

Guide to supplements



Magnesium Glycinate Strategy — Cheat Sheet:

2

Food for joints:

5

Magnesium Glycinate Strategy — Cheat Sheet:

Why Magnesium Matters for Muscles

- Supports relaxation, recovery, nerve calmness
 - Prevents cramps, twitching, restless legs
 - Essential for sleep quality and muscle function
-

Symptoms of Low Magnesium

- Restless legs at night
 - Muscle cramps or twitching
 - Poor sleep
 - Anxiety / feeling “wired”
 - Eye twitch or jaw tightness
 - Fatigue despite rest
-

Manufactured Magnesium:

Form	Benefit
Magnesium Glycinate	Sleep, mood, muscle relaxation, anxiety reduction
Magnesium Citrate	Gut motility (constipation relief)
Magnesium Threonate	Brain / cognitive support (but harder to find + expensive)

Daily Rhythm Summary (Ideal Flow)

Time	Action
Morning	Coffee → Wait → Hydrate & Magnesium-rich breakfast
Lunch	Greens, avocado, beans, tofu, nuts
Dinner	Spinach, seeds, beans, salmon
Evening	Magnesium glycinate supplement 1h before bed

Coffee & Magnesium — The Timing Rule

- Coffee increases magnesium loss via urine
- Best timing:

→ Morning Coffee → Wait 30-60 min → THEN eat magnesium-rich food or take supplements later that day

Food-Based Magnesium Powerhouses

Food	Approx Magnesium	Easy Use
Pumpkin seeds	150mg per 30g	Sprinkle on oats, salads
Almonds / Cashews	80mg per 30g	Snack or breakfast
Avocado	60mg per whole	On toast, salads
Spinach (cooked)	80mg per cup	Stir-fries, omelets
Dark Chocolate (70%+)	60mg per 2 squares	After dinner
Oats	~100mg per serve	Breakfast staple
Beans, Lentils, Tofu	80-120mg per cup	Dinners, salads
Banana	30mg per fruit	Snack

Mineral Water Magnesium (low levels of Magnesium content)

- San Pellegrino: ~13mg per glass
- Gerolsteiner: ~27mg per glass

Nice hydration top-up — not a main source.

Other forms of Magnesium commercially available:

Type	Best for	Notes
Glycinate	Sleep, relaxation, cramps	Gentle, calming
Citrate	Digestion, constipation	Gut support
Threonate	Brain, focus	Expensive, niche
Phosphate	General	Found in blends
Oxide	Laxative only	Poor absorption

When should I take magnesium?

- Food magnesium → anytime
- Glycinate → evening before bed
- Citrate → morning or midday
- Avoid supplements right with coffee
- Mineral water = bonus top-up (tiny dose)

Tip: Muscle & Bone Recovery Stack

- Magnesium (glycinate)
- Calcium
- Vitamin D
- Vitamin K2
- Hydration & electrolytes

Labeling & Marketing Tricks

- "Magnesium Amino Acid Chelate" is vague and often not glycinate.

- Look specifically for "Magnesium Glycinate" or "Magnesium Bisglycinate" for muscle and sleep support.
- Magnesium Oxide is cheap, often added for label appeal but low absorption.

Menopause Symptom	Magnesium Can Help Because...
Sleep issues	Magnesium calms the nervous system, helps with deep sleep, lowers cortisol
Anxiety / mood swings	Magnesium regulates GABA (calming neurotransmitter) and balances stress response
Muscle cramps / restless legs	Direct muscle relaxant, prevents spasms
Bone density loss	Magnesium is essential for calcium & vitamin D metabolism (bone health)
Headaches / migraines	Magnesium can prevent hormone-related migraines
Hot flush triggers	Magnesium helps regulate temperature control & reduce stress reactivity

Practical Magnesium Strategy for Menopause

- Food first (seeds, nuts, greens, avo, beans)
- Supplement in the evening (glycinate 200-300mg elemental magnesium)
- Hydration + mineral water bonus
- Pair with calcium + vitamin D + K2 for bones (if needed)

Glycinate for period pain:

Period pain = cramping muscles + inflammation + nervous system sensitivity.

Magnesium may help:

How it Helps	Why it Matters
Muscle relaxation	Uterine cramps are muscle spasms. Magnesium supports calm muscle function.
Calms the nervous	Magnesium glycinate has mild anti-anxiety and sleep benefits — helpful for PMS.
Supports lower inflammation	Magnesium is involved in hundreds of cellular processes, including calming inflammatory responses.
Replenishes loss	Some people lose magnesium more rapidly during their period or through

Typical Dose

- 200mg – 400mg elemental magnesium daily
- Taken in the evening (often improves sleep too)

Food for joints:

What actually helps (and what’s just marketing)

Anti-Inflammatory Classics (with a Joints Focus)

Substance	Active Compound	Anti-Inflammatory Effect	Notes / Limitations
Ginger	Gingerol	Reduces cytokines, COX enzymes, and may lower muscle soreness	Often used for joint pain & arthritis. Needs consistent intake.
Turmeric	Curcumin	Inhibits inflammatory pathways, antioxidant, cartilage protective	Best absorbed with black pepper (piperine). High doses in supplements, not food alone.
Garlic	Allicin (after crushing)	Lowers inflammatory markers, mild effect on swelling	More systemic than joint-specific, but part of anti-inflammatory diets.
Ginseng	Ginsenosides	Immunomodulating & anti-inflammatory, but evidence more for fatigue & immunity than joints	Less studied for joints specifically, but good overall resilience tonic.

1. The Big Idea

- There’s no magic food that “fixes” joints.
- But there *is* a way of eating that supports them long-term.

Healthy joints love:

- Less inflammation
- Strong connective tissue
- Lubrication & recovery
- Balanced movement & load

→ This happens through *synergy* — not one superfood, but many working together.

2. Heavy Hitters for Joint Health

Food	Why It Helps	Notes
Fatty Fish (Sardines, Salmon, Mackerel)	Omega-3 fats lower inflammation, support joint lubrication	2-3x per week ideal

Olive Oil (Extra Virgin)	Contains oleocanthal (natural anti-inflammatory)	Mediterranean diet staple
Ginger	Lowers inflammatory markers, may reduce soreness	Add fresh to cooking or tea
Turmeric + Black Pepper	Curcumin fights inflammation, pepper helps absorption	Needs consistent intake
Berries (Blueberry, Cherry)	Antioxidants reduce tissue damage	Tart cherry juice especially studied for joints
Garlic	Mild anti-inflammatory, overall immune support	Part of healthy diet patterns
Green Tea	EGCG fights inflammation & oxidative stress	1-3 cups daily
Collagen + Vitamin C	Supports cartilage & connective tissue repair	Bone broth or collagen powder with vitamin C

3. Supporting Cast

- Nuts & Seeds (Healthy fats, magnesium)
- Leafy Greens (Vitamin K for bones)
- Mushrooms (Immune & inflammation regulation)
- Fermented Foods (Gut health links to lower inflammation)
- Pineapple (Bromelain enzyme may reduce swelling)

4. Myths to Forget

Myth	Reality
“One food will fix your joints.”	Long-term habits matter more than single foods.
“Turmeric supplements work instantly.”	Benefits are slow, subtle, and depend on diet quality overall.
“Avoid all nightshades (tomatoes, peppers).”	No strong evidence unless you personally react to them.
“Supplements are better than food.”	Food-first always wins for joint health. Supplements can help <i>with</i> food.

5. Real-World Anti-Inflammatory Plate

Example Day:

- Sardines or salmon 2-3x per week
- Olive oil as main fat
- Vegetables & berries daily

- Ginger & turmeric in cooking
- Nuts or seeds for snacks
- Occasional bone broth or collagen
- Fermented foods often
- Green tea or herbal tea daily

Final Thought

Joint health is a long game.

Consistency beats hype.

Eat well. Move often.