



How Magnesium Deficiency Impacts Anxiety and Depression

If you're battling anxiety or depression, don't just look at what's happening in your life — also look at what's missing from your plate. Nutritional gaps can quietly sabotage your mental health, and restoring balance might be as simple as eating smarter.

Why Magnesium Matters for Mental Health

Magnesium is involved in over 300 biochemical reactions in the body, many of which directly affect the nervous system. It helps regulate the **hypothalamic-pituitary-adrenal (HPA) axis**, which controls how your body responds to stress. It also influences neurotransmitters like **serotonin, dopamine, and GABA**, which are essential for emotional stability and relaxation.



Low magnesium levels have been linked to:

- Increased anxiety and panic attacks
- Depressive symptoms
- Sleep disturbances
- Irritability and fatigue

Modern diets – high in processed foods and low in whole grains, leafy greens, and nuts – often fall short of magnesium.

Stress, alcohol, and certain medications further deplete magnesium stores, creating a vicious cycle.

MAGNESIUM-RICH FOODS



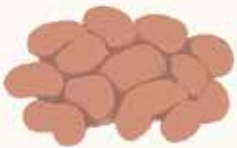
Pumpkin seeds



Almonds



Spinach



Brown beans



Chickpeas



Brown rice



Quinoa



Mung dal



Urad dal



Bananas



Avocado



Dark chocolate

Pumpkin seeds, almonds, spinach, brown beans, chickpeas, brown rice, quinoa, mung dal, urad dal, bananas, Avocados and dark chocolate. contain a good amount of **magnesium**. Add these foods into your **diet**, and watch the nutritional deficiency derived **depression disappear!**

Nourishing your brain starts with nourishing your body.



Mental health isn't just about what's happening in your mind – it's also about what's missing from your plate. If you're feeling anxious, low, or chronically stressed, magnesium might be the missing link.

**For doubts and queries, please reach out:
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