



Ketamine Infusions
of Georgia
Ketamine Infusion Therapy

Magnesium for Depression and Pain: An Important Mineral That Improves the Action of Ketamine

\$50 per Infusion No Charge to you!

Magnesium appears to be related to healthy neural activity and magnesium appears to improve the action of ketamine at the neuron synapses when the two are given together. With good probable benefits and minimal downsides magnesium is likely beneficial as an addition to ketamine infusion therapies.

WHAT IS MAGNESIUM?

Magnesium is a natural mineral, widely present in our environment and occurring naturally in many foods. Our body relies on magnesium for a host of systems and activities. It is fundamentally important to our bodies' operations.

Magnesium also appears to have an important role in mental health and, specifically, in depression and anxiety. Some studies show an apparent relationship between magnesium levels and symptoms of depression and anxiety.

HOW DOES IT WORK?

Among the other roles it plays in the body, Magnesium helps control activity at the synapse, or the connection, between neurons. This role in connectivity may be why low intra-cellular magnesium levels appear to be related to depression in some people. Meanwhile, Ketamine is also theorized to help alleviate depression by mediating connectivity between neurons. Not only does magnesium appear to work in the same area as ketamine – and possibly in a similar way, although with weaker impact – it also appears that magnesium improves the action of ketamine.

HOW WE USE IT:

Magnesium may be an excellent option to add to ketamine infusions therapies. Because of its apparent anti-depressant action on its own, and because of its effect on improving the action of ketamine we include it in ketamine infusions for depression when appropriate. Because of its apparent additive affect to ketamine, we also add magnesium to ketamine infusions for pain symptoms when appropriate.