

WHAT CAN I DO ABOUT MUSCLE CRAMPS?



Get Enough POTASSIUM

Eat leafy greens, beet greens, swiss chard, spinach, mushrooms, brussels sprouts, zucchini, broccoli, and asparagus



Get Enough SODIUM

Add a pinch of Himalayan salt to your water or food

Stay **HYDRATED**

Drink at least half of your body weight in ounces of water, drink throughout the day, add Himalayan salt, add mineral drops



Get Enough MAGNESIUM

Eat hemp, spinach, avocado, swiss chard, chia seeds, pumpkin seeds, and maybe take supplements.



Keep **MOVING**

Get up from your desk and move/stretch every 2 hours, stretch out before bed

