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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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

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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

Martial Arts Speed Kicking

By Joe Driscoll

If I was to ask you what was the most important kick in the Martial Arts, what would you say? If you're a fan of flashy kicks or extreme Karate, you'd probably tell me some flashy spin or jump kick.

But the fact is the most important kick you'll ever have for fighting in the Martial Arts is the lead leg kick. Depending on your style or stance, the lead leg is always the closest leg to your opponent. From a side stance, or point sparring stance, it would be the lead leg side kick. From a Muay Thai or kickboxing stance, it would be the lead leg front kick.

Before you say that's a simple kick and anyone can do it, let's go over a few things.

It's much more the timing, speed and ability to throw this kick from any position on the floor or ring than it is anything else. A great lead leg front kick will allow you to beat superior opponents.

Why does this kick need to be one of the best in your repertoire?

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1. It's the closest limb to your opponent and therefore can get from point A to point B faster than any other technique
2. It's a defensive kick that can be used to stifle your opponents techniques
3. It's an offensive weapon use to beat down your opponent to open up prime striking opportunities later in the fight

Developing the Lead Leg Kick

Whether your lead leg kick is the Side Kick or the Front Kick, rebounds are an excellent way to develop the speed, power and timing needed for this kick.

To do Rebounds, you must use a hanging heavy bag. Stand close enough to the bag to throw a lead leg kick, drop your foot to the ground and spring off the floor into another kick. Start slowly in sets of 2 repetitions, but you can move to as many repetitions as you feel comfortable with.

The closer you stand to the heavy bag, the more resistance you'll be faced with, and therefore you'll be training more for strength along with speed and timing.

Joe Driscoll is a former Martial Arts world champion and the author of "Conditioning and Beyond", "Underground Speed Kicking Secrets" and several other books on fitness, conditioning and Martial Arts Training. Find out more about Joe and his training concepts at



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