

# Top Natural Remedy to Help Manage Essential Tremors



## Introduction

Essential tremors are a common neurological disorder that can affect people of all ages. It's characterized by uncontrollable shaking and movement, which may be triggered by stress or other environmental factors. While there's no cure for essential tremors, there is a [Natural Remedy for Essential Tremors](#) that may help manage symptoms so they don't interfere with daily tasks.

## Vitamin B12

Vitamin B12 is an essential vitamin that helps maintain normal nerve function. It's found in the foods listed below, as well as fortified foods such as cereals and certain dairy products:

- Meat, fish and poultry
- Eggs (yolks)
- Fortified cereals

## Magnesium

Magnesium is a natural mineral that can be found in many foods such as nuts, seeds and whole grains. It plays an important role in the body's normal functioning by helping to maintain muscle balance, blood pressure levels and energy production.

Magnesium also helps with nerve function which is why it has been found to help those with essential tremors or other nervous disorders.

## Chromium Picolinate

Chromium is a trace element that is essential for the normal function of the body's cells. It also helps to maintain normal blood sugar levels, which can be affected by tremors.

Chromium picolinate is a dietary supplement that helps to maintain normal blood pressure levels and supports overall health by maintaining healthy levels of insulin secretion, glucose tolerance and cardiac function in people with diabetes mellitus, as well as those who take oral hypoglycemics (such as insulin).

## Creatine Monohydrate

Creatine monohydrate is a supplement that can help with essential tremor. It is a naturally occurring compound found in meat, fish and dairy products. It helps to maintain muscle energy levels and can be taken in powder form.

## Saw Palmetto Extract

Saw Palmetto Extract is a plant extract that can help with essential tremor. It's used to treat male pattern baldness, benign prostatic hyperplasia (BPH), and prostate cancer.

This supplement is derived from the fruit of the palm tree, which is native to Florida. The name "saw palmetto" means "little tree." The root bark contains high amounts of fatty acids that have been shown to reduce serum testosterone levels in men with BPH or prostatic hyperplasia.

## L-Theanine (found in green tea)

L-Theanine is a naturally occurring amino acid found in green tea. It has been shown to be effective at reducing stress and anxiety, but it can also help you relax during times of high tension or nervousness.

L-Theanine is also found in many other plants, including cacao, coffee and hops.

## Essential Tremors is a very common disorder that can be managed with natural remedies.

The most common type of essential tremor is called Parkinson's disease. This is not a disease and can't be cured. Instead, it's a symptom of another condition called Lewy body dementia (LBD), which affects people at an older age than PD.

If you're experiencing tremors that feel involuntary and uncontrollable, try these natural remedies:

- Take omega-3 fish oil [Supplements For Essential Tremor](#) to boost your brain health and reduce inflammation in your body by reducing oxidative stress caused by free radicals.\* Eat more fruits and vegetables to increase blood flow to the brain.\* Take magnesium supplements if you have trouble sleeping or frequent headaches due to low levels of magnesium in your body.\* Get regular exercise throughout the day so you get tired enough to nod off easily before bedtime!

## Conclusion

If you are having trouble managing your essential tremors, there are many [Natural Remedies for Essential Tremors](#) available to help. The most important thing is to find a supplement that works best for you and stick with it. Many people have found success by taking multiple supplements in combination with each other or even switching up their daily routine once in awhile.

Remember that these supplements do not cure the condition but rather manage it so if you're still experiencing symptoms after using them long term I recommend seeing your doctor who can help determine what could be causing them or offer another treatment option as well.