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CRAMP

A lot of us suffer from cramps in the legs but during the party season this number increases.

Dr Vishwas Chhabra, yoga therapist at Prime Medical Centre, recommends a foot bath in salted hot water to deal with the painful situation. "Just before going to bed, sprinkle some Epsom salts in a bucket of hot water and immerse your leg up to the knee for 10-15 minutes. This will help relax those stiff muscles and ease the pain."