

## 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 \_\_\_\_\_ Cramp

\_\_\_\_\_

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

\_\_\_\_\_ the muscle.

Stand on the \_\_\_\_\_ Repeat Last Part of Body .

\_\_\_\_\_ the muscle.

Flex your \_\_\_\_\_.

\_\_\_\_\_ your toes and \_\_\_\_\_ them toward you.

Ice the cramp.

Take a \_\_\_\_\_ bath.

\_\_\_\_\_

How to Prevent Repeat Last Part of Body Cramps

Here are some \_\_\_\_\_ things you can do:

\_\_\_\_\_ during the day and before bed. Focus on your \_\_\_\_\_ and \_\_\_\_\_

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.