

# If You Get a Heart Attack, Insist on This!

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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 given 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