

## **Magnesium Wards Off Hot Flashes**

Women with breast cancer are frequently bothered by hot flashes—a surge in body temperature, often accompanied by sweating, fatigue, distress, and disrupted sleep. A new study in the June 2011 issue of *Supportive Care Cancer* finds that magnesium, an essential mineral, can be very helpful for the relief of hot flashes. Those patients with at least 14 hot flashes a week received magnesium oxide at a dose of 400 mg for four weeks, doubling the dose if hot flashes persisted. Fatigue, sweating, and distress were all significantly reduced. The researchers concluded that magnesium helped more than half of the patients and was well tolerated, with minimal side effects and a very low cost—about 2 cents per tablet. At the Carolina Center, we use magnesium both orally and intravenously, depending on the situation and degree of deficiency. Magnesium repletion can reap profound therapeutic dividends for people with heart disease, constipation, chronic fatigue and many other problems.