

Why do I have cramps, and how can I prevent and treat it?

Filed in Gatorade on Nov. 20, 2010



Contrary to the information recently in the science section of The New York Times, "cramps" is not really a secret in my clinical experience.

What is a cramp?

First, we must understand. According to Wikipedia: cramps are unpleasant, often painful, sensations caused by contractions or shortening of muscles. Blood cold, over-exertion or low calcium levels can cause cramps. Illness or poisoning can also cause seizures, especially in the stomach, which is called colic, but this is a different issue, such as menstrual cramps.

Causes of the crisis:

There are three basic causes of cramping:

1. Electrolyte disturbances, especially of calcium in the blood, but also the imbalance of sodium and magnesium. Exacerbated by dehydration.
2. Excessive syndrome: as someone who never exercises, running two miles, it is likely that the cramps during or after this. Too much too soon! This differs muscle soreness delayed start Soreness
3. Reduced flexibility. tight muscles and fascia (connective tissue) for the supply of oxygen to the tissues poor, the so-called ischemia and can lead to seizures.

Treatment:

1. The treatment of paragraph 1, electrolyte disturbances. This can be diagnosed by a blood test. Hydrating drinking water. Magnesium deficiency is an epidemic, adding a high quality mineral powder or nutritionalMaterial to supplement the needs of sports drinks electrolytes. **Gatorade** and have a lot of sugar should be avoided to be. Diet: foods high in potassium sources including the highest to lowest: avocados, potatoes, bananas, broccoli, orange juice, soybeans and apricots, although it is often found in most fruits, vegetables and meat. All these will prevent cramps. We carry complete liquid IntraMAX in our office, which is very good.

Leg cramps can also be deficient in vitamin D, the thought of another outbreak in the northern hemisphere. Vit D is needed for calcium absorption. Due to change in diet, avoid milk because of the high cholesterol content, or for children, a preference for soft drinks and low sun exposure, vitamin D

deficiency widespread. The remedy for such failure, in many cases, to eliminate or reduce the frequency of leg cramps.

2. For excessive use, remember moderation is the key. Start and all the progress Exercise program slowly, preferably under the guidance of a qualified as a physiotherapist or trainer. The moist heat can help to Article 1 and 2.

3. Flexibility can be achieved by stretching. First aid for each spasm is gentle and gradual extension of the reduction of the tissue. If it is the foot or calf, standing usually do the trick. In order to prevent future seizures, twice a day is the extension of routing, and relay important. Body of work, in particular myofascial Release is very useful to address the fascial restrictions (narrow connective tissue) in the body. The use of topical creams such as Topricin, Traumeel, Hylarub and arnica – homeopathic anti-inflammatory may be a useful addition. Creme as bengay, Tiger Balm and Icy Hot should be avoided at all costs!