



## Dr. Chalfin's Treatment of Cramps

For an **active** cramp, stretch the muscle involved to release the cramp. For example, if your calf is cramping, straighten your leg and bend your foot up toward your face to stretch out the calf muscle. Having a partner to hold your leg in position for you may be helpful.

For **prevention** of cramps:

1. **Good hydration** - Increase your water intake. Try to drink at least 8 glasses, or 2L, or a half gallon, of water daily.
2. Stretching exercises before bed! Stretch those legs.
3. If all else fails, can always try to put a bar of Ivory soap under the bedsheets!  
(Old Wives' Tale)

If those are ineffective, you can try:

- **Magnesium** - 400mg daily; OR
- **Iron** supplementation - 100-200mg daily; OR
- **Vitamin B complex**

Please speak to your doctor before adding these on as they can have side effects and risks as well. If all else fails, we can try a prescription medication that can be effective.

**BEWARE:** tonic water contains quinine, which has been associated with serious risks including death, so do not try this without speaking to your doctor first.