



## *"A Better Way" - 10 years stronger*

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*Autumn days are here and with them the return of cooler temps, allowing better breathing for me. Enjoying the outdoors without getting scorched is wonderful! We are elated for Autumn's arrival.*

*And, happy to announce; A Better Way friends successfully managed serving up smiles & snow cones at the All Saints' Fall Fest on Sat. Sept. 24<sup>th</sup>. Carlos, Victoria, Debbie, Patience, Melanie, Nick, Mary, Tom, Isabel, Janet, Abby, Linda, Matt, Max, Mandy & Lydia; all played a great part in making it happen along with Ron & I. We did it! Thanks to all of us!!*



*Now, onto healthier matters ... thru this newsletter & previous ones, we have shared on many healthy topics and, especially as regards to supplements. We do not claim to be experts, however and, advise you to consult your doctor first for using such.*

*The supplement we're highlighting this month is **Magnesium Mg**- a mineral. Showing many brain & cardio health benefits, Magnesium shines as an all around excellent supp. Here's a list of the many benefits it offers:*

- Stress & Anxiety relief,
- Anti-inflammatory,
- Neuroplasticity,
- Attention & focus,

- Cardio health

**Stress-** Magnesium is considered to be a "chill pill." Many folks who suffer from anxiety, a physical symptom of a magnesium deficiency, can benefit by regular use of magnesium. This mineral helps to suppress the release of the stress hormone cortisol. Taken 30 minutes before bedtime will assist in dialing down your anxiety.

**Neuroplasticity-** This plays a fundamental role in how well our brains age. A loss in plasticity will result in a loss of cognitive function. The best magnesium to counteract this hazard is magnesium L-threonate. It has the ability to cross the blood brain barrier, allowing effective increase in magnesium levels in the brain.

**Attention & Focus-** Have you ever felt irritable, fatigued, restless, or lacking energy & focus? Are you prone to have ADD-like symptoms; stressed & racing against the clock? Supplementing with magnesium will improve behavior, impulsivity & hyperactivity. GABA is another helpful & calming supplement that our aging brains can benefit from.

**Anti-inflammatory-** What is RDA? RDA is the "Recommended Daily Allowance." This mineral calls for between 300 & 420 milligrams minimally to prevent deficiency for most people. This is not adequate for optimal health. Studies show that a good amount of Magnesium has a "modulatory effect on the immune system and is able to reduce inflammatory cytokine production," from Good4u Health magazine.



**Cardiovascular Health-** Magnesium supports healthy blood pressure, reduces the risk of

atherosclerosis, and is required for normal heart contraction & energy production in the heart. The journal, "**Open Heart**" lists some conditions caused by a lack of magnesium; including hypertension, arrhythmia, heart failure & an increased risk for thrombosis.

### Your best choices for a Magnesium-rich Diet:

Cooked spinach	Cooked Swiss chard
Broccoli	Brussels sprout
Pumpkin seeds	Cashews
Almonds	Avocado
Black beans	Yogurt or kefir
Dark chocolate	

### Other Magnesium benefits -

Magnesium oil can be purchased at your neighborhood health food store. Spraying it onto your body can reduce muscle fatigue & soreness or add to your bath water. Epsom salts are a compound of magnesium & sulfate. By adding to your bath water to soak in it can boost your Mg levels, reduce inflammation, ease stress & relieve constipation.



### Vitamin B6 Supplementation –

B vitamins are also critical for brain health & wellness. Studies have proven those who ingest a minimum of 100 mg. of B6 aka pyridoxine hydrochloride found they felt less anxious & less depressed after taking it for one month. B6 is required to produce GABA, which acts as a neurotransmitter that reduces excitability. Excerpted from **Good4U Health Hotline**, Oct. 2022



***Happy October Birthdays!!***

Clay, Ros, Richelle, Eric, Jimmy, Tom B.,  
David, Michael, Sally C., & Bruce



## ***Mental health Update***

LIFEPATH SYSTEMS is an excellent resource for those residing in Collin Cty., providing clinical care at two clinics, one in McKinney & one in Plano.

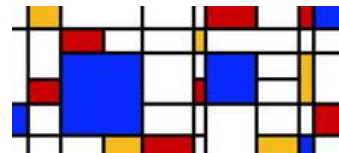
For more info call **972-562-0190**.

Their 24-Hour Crisis hotline is-

**1-877-422-5939,**

**which also offers a MCOT to those in serious distress. MCOT is Mobile Crisis Outreach Team**

1 in 5 U.S. adults lives with mental illness.  
50% of all mental illness begin by age 14 &  
75% by the mid 20's. On average 123 people  
die by suicide each day



### **Mental Health First Aid**

is a training class which teaches loved ones about warning signs, behaviors and more for supporting someone with a mental health condition. It's the class for employers, hospital staff, family members,

Faith leaders & First Responders. Email

[MHFA@lifepathsystems.org](mailto:MHFA@lifepathsystems.org) to sign up



**988** is the new number to dial when in a crisis. Trained Counselors are at the other end of the Lifeline when you dial 988. They are trained to understand how you're feeling and to pair you with resources that are specifically tailored to helping you meet the moment you're in.

*National Suicide Prevention Lifeline at 1-800-273-8255 or the Crisis Text Line by texting MHA to 741741.ment you're in.*

***A Better Way does Yoga &  
Meditation - Sat. October 8, 2022  
at Body & Brain Yoga, 12:30 – 2:30p***

