

This is one in a series of resource white papers available at [live-dreams.com/resources](http://live-dreams.com/resources) wherein I have organized information and experience that has been relevant in my personal experience and professional practice that I hope will be relevant for you. Health and Harmony, Wil

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# Muscle Cramps

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## Purpose

The resources identified in the document are items that I have had some experience with and have chronicled them to more readily share for your consideration. All these items are available at stores like Sprouts and Whole Foods as well as on line, except Hotshot which are only available direct from the manufacturer on their website Amazon. The only sure fire product I have found is Hotshot described last.

## Background

My personal issue with cramping occurs when I have done more exercise than I am used to, and then when asleep or at least in bed resting and I would stretch the wrong way or even sometimes almost seemingly spontaneously, intense painful cramps would occur in my legs between the knee and ankle. Mainly I hop out of bed and stand in a way to activate [reciprocal inhibition](#). This was very problematic during the years when I was trying to build up my running mileage. Since abandoning running for cycling, it is much less of a problem for me personally.

## Magnesium and Trace Element Supplements

These are available separately and in combination. I have taken both at various times, and I believe they are helpful, but I did not experience an observable change when using them. Reputed also to be good for sleep and nervous system relaxation.

## Magnesium Oil

Magnesium Oil is actually magnesium chloride brine from wells drilled into the Ancient Zechstein Seabed in the Netherlands. You spray it onto your skin over the body part experiencing cramps and massage it in as a preventative. Even though it is not oil it feels oily on the skin and does not absorb completely. Again I think it should be helpful, but in my experience, it did not seem to make an observable difference. Reputed also to be good for sleep and nervous system relaxation.



### Disclaimer

The resources offered in this document are being made available at no cost for individual consideration and evaluation. They have been interesting and/or useful however they are not endorsed or prescribed. They are not a substitute for seeking licensed medical or psychological services when required. Original available at [live-dreams.com](http://live-dreams.com) resources page. Verion 20200407.

## Magphos

I have this homeopathic on hand now by my bed and in my treatment room and have used it some, though not enough to be clear on the results as my goto of late has been the Hotshot (see below). However I only started it recently where now my cramping is not much of an issue. However an associate that has used it for years swears by it, and finds it quick acting. She has it on hand when performing Thai massage and gives it to clients as soon as they have cramps. In fact that has been the case on two occasions when she was working on me within a few hours of cycling. I have been told by others that know more about Homeopathy than myself that one is to put the tablets into the cap and toss under your tongue, and do not touch them in the process.



## Hotshot

Hotshot is a relatively new product that has scientific roots. It is available at <http://www.teamhotshot.com> and recently on amazon. Read about the research that lead to the development of this product: <http://www.teamhotshot.com/our-science/>. I stock this in my bedside table and in my riding kit. While it is marketed to performance athletes, I find it equally relevant to us normal pedestrians. Hotshot can be used to prevent, treat and recover from cramps.



## Hot Soaks

Though more involved than the oral remedies discussed above, the diverse benefits of hot soaks should not be overlooked. The heat facilitates better circulation which helps restore muscles, but beneficial salts are added to the soak, then the uptake of minerals may help. Hot tubs are a reasonable choice, but tend to dry out the skin and often expose one to high concentrations of chloramines (organic molecules bound up with chlorine) the harsh smell and chlorine itself. Better is a soak in clean hot water with as a minimum, Epsom Salts (Magnesium Sulfate) added to the tub. The same Magnesium Chloride mentioned above as a topical oil, is also available as flakes that may be added to the soak instead of Magnesium Sulfate, and this is said to provide more uptake of magnesium into the tissues. Beyond this there are a variety of more costly sea salts that one can try.



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