

This document is provided by PanicAttackRecovery.com. Please sign up for our free newsletter by simply visiting [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

## Calcium, Magnesium, and Anxiety

I want to discuss another natural thing shown to be of benefit to those suffering from anxiety: calcium and magnesium.

Calcium and magnesium have been shown to be helpful in helping to relieve anxiety, tension, nervousness and even things like twitches.

### Magnesium

The recommended dosage amount of Magnesium is 350 mg per day but like anything it is best to speak with your health care provider about your specific situation.

### Calcium

It has also been said that 2000 mg daily of Calcium can act as a natural tranquilizer. Even 600-1200 mg daily can be effective to help relieve anxiety, tension, nervousness. You should definitely speak to your healthcare provider about these dosage amounts.

For these minerals to be useful you need to take them together and you should use a form of magnesium and calcium that come in powder form (as opposed to pill form). Also it's best to dissolve the powder in warm water and then to drink the solution. The best absorption comes from the powder form dissolved in warm water.

You may have heard some time ago about coral calcium being the panacea for everything. It was being marketed in this fashion.

There were fabulous infomercials indicating that it could do all these things - but that you needed to obtain the coral calcium in a specific form.

Supposedly this doctor had gone to an island and found people who were well past their 100th birthday and he was attributing it to coral calcium.

The marketing was quite effective because I remember talking to a friend who runs a health food store and he indicated that all kinds of people were coming in and demanding this form of calcium only and that they would not listen to reason about any other kinds.

I say all this because I don't want anyone to be scammed into thinking that they can only take coral calcium.

See you next time,

Matthew Wagner  
PanicAttackRecovery.com

For more information about panic attacks, agoraphobia, and anxiety, please sign up for our free newsletter by simply visiting [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

This document is provided by PanicAttackRecovery.com. You may share this document with anyone you feel may benefit from it. We only ask that you encourage him/her to visit our website and sign up for our free newsletter.