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Libros españoles en venta ,1992 **El magnesio en el deporte** Ana María LaJusticia,2014-04-09 Las personas que acostumbran a hacer ejercicio físico prolongado saben que la falta de potasio en el músculo provoca calambres pero casi nadie les ha explicado que la falta de magnesio también. Asimismo tampoco saben que su déficit puede conducirles a un accidente cerebrovascular e incluso a la muerte súbita. La importancia del magnesio en el organismo es transcendental en cualquier individuo en el deportista y en los niños en especial porque sus necesidades son mayores en este elemento. Entre los múltiples beneficios y funciones cabe señalar. Interviene en el buen funcionamiento y del aparato locomotor. Estimula la fabricación y la reparación de los tendones cartílagos ligamentos y tejidos. Activa la función del sistema nervioso central con la formación de neurotransmisores. Favorece el correcto trabajo mental y concentración. Evita la ansiedad y el nerviosismo. Ayuda en la obtención de energía para el ciclo de Krebs esencial en el organismo. Además de explicar detenidamente la importancia de este mineral junto al calcio en la prevención de las enfermedades modernas de los siglos XX y XXI: colesterol, diabetes, hipertensión, artrosis, osteoporosis, ictus, arritmias, etc. la autora describe por qué es importante el consumo de alimentos y sustancias ricas en magnesio por qué los atletas etópos ganan las competiciones de fondo y explica las razones por las que cualquier persona ha de conocer sus beneficios para tomarlo desde muy temprana edad entre otros aspectos esclarecedores.

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