

# Restless Leg Syndrome

## DISCLAIMER

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The information provided herein is intended for general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You assume full responsibility for how you choose to use this information. Always consult with your doctor or other professional healthcare provider for medical advice.

I found that seven weeks after open heart surgery, restless leg syndrome showed up when I tried to go to sleep at night and kept me up till 2:00 in the morning. It took me one week to name what I was experiencing, Restless Leg Syndrome. Over the next three weeks I learned the following and by the end of that time (8/25/19), I had compiled a list of 20+ things I was doing to heal the RLS and remove the symptoms. I was told that it will take 3-6 months to re-normalize my body. We shall see if this can be speeded up by my doing all 20+ things listed below.

### Introduction

1. [Restless Leg Syndrome Symptoms, Causes & Treatments](#) – Dr. Josh Axe
2. [Restless Legs Syndrome Causes, Symptoms and Treatment](#) – Dr. Mercola
3. [13 Abstracts with Restless Legs Syndrome Research](#) - GreenMedInfo
4. [8 Triggers That Make Restless Legs Worse](#)
5. [The 11 Best Treatments for Restless Legs Syndrome](#)
6. [The Real Causes of Restless Legs Syndrome – and How to Treat it Naturally](#)
7. [4 Little-Known Causes of Restless Legs Syndrome](#)
8. [Using Exercise to Balance the Nervous System](#)

### Various Causes of Restless Leg Syndrome: Summary from above links

High C-RP levels, systemic inflammation and immune dysregulation, drugs, electrolyte imbalance (especially calcium/magnesium/potassium), irritable bowel disease (IBD) and small intestinal bacterial overgrowth (SIBO), lack and defective use of iron, caffeine, sugar, kidney failure, increasing age, pregnancy, frequent blood donations, poor diet and increased stress.

### Various Resolutions to RLS Symptoms: summary from above links

Exercise, squeeze in quick leg exercises during breaks — If you're working in an office, take a five-minute walk or do stretches at least every hour. Move your legs. Whole body vibration. Gently massage your legs. TENS stimulation, massage, vibration, acupuncture, Epsom salts bath, iron (it's possible for your brain to be deficient in iron, even when your blood tests show iron levels as normal. If the cause is SIBO or a gut infection, increasing iron intake can often make matters worse by creating an environment that promotes pathogen growth and inflammation. For this reason, it's best to address the gut before or at least concurrently with adding iron supplements.)

Vitamins: D, C, E, K2, Calcium/ Magnesium/ Potassium, L-tyrosine (500-2000 mg a day), Oxy powder & aloe will help the gut as well as probiotics.

Some studies suggest a vitamin B12 and folate deficiency may cause RLS. Can supplement with 5 mg of methylcobalamim (a form of B12) or hydroxocobalamim, and 800 mcg of methyl folate (not folic acid, a synthetic form of folate found in multivitamins).

Probiotics can be as effective as antibiotics for treating SIBO. Probiotics *S. boulardii* (a beneficial yeast) and MegaSporeBiotic can be helpful.

[My doctor](#), a General Practitioner who practices Functional Medicine, said supplementing with iron often proved beneficial for RLS. I checked my [recent lab report](#) on my blood work. There was enough iron in my blood, but saturation level was below minimum recommended. So I ordered a [high quality iron supplement](#). (Note: you want high quality iron, and you don't want too much in your system as that too produces health problems. So [get blood work done](#) and find out what your levels are.)

Suggestion [from Jamie L. Kliewe](#), D. PSc. CHHP, AADP, LMT [Omni Balanced Life Center](#)  
Certified Holistic Health Practitioner  
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Most of what I have come across in terms of RLS is that it is Brain/Nervous System connected. It can also be affected by low GABA and Dopamine levels and certain parts of the brain that deal with sensory and motor activity. RLS seems to be connected to neurochemical activity in the brain. I say 3-6 months to resolve the issue and of course we can and should expect sooner with God's Healing intervention because it takes time for all of these interventions to fully process through all of the metabolic pathways and recalibrate the body.

What we are looking at is the Neurochemical activity that has probably been disrupted after your surgery to realign and rebalance. There are some supplements that you can take to see if they help at night when it seems to get worse. [Information on GABA](#), [dopamine](#), [Tryptophan](#) (see: [natural ways to increase dopamine](#))

If you have the ability to scan for brain and micronutrients on the Qest4 that would be good. Keep using the Bemer as you have been just take the Plus off at night. Anything that you can do that involves CNS rebalancing will be huge. I would start with a level 1 with the belt across the top of the head from ear to ear – bonnet style. Then do the belt front to back from the base of the skull resting on the forehead level 1. Run each for 8 min with pulse off. You can then increase up to level 3 as long as you do not experience any issues. This will help to detox the brain.

[I like this prayer](#)! Here is what came to my mind. Envision God's Healing Light encircling your Brain and Neurons, visualizing the connections happening with swiftness and deliberate action like lightening hitting the atmosphere.

### **I utilized ALL the items below TOGETHER to help relieve my RLS symptoms**

1. Prayer from [Kurt Green](#) praying for me and me praying [this prayer every morning](#). God said the RLS was healed. So as I prayed this, I held this vision: Envisioning God's Healing Light encircling my Brain and Neurons, visualizing the connections happening with swiftness and deliberate action like lightening hitting the atmosphere.
2. Patti [laid hands on me daily](#) praying for healing.
3. I worshipped about 20 minutes with my autoharp each evening, providing a space for the healing presence of the Holy spirit to fill.
4. Took vitamins: D, C, E, K2, Calcium/ Magnesium/ Potassium, L-tyrosine (500-2000 mg a day), [Oxy powder](#) (every other night). Aloe and a wide spectrum probiotic for the gut.
5. [TENS unit](#) – 60 minutes before bedtime ([more info](#))
6. [Compression Socks](#) – Used overnight
7. Walking 1 mile walk a day, or stationary bike for 6 miles (keep exercise in the medium range as research shows that those who are peak performers have a greater likelihood of RLS). Also used [MAXT3](#) exercise and again, easy does it.
8. [Iron](#) – 22 mg capsules - one and two a day was not enough. Three a day brought release
9. [Homeopathic for RLS](#) – taken throughout the day and when I would awaken during the night
10. [Acupuncture treatments](#) - 3 times a week for two weeks, then dialed it back to once a week, and added lymphatic leg massage (a series of five treatments over five weeks beginning 8-23-19)
11. Epsom Salts Baths (20 minutes) in the evening (Liquid Arnica added in also)
12. Diuretic – a drug from my doctor, taken every other day
13. Distraction – with other activities
14. [Whole body vibration](#) - for 10 minutes in the evening
15. Gentle massage of legs with Arnica oil in evening before going to bed & when awakened during night.
16. [Electrolyte powdered supplement](#) during day, taken in a glass of water.
17. [Calcium Magnesium Potassium](#) – I tested for 3 capsules a day
18. To deal with inflammation, my doctor had me on gluten free, dairy free diet as well as [low dose naltrexone](#) (4.5 mg/day)
19. To help sleep: Valerian root, melatonin, DHEA, Cal Mac, Sleep Well, Lona Kids sleep aid.
20. Daily [leg stretches](#)
21. Using Qest4 I created homeopathic for Restless Leg Syndrome (applied it topically and took it internally, 3 times a day)
22. When I couldn't sleep, I would stay up and write my next book, "Overflow of the Spirit."
23. [Information on GABA](#), [dopamine](#), [Tryptophan](#) (see: [natural ways to increase dopamine](#))

**Reuben, a naturopath, just sent me the following suggestion:** This this is a post heart attack issue, then it is likely the anesthetic still in your system. 75% of the time, putting a bar of soap in the sheet takes care of it. Any kind, just a bar of soap. Perhaps some bentonite clay internally with chlorella would help get the rest of the poison out.

**Low Cholesterol** – a test my GP ran showed I have [dangerously low cholesterol](#), a result of the cholesterol lowering drug I am on. This could contribute to RLS. Time to get off it!

### **More Excellent Web Links**

1. [Restless Legs? Top 5 Support Supplements of 2019](#)
2. [11 Natural Remedies For Restless Leg Syndrome](#)
3. [Natural Solutions For Restless Legs Syndrome](#)
4. [The 11 Best Treatments for Restless Legs Syndrome](#)
5. [14 Natural Ways To Deal With Restless Legs Syndrome](#)
6. [Top 15 Natural Home Remedies for Restless Leg Syndrome Treatment](#)
7. [7 Best Natural Treatments For Restless Leg Syndrome](#)