

Restless legs

Description

To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Restless legs

Organic kale has magnesium, iron, potassium & calcium that together may stop most restless legs symptoms.

Pickle juice stops cramping within one minute

What people have reported to work, many at Peoplespharmacy.com

Magnesium oil on legs

Limonene (also effective for GERD/reflux)

Benfotiamine-150 to 300mg 2x/day

Selenium (brazilnut) 125mg

(50k) vitamin D3 under tongue every other day w daily vitamin k2 until symptoms gone then reduce intake frequency to find maintenance level

Bar soap on or next to leg

CBD oil under tongue

Tonic water has quinine

Mustard

B vitamin sustained release after breakfast

Chamomile

EFT tapping (acupressure)

Leg Exercise to exhaustion

Massage

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Pneumatic compression

Near infrared red light therapy

Red lights & pink noise help sleep

Aspercreme w lidocaine

Acupuncture/acupressure

Legs straight up

Apple cider vinegar 3x/day

Hylands restless legs

Lots of water all day

Support socks

Tyrosine, phenylalanine, DL phenylalanine, mucuna dopa

VitE mixed tocopherols

Lecithin liposomal vitC every half hour

peoplespharmacy.com/articles/restless-legs-syndrome-rls-relieved-with-soap

Category

1. Uncategorized

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