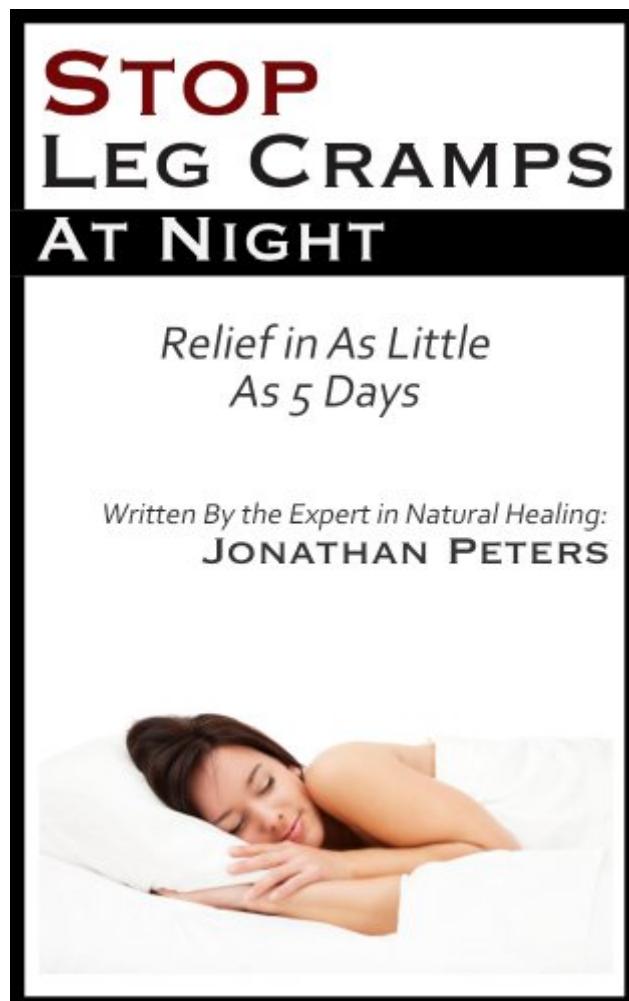


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# Stop Leg Cramps At Night



## Synopsis

Do you suffer from leg cramps at night? Put an end to them today! The sudden, sharp pain shooting up your leg is not a fun experience. In fact, it can be downright frightening because YOU HAVE NO IDEA why this muscle spasm is happening! You were just lying in bed, trying to relax, and sometimes even sleeping, when this agonizing leg cramp occurred! You jump out of bed and try to shake off the cramp, which will eventually go away as you stretch out your lower leg or thigh muscles. Most people experience these nighttime muscle cramps at one point in their life. But, if you are experiencing them on a more frequent and severe basis, it's time you get to the cause of why your legs are cramping. Discover the answer in this easy-to-follow instruction manual on how to put a stop to leg cramps at night. This book covers the 5 major causes of leg cramps. Plus, it lays out 9 treatments tailored to each specific cause. Discover what to do for prevention of these painful cramps. Many times you can treat these cramps in the comfort of your own home. Three home remedies are also included in this book. For severe cases, always consult with your doctor. Plus, learn how to alleviate the leg cramp when it occurs. If you are suffering from the aches and pains of nighttime leg cramps that last for a long time, get this important book today! Night Leg Cramps Defined: You can experience the spasms in your thigh, low leg, calf, foot or toe. The night-time leg cramps tend to occur as you are about to fall asleep or wake up. A medical cure from them is not known, although a lack of potassium, pregnancy, and other specific conditions are often cited as contributors. After the cramp, the leg muscle is often sore. Preventing the cramps is the priority of this book. These nocturnal cramps in the leg are also referred to as a charley horse (or charlie horses). Leg cramps at night are not to be confused with restless leg syndrome (RLS), which is altogether different; however, RLS can be a cause of the nocturnal leg cramps. Discover what causes leg cramps and find relief. Order your copy of this important book today.

## Book Information

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## Customer Reviews

I liked this book a lot and if it will help me cure or lessen my wife's leg cramps then I will truly love this book. Every thing I have tried so far (a lot of the recommendations made in this book) have had very good effects. So I am excited about doing all of the things suggested.

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