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How to Stop Muscle Cramping!Do you like this topic? Tell us on Facebook! 

At PHYSIO4ALL we treat many people with musculoskeletal injuries. A major complaint we deal with is muscle cramps.

Magnesium is an essential mineral to the human body and to a variety of important biological processes that occur in the body. In fact, magnesium is involved in well over 300 metabolic processes. Magnesium is important for muscle contraction, nerve conduction, and the maintenance of vascular tone.

What foods contains Magnesium?

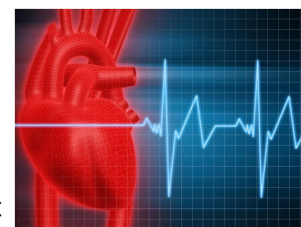
Many of us eat a diet that contains practically no magnesium — a highly processed, refined diet that is based mostly on white flour, meat, and dairy (all of which have no magnesium). Natural sources of magnesium include dark leafy vegetables, legumes, bananas, avocados, nuts and seeds, whole grains and shellfish.

**What are the signs and symptoms of Magnesium Deficiency?**

A mineral deficiency of magnesium is one of the most common causes of leg cramping. Running cramps usually involve the muscles of the calf, and occasionally the hamstrings and quadriceps. If you're a regular sufferer of leg cramps, running calf cramps and night time leg cramps and have tried 'almost everything', then perhaps magnesium supplementation may have some benefits for you. Other symptoms of magnesium deficiency can include migraines, fatigue, loss of appetite, depression, nausea and vomiting or high blood pressure.

What are the Benefits of Magnesium?

- Aids in absorption of calcium which plays a key role in bone strength and formation: decreased risk of osteoporosis
- Helps prevent abnormal blood clotting; significantly lower the chance of heart attacks and strokes.
- Aids in maintaining healthy blood pressure levels.
- Helps maintain proper muscle function by reducing excessive tension

**What Brand Does PHYSIO4ALL Recommend and Why?**

We strongly recommend Ultra Muscleze® from Bioceuticals. This product is a great-tasting, high dose magnesium powder containing a specialised mineral delivery system that enhances absorption and intestinal tolerance of magnesium. Ultra Muscleze® also contains the amino acids carnitine, glutamine and taurine, with malic acid, B vitamins and other supportive nutrients making it a complete supplement to your daily diet.

How much should I take?

Adults: Add 1 metric teaspoon (approx. 5g) to 100-200mL of water or juice. Stir or shake to make a beverage. Consume once daily or as directed by your healthcare practitioner.

Special Offer!!!!

PHYSIO4ALL is offering, for the month of February, **\$10 off** every purchase of Bioceuticals Ultra Muscleze®!

Normally ~~\$39.95~~ now only **\$29.95!!!**

Download this Special [Gift Voucher](#) and hand it in to receive this Special Offer!

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Ph: 02 9922 2212 - F: 02 9922 5577 - W: www.physio4all.com.au
E: info@physio4all.com.au

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