

2) Magnesium May Help PCOS

Women with PCOS are known to have a high incidence of insulin resistance and glucose intolerance, and tend to be at eventual high risk for hypertension, diabetes and cardiovascular disease. Optimal intake of magnesium has been shown to be helpful for all of these health problems. In addition, magnesium is needed for more than 300 biochemical reactions in your body. So you can imagine how important it is.

Do women with polycystic ovarian syndrome have a problem with magnesium? A study conducted at the State University of New York found significantly lower serum magnesium levels in PCOS women compared to non-PCOS women. This study suggests it would be wise for you to pay more attention to this vital mineral.

However, many of us don't get enough dietary magnesium because we eat so many processed foods that are low in magnesium. This is one reason why we will be emphasizing whole, unprocessed foods in our upcoming [healthy PCOS diet](#) book.

Magnesium is found in green vegetables, nuts, seeds and some grains. Although it is present in many foods, it usually occurs in small amounts. As with most nutrients, daily needs for magnesium cannot be met from a single food. Eating a wide variety of foods, including at least 3-5 servings of vegetables daily, helps to ensure an adequate intake of magnesium. If you find yourself relying on processed foods, you may need to take supplemental magnesium.

Source: Muneyyirci-Delale, O et al, Divalent cations in women with PCOS: implications for cardiovascular disease. *Gynecol Endocrinol.* 2001 Jun;15(3):198-201