

# Women's Health

## Cassandra Boduch, MD of PsychPlus Quoted on Mental Health & Magnesium

Magnesium is thought to minimize symptoms of anxiety since it assists the functioning of your body's stress response system and reduces stress hormones in the brain, **says Cassandra Boduch, MD, a board-certified psychiatrist and chief medical officer at PsychPlus.**

Magnesium can play a number of beneficial roles, but your body relies on the mineral for nerve and muscle function, blood pressure regulation, cholesterol production, bone wellness, and proper heart rhythm, **says Dr. Boduch.**



Magnesium supplements can reduce symptoms of generalized anxiety and stress, according to a 2017 review of 18 different studies. However, the claims of lower anxiety were self-reported by the studies participants, which leads to subjective evidence, explains **Dr. Boduch.** As a result, more research is still needed to fully understand the role of magnesium in potentially reducing anxiety, she adds.

Another perk? Magnesium can reduce stress hormones in the brain which may lead to less anxiety, depression, and insomnia, **says Dr. Boduch.** "Magnesium does this by limiting the release of the primary stress hormone cortisol, preventing much of it from reaching the brain," she explains.

If you're experiencing severe or acute anxiety, magnesium is not the best option or first line of defense and you should speak to a health care professional, adds **Dr. Boduch.** From there, they can give you a proper diagnosis and guide you on the best anxiety management techniques. Now, not all magnesium supplements are the same, and different forms of the mineral have specific benefits, **says Dr. Boduch.**

To avoid undesirable side effects, the National Academy of Medicine recommends taking no more than 350 milligrams of magnesium daily, unless otherwise directed by a doctor, **says Dr. Boduch.** Taking magnesium supplements with meals may also minimize GI distress. You may also experience low blood pressure and lethargy if you take too much, adds **Dr. Boduch.**