

# Muscle Cramps – Pain Be Gone!



**Have you ever experienced the pain of muscle cramp? It can be excruciating. I have just been asked by a very special friend to find out some information that may be able to help her and those who suffer from cramps.** It may or may not be relevant for you, but this information could help someone you know to reduce the occurrence of painful muscle cramp. **The first question is;** what causes muscle cramp?

When I my good friend Janice asked me this, she just expected me to know the answer. I think I let her down, when I said I don't really know what causes cramp. So I have done some research and was quite relieved to know that the exact mechanism that causes cramp is not known. Phew – off the hook!

I did find out some very interesting stuff though. Most muscle cramps occur in the legs and at night. Causes of cramps can include; calcium and magnesium imbalance, vitamin E deficiency, dehydration, poor circulation, inactivity, anaemia, fibromyalgia (a condition where pain occurs in muscles and surrounding structures without any obvious tissue damage), arteriosclerosis (diseases in which the arterial wall thickens and loses its elasticity), hypothyroidism (an under active thyroid gland, resulting in insufficient thyroid hormones. Thyroid hormones regulate metabolism, growth and development and the activity of the central nervous system) and arthritis.

If cramp occurs during the day, while you are active, or occurs during exercise but is better when you stop it may be due to impaired circulation or arteriosclerosis. If this is the case a doctors visit would be advised.

So there are lots of things that may cause the cramping and so each will have a specific solution. Here are some nutritional guidelines that should cover everything:

- Eat leafy green vegetables everyday
- Drink more purified water
- Eat almonds, sunflower seeds and sesame seeds frequently
- Increase your omega 3 intake – more deep sea fish to help reduce inflammation and arteriosclerosis
- Include kelp everyday, if you suffer from hypothyroidism
- Include intake of herbs Ginko Biloba and cayenne pepper to help increase circulation
- Supplement regularly; omega 3, calcium, magnesium, iron, vitamin E, Ginko Biloba (For more info here email [info@andrewjobling.com.au](mailto:info@andrewjobling.com.au))
- Have regular massage, or massage your own muscles with olive oil
- Keep your legs/muscles warm at night, perhaps having a soak in a hot bath with mineral salts before bed

**The most important step is to think and feel an active pain free body**