

# *Restless Legs Syndrome (RLS)*

Restless legs syndrome (RLS) is a disorder that causes a strong urge to move your legs. This urge to move often occurs with strange and unpleasant feelings in your legs. Moving your legs relieves the urge and the unpleasant feelings.

People who have RLS describe the unpleasant feelings as creeping, crawling, pulling, itching, tingling, burning, aching, or electric shocks. Sometimes, the feelings also occur in the arms.

The urge to move and unpleasant feelings occur when you're resting and inactive. They tend to be worse in the evening and at night and are temporarily relieved in the morning.

No one seems to quite know for sure what causes RLS, but the following things have offered relief to many.

## **Things that can help decrease symptoms:**

- Increase Masaji intake (this will provide you with iron, folic acid, Vit E, and a bunch of B vitamins—B1, B3, B5, B6, and B12). The B vitamins and Vitamin E are nerve feeders. A deficiency in Iron and/or Folic Acid has been shown to aggravate RLS symptoms.
- Loving Care blend on the feet, and in a carrier oil on location. The Loving Care essential oil blend was specifically designed for physical and mental relaxation (perfect for RLS). It relaxes, calms, sedates, soothes, comforts, and releases pent-up tensions in the body.
- The Quiet Scent blend was designed to soothe, ease, relax, and calm the body, mind, and spirit. It has been shown to be: anticonvulsive, anti-inflammatory, an antispasmodic-muscle contraction sedative, a nerve soother, and relieves itching. Apply it on the feet and on location. It also helps many people get to sleep (something that plagues people with RLS). Apply it on the feet and in a carrier oil on location
- Lavender comforts, calms, and quiets. It reduces muscular tension and is anti-spasmodic. It relieves burns, pain, and itching. It is calming, refreshing, and relaxing. Apply it to the feet and in a carrier oil on location. An excellent oil to use in rotation with the Loving Care blend or the Quiet Scent blend.
- Avoid exercising (and other stimulating activities) up to three hours before bed (when symptoms are usually at their worst).
- Keep your bedroom cool; overly warm temperatures seem to increase symptoms.
- Soak your feet in cool water (not ice water, just cool water) it seems to give some relief.

- Vitamin D (a.k.a. sunshine) seems to help reduce symptoms (make sure you don't get burned).
- Magnesium supplements have also been shown to help many people.

**Things that can aggravate (or cause) symptoms:**

- Aspartame (NutraSweet, Equal, etc)
- Caffeine
- Decongestants
- Iron or Folic Acid Deficiency
- Kidney disease
- MSG

**To order, for class information, or if you have questions contact:**

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