

## 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 \_\_\_\_\_.