

# **The 5 Best Natural Muscle Relaxers**

A muscular spasm is something we all go through from time to time as a result of overworking our muscles. From heavy exercises and strenuous sports activities to disregarding the importance of pre-workout stretching, several things can cause muscle tension. Whichever the case may be, it's better to avoid using over-the-counter medications and try to relieve the pain naturally. Here is a list of the five best natural muscle relaxers you can use to ease the discomfort.

## **Getting a good night's sleep**

The first one is probably a no-brainer, but it's the most natural and perhaps the best way to relax tired muscles. Sleep deprivation affects the muscles, and without proper rest, your muscles aren't able to recover. On the other hand, if you ensure you get seven to eight hours of sleep each night, the blood supply to muscles will increase, helping your muscles relax and recover. Try putting ice packs on the affected area to provide relief to overworked muscles or use heat pads to improve circulation and blood flow to the area in question.

## **Indulging in a relaxing spa treatment**

Usually caused by physiological effects of stress, muscle tension is something many of us are dealing with daily. When you're under a lot of stress, your blood vessels are constricted, and the blood flow to soft tissues is reduced. A natural way to treat tense muscles as well as relieve the body from stress is to indulge in relaxing spa treatments – effective in reducing the pain that comes from tense muscles, a spa treatment may be just what you need to help your muscles recover. Whether you opt for a massage, a scrub, or a body wrap, you're sure to leave the salon feeling refreshed and rejuvenated.

## **Stretching your muscles**

Stretching is the perfect way to relieve your body from cramps as well as muscular tension. Make it a habit to start and finish your exercises with stretching, as it will help warm up the muscles and stop tension from building while training. When you decide to skip stretching, you risk creating tiny tears in your muscles as a result of tensed up muscles, which leads to muscle soreness. Stretching helps improve the circulation of blood and oxygen through the body, thus improving flexibility and joint range of motion. Breathe deeply, relax, and stretch to the point you feel comfortable with.

## **Ensuring adequate magnesium intake**

Vital for supporting a healthy immune system and proper functioning of the muscles, magnesium is a supplement you must take to improve your overall health. One of the seven microminerals plays an important role in several biochemical reactions in your body, some of them being energy creation, protein formation, and nervous system

regulation. Muscle pain is sometimes an indicator that there is a magnesium deficiency in the body. However, you can ensure an adequate amount of this mineral by eating dark green vegetables and whole grains. You can also take magnesium supplements if you're not able to obtain enough magnesium from food only.

### **Increasing your protein intake**

Another natural way to treat tense muscles is to increase your protein intake. Effective in reducing muscle inflammation, protein helps repair exercise-induced muscle damage, building and repairing the tissue. Protein is a macronutrient, which means that your body needs it in larger amounts, alongside fat and carbohydrates. However, your body does not store protein like it does the other two macronutrients, so you need to make sure that your protein intake is balanced to provide your body with an optimal level of protein. Poultry and fish, yogurt, cheese, and eggs are food items packed with protein, although you could order a protein powder as a more convenient option.

Muscle spasms can happen to anybody, and while they can be painful, there are a lot of natural remedies that you can use to alleviate the pain. Try some of the natural muscle relaxers mentioned above to help you recuperate your strength and feel better in no time.

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