YOU NEED **MAGNESIUM**



### DIGESTION

Magnesium helps neutralize stomach acid and moves stools through the intestine



### ADRENAL FUNCTION

Magnesium acts like a spark plug for the adrenal glands, helping to produce hormones like cortisol to deal with stress.



### BONE HEALTH

Nearly two-thirds of all magnesium in your body is found in your bones, most of which is stored to supply the body.



### BLOOD SUGAR MANAGEMENT

Magnesium is needed to produce insulin. This mineral is vital to the body's blood sugar management system.



### NERVES AND MUSCLE RELAXATION

Too little magnesium causes nerve cells to activate and become over-excited. This can trigger muscle fatigue and tension, cramps, spasms and muscle soreness.



### IMMUNE SYSTEM FUNCTION









Magnesium is a vital part of the body's immune system and inflammatory response.

got stress?  
*we've got the solution.®*

Doctor Wilson's  
Original Formulations

# **QUICK** and **HEALTHY** BREAKFAST IDEAS

A healthy breakfast provides steady energy for the day, helps maintain weight, and helps curb bad cravings. Here are some quick and healthy ideas:

-  Natural peanut or almond butter on your choice of bread or toast, topped with mixed berries (try strawberries, raspberries and blueberries for an antioxidant boost)
-  Hard boiled eggs – To mix it up and not get egg burnout, try adding toppings and condiments. Some healthy add-on ideas: hummus, guacamole, hot sauce, salsa, diced vegetables, and the classic sea salt and pepper
-  Plain Greek yogurt with healthy add-ins. Some ideas: honey, nuts (walnuts, cashews, almonds, Brazil nuts, macadamia nuts), mixed berries, granola, oats, chopped apples, cinnamon)
-  Whole wheat bagel (or other healthy variant) topped with reduced fat cottage cheese, sprinkled with flaxseed, with a side of mixed berries
-  Mediterranean sandwich – Take a whole wheat pita, add a layer of hummus, then tomato slices, goat cheese and sliced almonds
-  Egg and salmon sandwich – Put smoked or cooked salmon (leftovers!) on a whole wheat English muffin with an egg or egg whites, then top with an onion and tomato slice
-  Scrambled eggs with chilies – Heat a small skillet over medium-low heat. When hot, coat lightly with cooking spray. Cook chopped chilies and tomatoes until soft (2 minutes). Add eggs. Cook, stirring gently, until eggs are cooked through, as desired (1-2 minutes). Sprinkle with scallion. Serve hot.
-  Ginger smoothie – Blend 2 cups cold water, 1 avocado (peeled and pitted), ½ cup fresh parsley, 1 apple (cored and sliced), 1 carrot (peeled and cut into chunks), 1 lemon (peeled), kale leaves (to taste), 1 inch piece of ginger, 1 tbsp. flax seeds, and 2 ice cubes (optional)