More stories at WordBlanks.com

Help for (blank) cramps

1. Part Of Body _____
2. Verb - Base Form _____
3. Adjective _____
4. Verb - Base Form _____
5. Part Of Body _____
6. Verb - Base Form _____
7. Verb - Base Form _____
8. Adjective _____
9. Adjective _____
10. Verb - Base Form _____
11. Part Of Body _____
12. Part Of Body _____
13. Liquid _____
14. Verb - Base Form _____
15. Part Of Body _____
16. Part Of Body _____
17. Adjective _____
18. Noun - Plural _____
19. Adjective _____
20. Noun - Plural _____
21. Part Of Body _____
22. Verb - Present Ends In Ing _____
23. Food Item _____

24. Mineral-Salt Zinc Gold Ect
25. Mineral-Salt Zinc Gold Ect
26. Mineral-Salt Zinc Gold Ect
27. Adjective
28. Part Of Body
29. Noun
30. Verb - Base Form
31. Adjective
32. Job Title Plural
33. Adjective
34. Verb - Present Ends In Ing

Help for (blank) cramps

What to Do When You Get a _____Part of Body_____ Cramp

_____

Next time a **Repeat Last** Part of Body cramp strikes, try any of these:

_____Verb - Base Form_____ the muscle.

_____

Stand on the _____Adjective_____ **Repeat Last** Part of Body .

_____Verb - Base Form_____ the muscle.

Flex your _____Part of Body_____.

_____Verb - Base Form_____ your toes and _____Verb - Base Form_____ them toward you.

Ice the cramp.

Take a _____Adjective_____ bath.

_____

How to Prevent **Repeat Last** Part of Body Cramps

Here are some _____Adjective_____ things you can do:

_____Verb - Base Form_____ during the day and before bed. Focus on your _____Part of Body_____ and _____Part of Body_____

muscles.

Drink

plenty of _____liquid_____.

Move around during the day to _____Verb - Base Form_____ your _____Part of Body_____ and _____Part of Body_____.

Wear comfortable, _____Adjective_____ _____Noun - Plural_____.

Sleep under _____Adjective_____ _____Noun - Plural_____, especially if you sleep on your _____Part of Body_____.

And that old advice about _____Verb - Present ends in ING_____ _____food item_____ for **Repeat Last** Part of Body cramps? It's

true. The _____mineral-salt zinc gold ect_____ helps. You might also add multivitamins with _____mineral-salt zinc gold ect_____

and _____mineral-salt zinc gold ect_____.

If you have _____Adjective_____ and severe _____Part of Body_____ cramps, talk to your doctor. You'll want to make

sure there's not a _____Noun_____ problem causing the cramps.

Your doctor might also _____Verb - Base Form_____ medication. Drugs don't always work for **Repeat Last** Part of Body

cramps, and they can cause _____Adjective_____ side effects. The anti-malaria drug quinine, for example, was once

used for **Repeat Last** Part of Body cramps, but _____job title plural_____ and the FDA no longer recommend it -- side

effects include _____Adjective_____ _____Verb - Present ends in ING_____.

©2026 WordBlanks.com · All Rights Reserved.