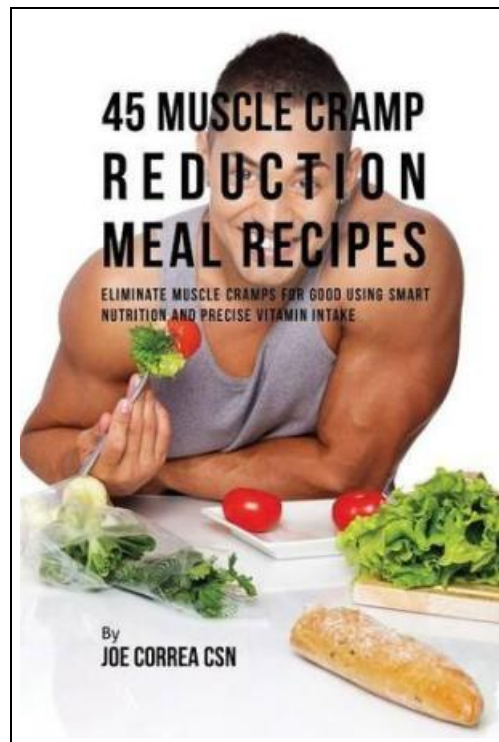


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Live Stronger Faster, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.45 Muscle Cramp Reduction Meal Recipes: Eliminate Muscle Cramps for Good Using Smart Nutrition and Precise Vitamin Intake By Joe Correa CSN Muscle cramps are an uncomfortable experience that we all have gone through at least once in our lifetime. That awful feeling usually comes out of nowhere without any warning signs. It's basically the contraction of one or more muscles caused by the repetitive firing of neurons and nerves. But if you're experiencing muscle cramps more than usual, then it's time to learn how to solve this problem and how to treat it. Dehydration plays an important role in this painful condition. Athletes often have this problem. Certain health problems like vomiting or diarrhea create an imbalance of electrolytes, and as a result, we have those nasty cramps. One of the best ways to control muscle cramps is by changing your eating habits. As always, many health problems can be solved by putting the right kinds of foods in your kitchen. Poor nutrition and a lack of certain nutrients like calcium, potassium, magnesium, and sodium are some of the main causes of muscle cramps. Making some changes in the way you eat is the first step towards fixing this problem once and for all. This book is a collection of fantastic recipes. It's based on super nutrient boosters that will prevent and cure muscle cramps quickly and effectively. It is an ideal collection for those who are looking for a solution through a delicious and non-restrictive diet. These recipes are extremely rich in many different minerals that are crucial to maintain your body-fluid balance and to help normalize muscle contractions. For example, Avocado Papaya Smoothie , Spinach Salad...

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