

Custom Address Labels Eliminate Writer's Cramp!

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By Robb Ksiazek

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Would you like to have personalized address labels? It is so nice to stick them on bills and letters rather than writing out your address over and over again. You can choose designs and patterns that reflect your unique personality and hobbies. Put some fun into your letter writing by helping to put a smile on the intended receivers face. Choose from your favorite animals to your favorite sports teams and logos. There is a style for everyone. Try something classy or try something fun. It's another way to add yet another dimension to your correspondence. Leave your lasting impression with your very own personalized free address label. Many merchants offer a free sample!

While you're searching for the right label, take a look at some of the other ways to leave your mark. Personalized pens offer the opportunity to be a little more unique than the next guy. They also make great gifts. Imagine the little ones you know taking their new favorite pens to school. You could also hand them out at the office as a token of your esteem. More importantly, they could be a very important marketing tool to get your name into the hand of a very important client.

Robb Ksiazek is a successful author and publisher for <http://www.checks-4u.com>. He has researched and written hundreds of articles and can simplify your online search by recommending merchants for the best value and selections in business or personal checks, address labels, rubber stamps and envelopes.

Leg Cramps

By John Russell

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Everyone experiences muscle cramps from time-to-time. Perhaps your neck gets cramped after a day at your desk or you get a leg cramp after exercise when you've been sedentary for a long time. Some women get leg cramps after wearing high heels. The solution to most of these common cramps is to

stretch the muscles regularly and, in the case of high heels, avoid them.

There is another kind of cramp that people often experience: nocturnal leg cramps. Just as you've fallen deep asleep, you're awakened by severe and painful cramping in your calf muscle. Most people jump up and hop around on the affected leg until the cramp goes away. But, occasionally, it returns. Sometimes the cramp is in the thigh; sometimes the foot.

The first thing to check if you have leg cramps is your prescription drugs. Some can cause cramping. Diuretics, taken for high blood pressure or heart disorders, can cause an imbalance of your potassium and magnesium levels.

The most common cause of nocturnal leg cramps is calcium deficiency. If you are postmenopausal, trying to lose weight, or don't consume enough calcium, you are vulnerable to developing leg cramps. To relieve leg cramps and prevent any long-term problems associated with calcium deficiency, start today to increase your calcium consumption. If you're avoiding fat, try nonfat yogurt and skim milk. Also, you can take a calcium supplement at bedtime.

Pregnant women are sometimes vulnerable to leg cramps, which usually occurs due to a change in their calcium metabolism. Calcium supplements can help. Please check with your obstetrician before beginning any supplements. Another help for nocturnal leg cramps is vitamin E.

If neither calcium nor vitamin E gives you relief, you may benefit from magnesium, potassium, or vitamin A.

Because it has been shown that sugar and caffeine reduce the absorption of vitamins and minerals (particularly calcium), people with cramping problems should eliminate as much sugar and caffeine from their diets as possible.

Natural Prescriptions for Leg Cramps

- Eliminate as much sugar and caffeine as possible from the diet.

In addition to current daily supplements, add:

- 1,200 mg. of Calcium at bedtime. If no results, you can discontinue but be sure you get 1,200 mg. of Calcium daily through diet and/or other supplements. If you are pregnant, check with your doctor before beginning and supplements.

- 400 I.U. Vitamin E twice daily after meals for two weeks. If symptoms are relieved, cut down to 400 I.U. daily. If symptoms recur, increase the dosage until symptoms are relieved but never take more than 1,200 I.U. daily.

- 400 mg. Magnesium daily.

- 10,000 I.U. Vitamin A daily

·100 mg. Potassium daily

For more information about this topic, please go to <https://www.ihdistribution.com>

None



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Impair Healthy Healing In People Over The Age Of 30!