

Health Awareness

Hidden Causes Of Muscle Cramps And Chronic Pain

(NAPS)—Whether you call it a spasm or cramp, the acute pain of an involuntary muscle contraction can sideline anyone—from the 18 million seniors who suffer with daily muscle spasms to the estimated 30 million weekend warriors who develop cramps from athletic exertion—but that doesn't have to be.

Dehydration is often a contributing factor, especially when temperatures are high. Reduced blood flow can be another cause, as extremities farther from the heart—thighs, calves, feet, hands—are more prone to painful cramping as a result of insufficient electrolyte levels or diminished oxygen.

Muscle spasms can also stem from certain diseases such as MS, peripheral artery disease, fibromyalgia, Parkinson's disease, restless leg syndrome and kidney disease; a reduced level of activity; and a wide range of prescription medications.

In particular, cramps are often brought on by statin medications, which control cholesterol levels and are taken by some 26 million Americans annually.

Muscles in spasm contract uncontrollably and the pain can be severe. Muscles that spasm or cramp frequently can form knots or microtears that worsen over time.

What To Do

Fortunately, there are new ways to treat these cramps. One new rapid treatment for muscle spasms was formulated homeopathically with FDA-approved ingredients magnesium and copper. Its aim is to relieve muscle spasms in under a minute and last for up to eight hours. The topical medication is drawn deep into the muscle, where it also helps you avoid the post-cramp pain that is the cause of much discomfort long after the cramp itself.



Many people may reduce their risk of muscle spasms and painful cramps with a proper diet and a topical medication.

A homeopathic preparation will not interact with other prescription medications, unlike preparations that contain quinine, which can be a problem for people taking blood thinners or heart medications.

It can even work preventatively. Applying Cramp911 15 minutes before athletic activity can help prevent cramps and spasms. Applied before going to bed, it can minimize the incidence of nighttime leg cramping, for a more restful, pain-free night's sleep.

Other ways to reduce your risk of muscle spasms include:

- Stay hydrated.
- Maintain a diet with the proper balance of electrolytes, including magnesium, calcium and potassium.
- Be active, even if it's just 10 minutes of walking a day. Consult your physician before starting an exercise program and don't do too much, too soon.
- Watch out for temperature extremes.

Learn More

For more information, ask your pharmacist or visit www.cramp911.com.