

Muscle Cramps

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Cramps in the muscles occur when muscle fail to stretch out after contracting. Muscle cramps may be caused by electrolyte deficiency, physical overexertion, staying in one position for too long, imbalanced hormones, allergies, poor circulation, etc. .

Alfalfa, bayberry, blessed thistle, cayenne, dong quai, elder flower, Echinacea, elderberry extract, garlic, ginkgo biloba, horsetail, and saffron- Internal Purposes: For circulation

Horsetail, meadowsweet, valerian, and skullcap- Internal Purposes: Eases muscle cramps.

Lobelia- External Purposes: Eases cramping in the muscle. Dosage: Rub on affected area.

Valerian Root- Internal Purposes: Relaxes muscles. Dosage: Take at bedtime.