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## *Magnesium and insulin resistance*

Magnesium deficiency (Mg) is an important and common concomitant phenomenon in patients with diabetes mellitus or precursors of type 2 diabetes such as insulin resistance and metabolic syndrome (obesity, high blood pressure, sugar and lipid metabolism disorders).

Magnesium deficiency increases the likelihood of developing type 2 diabetes. The recommendation to take magnesium is the result of current knowledge about the effect of magnesium in carbohydrate metabolism and the consequences of Mg deficiency in diabetics.

Diabetics and patients with its precursors benefit from four categories of Mg mechanisms of action:

An insulin-sensitizing effect, stress regulation and protection of blood vessels.

Clinical trial data with magnesium intake show decreased insulin resistance, improved blood sugar con-

trol, and reduced long-term damage to blood vessels:

High levels of magnesium protect eyesight.



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High magnesium levels are also associated with a reduced risk of kidney damage.

Depression, a common side effect of insulin resistance and diabetes, is less common with high magnesium levels.

For example, chives, parsley, cress, dill and basil are

particularly rich in magnesium. Sage, savory, marjoram and coriander also contain a lot of the mineral. However, to ensure that the nutrients are actually preserved, it is best to use the kitchen herbs fresh, as there is a loss of magnesium during processing. For this reason, the herbs should not be watered for a long-time during washing, as magnesium is also lost in the process.

Sage, savory, rosemary, and thyme can also be used well dried, as they retain their nutrients even in this state.

after Diabetologie und Stoffwechsel 2014; 9(2): 96-100  
DOI: 10.1055/s-0034-1366398  
and  
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