



## Proper Diet Can Bring Relief From Muscle Cramps

*(From an Article by Dr. Burstein Appearing in The Independent Press, Wednesday, October 6, 1993)*

By Dr. Edward M. Burstein

There are various causes of muscle cramps, including not enough calcium in the diet, improper digestibility of calcium due to HCl deficiency, a lack of essential fatty acids, and thyroid/parathyroid dysfunction. If the exact cause of muscle cramps can be properly diagnosed, then most likely, the cure will be simple.

First, let's look at our relationship with calcium. Unfortunately, in the American diet of pasteurized, overcooked and microwaved foods, getting enough calcium from the dinner table is hard to do. There is a difference between good and bad calcium. Good, useable calcium is that which is easily assimilated by the body, and unusable calcium is that which cannot be broken down and is therefore deposited in the blood - the result being Osteoporosis. Good calcium can only be found in fresh fruits and vegetables. To many people's surprise, milk contains unusable calcium because it is changed during the pasteurization process.

So, if a person is not eating enough fresh fruits and vegetables, excess acid is created in the blood. The body will try to neutralize this acid by using calcium, not leaving enough calcium for other body functions. In addition, if the body cannot digest calcium properly, then calcium and nutritional supplementation may be necessary. Let me point out that people are uniquely individual and therefore, should be treated as such when vitamins and nutrients are prescribed.

Thorough examination of a person's physical and biochemical systems can uncover the exact type and form of supplementation that is needed. For example, if the problem is the assimilation of calcium, then unsaturated fatty acids are needed to transport the calcium from the blood to the muscles. In this case, the supplementation of a Vitamin F type complex (the general name given to all essential fatty acids) may be necessary.

The proper essential fatty acid for the individual helps to open the door for calcium to get into the cells. However, persons with gall bladder problems may need to get the fatty acids through cold-water fish-oils. Another example is that people who also exhibit joint stiffness may benefit from added organic phosphorous, unless they have a pulse rate of over 90.

Finally, I have excluded Vitamin E from this discussion on cramping relief for a reason. Although Vitamin E can give relief from cramping, it tends to precipitate calcium from the bone, thus increasing the potential for osteoporosis.

Editor's note: Dr. Burstein is founder and Clinical Director of the Berkeley Heights Chiropractic Center, a multi-doctor holistic health care center dedicated to natural healing and optimum health. He has been awarded the status of Teaching Diplomat by the International College of Applied Kinesiology, and shares this distinction with only four other chiropractors in the state and 117 worldwide. Dr. Burstein has lectured at Overlook Hospital and Robert Wood Johnson University Hospital on immune, autoimmune and chronic degenerative diseases. For information, call (908) 665-0770.