

# Muscle Cramps

Ordinarily a muscle contracts when used, and stretched once the motion is complete. If the muscle contracts with greater intensity without stretching out again, a cramp may result. This condition generally affects the legs, calves and feet. Often caused by an electrolyte imbalance (calcium, magnesium, potassium) due to illness, exercise or dehydration. It may also be caused by sitting or standing for long periods.

## Treatment

If you experience the occasional cramp while exercising, increase your electrolyte level. This can be done by adding lemon juice and salt to water bottles, or try coconut water. Magnesium powders and

## Nutritional healing...

Eat loads of fresh green leafy vegetables, kelp, corn meal, alfalfa and corn meal.

## Prevention

Be sure to warm up and cool down after exercise, avoid over doing it and stretch regularly. Stretching prior to bed helps to lengthen the muscles and prevent the

## Supplement options...

Increasing calcium and magnesium levels reduces cramps during the night. A vitamin E deficiency is common and increasing this vitamin will improve circulation to muscles. Malic acid and magnesium improves cellular energy within muscles increasing their stretching capacity. Potassium relieves muscle cramps and promotes electrolyte balance. Coenzyme Q10 improves tissue oxygenation, vitally important. Zinc helps with the absorption of vitamin Bs and calcium.