

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](https://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

*default watermark*

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](https://peoplespharmacy.com/articles/restless-legs-syndrome-rls-relieved-with-soap)

**Category**

1. Uncategorized

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