

## **Chapter Four**

### **Conclusion and Recommendations**

Magnesium appears within the normal range among Jordanian people , sex and smoking didn't affect the magnesium levels in those population .

Further studies investigating the role of Mg in CVD is required, to find if there is a correlation between Mg and specific types of cardiac diseases

#### **Recommendations:**

- 1- We recommend more studies about the links among cardiovascular diseases, diabetes, renal failure ,hypothyroidism, depression with magnesium level.
- 2- We recommend a test for water in Jordan .
- 3-We recommend to use another method of analysis like Atomic Absorption Spectrometry.