



Leg and Foot Pain at Night

If you are experiencing leg and/or foot pain at night time, it may be due to cramping, neuropathy, back pain, or more severe vascular issues.

Treatment Protocol:

- **Tonic Water**
 - **One cup of tonic water 30-60 minutes prior to bed time.**
 - **It may not taste great, therefore, it is advisable to add a spritz of lemon or lime to give it better taste.**
- **Mustard (Grainy type)**
 - **One tablespoon prior to bed time**
- **Pickle Juice**
 - **One tablespoon prior to bed time**
- **Magnesium Supplement:**
 - **100 mg**

A Bar of Soap placed between your feet at bed time underneath the sheets has also shown some improvement with symptoms.

All these treatments are safe and have demonstrated some improvement with symptoms of leg pain at night in a mixed population. During the day, your body uses a lot of oxygen and produces significant lactic acid which can accumulate in the tissues of the lower extremities. Proper exercise and hydration is also highly recommended to help prevent pain at night time