

EVERYTHING WE KNOW ABOUT

# RESTLESS LEG SYNDROME



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## WHAT IS RESTLESS LEG SYNDROME?

Restless leg syndrome (RLS) is a neurological disorder characterized by leg discomfort that can range from kicking and jerking, to rolling and tossing in bed, to an inability to relax your legs at night. Some words used to describe these sensations include: creeping, itching, pulling, creepy-crawly, tugging, or gnawing.

Most people experience restless legs in the late afternoon or evening which can result in loss of sleep for you and your spouse. Some people experience RLS in the morning and sporadically throughout the day.

### Characteristics of RLS

- RLS symptoms start or become worse when you are resting. The longer you are resting, the greater the chance the symptoms will occur and the more severe they are likely to be.
- RLS symptoms get better when you move your legs. The relief can be complete or only partial, but generally starts very soon after starting an activity. Relief persists as long as the motor activity continues.
- RLS symptoms are usually worse in the evening, especially when you are lying down.
- RLS can also cause difficulty in falling or staying asleep which can be one of the main complaints of the syndrome.
- Bed partners are also affected by a person's RLS due to the constant moving and twitching.
- RLS is not caused by a lack of circulation in your legs.
- RLS is not caused by long periods of standing or muscle fatigue.

The main cause of RLS is a magnesium deficiency in the body

## THE MAIN CAUSES OF RESTLESS LEG SYNDROME

### Magnesium Deficiency

RLS is caused by a magnesium deficiency. Muscles require magnesium to relax. The body does not store magnesium for later use therefore it looks to obtain it from food. Because our food supply has been decreasing in vitamins and minerals over the years, the body is looking for something that is lacking. As a result, the muscles go into spasms resulting in restless leg syndrome.

### Stress

Stress actually changes the chemistry of your body, one of the changes is the "rapid" depletion of magnesium. When we are stressed we use more magnesium than when we are not stressed.

## **Lack of vital minerals in our food supply**

The key mineral your body needs for muscle relaxation is magnesium. This mineral, as well as other nutrients, have gradually been decreasing from our food supply over time.

## **Genetic Factor**

Restless leg syndrome seem to run in families therefore there might be a genetic factor contributing to your symptoms.

## **TREATMENT FOR RESTLESS LEG SYNDROME**

Restless Leg Syndrome can not be cured but it can be managed to a point where the symptoms disappear. Because RLS is mainly caused by a magnesium deficiency, and the body does not store this mineral, a supplement is needed to replenish the body.

The key to using magnesium for restless legs is in the absorption

## **The RLS-H Difference**

The key to using magnesium for restless legs is in the absorption. RLS-H is a combination of herbs and magnesium designed to enhance the absorption of magnesium in your body. RLS-H works by quickly going into your blood stream so your muscles can use the magnesium to relax.

The supporting ingredients contained in the formula facilitate the absorption process and promote relaxation. These ingredients are:

**Kelp** – Kelp assists your body in the absorption of minerals.

**Licorice** – Licorice is a source of magnesium and contributes to absorption process.

**Peppermint** – Peppermint has a muscle-relaxing ability and it decreases tension.

**White Willow Bark** – White Willow Bark is for the relief of all types of body pain including headaches, rheumatism and fever. White Willow Bark Extract is the natural alternative to chemical analgesics (pain killers).

**Magnesium** – Magnesium is a must. The diet of all North Americans are likely to be deficient in this mineral. Even a mild deficiency may cause a sensitivity to noise, nervousness, irritability, mental depression, confusion, twitching, trembling, apprehension, insomnia, muscle weakness and cramps in the toes, feet, legs, or fingers.

To ensure quality, RLS-H contains only high grade magnesium sourced only from North American suppliers.

## **The Problems with Store-Bought Magnesium**

### **— Different Grades of Magnesium**

There are different grades and kinds of magnesium and not all have the same potency.

### **— Amount of Magnesium**

Most store-bought magnesium capsules do not contain enough magnesium to treat the symptoms of restless legs.

### **— Magnesium Combined With Other Minerals**

Most magnesium capsules found in the stores are combined with calcium which was not found to be very effective in treating restless legs.

If you have tried taking a magnesium supplement in the past and were not successful in treating your restless legs, it does not necessarily mean that magnesium is not an effective treatment. For some people, results take longer to take effect.

Magnesium purchased in stores can be effective but usually requires high doses as absorption becomes an issue

## **Unsuccessful Methods of Treating Restless Leg Syndrome**

From our experience and after consulting with others who have restless leg syndrome, the following methods have proven to be unsuccessful in relieving the symptoms of restless leg syndrome.

**External Rubs/Massages** – Provides brief relief. RLS needs to be addressed internally.

**Sodium or Decreased Salt Diets** – Does not work or decrease the frequency of RLS.

**Exercise** – Can reduce the frequency of RLS but will not relieve the symptoms.

**Magnesium Purchased at Stores** – Can be effective but usually requires high doses as absorption becomes an issue. These high doses usually produce some negative side effects such as loose stool or stomach cramps. Also, it is difficult to find 100% magnesium and in most cases the magnesium is combined with calcium which will affect the results.

**Iron Supplements** – Can be dangerous if not taken properly. This works on some people but in general, iron supplements do not appear to work on a large scale. If you feel you have low iron levels, modify your diet to include foods high in iron such as beef, lamb, pork, beans, nuts and green vegetables.

**Valerian Root with Hops** – Can take the edge off but in most cases has not proved to work.

Note: Valerian root is an excellent herb to help you sleep or relax.

**B<sub>12</sub>** – Some people have reported decreased severity and frequency of symptoms with B<sub>12</sub>.

## **What brings on or makes restless legs worse?**

Stress definitely brings on, or increases, the severity of restless legs as well as alcohol consumption. Alcohol, when consumed, depletes your body of magnesium faster than usual.

## **HOW RLS-H WAS CREATED**

RLS-H was created by someone who has had RLS for over twenty years. A believer in natural health and natural cures, he was convinced there was a natural way to relieve his aching legs. After many sleepless nights, he began a tireless search for a cure. He tried many products and purchased many documents all claiming to cure RLS, but all were unsuccessful.

After discovering the root cause of restless legs, he began to try various forms of magnesium he could find in various health food stores and drug stores. He quickly realized that not all magnesium was created equal. Some barely worked and most produced no results at all. Still convinced that magnesium was the answer, he researched other herbs to add to the mix that would help with the absorption of the magnesium, as well as finding the best quality magnesium.

With information found on the internet, and after consulting with naturopaths, nutritionists and herbalists, the RLS-H formula emerged. Family, friends and neighbours began using the formula with amazing success.

## **FAQ**

### **Are there any side effects of RLS-H?**

There are no known side effects of RLS-H. If you take too much RLS-H it will result in your stool being soft or liquid like.

### **Will I get results the first night?**

In most cases yes. From our experience we have found there are two groups of people. Group one usually experiences results the first night and group two usually requires more time to allow RLS-H to build up in their system. That said, there are many instances of people in group two who experience results the first night.

#### **Group One**

You are below the age of 50, in relatively good shape and occasionally take supplements. You do not take any daily pharmaceutical drugs to treat your restless legs or to treat depression. (It is safe to take RLS-H with pharmaceutical drugs that treat restless legs or depression, however pharmaceutical drugs interfere with the absorption of RLS-H and you might not experience relief the first night).

Magnesium participates  
in over 300 enzymatic  
reactions in the body

## **Group Two**

You are over 50. You are taking pharmaceutical drugs to treat your restless legs (Requip or Mirapex), are unhappy with the side effects and want to take something that will work without any side effects. Or You are over 50. You are on a daily “cocktail” of pharmaceutical drugs for a number of medical issues. You will most likely not experience results the first night but will have relief after a few weeks.

### **I am in group two why will it not work the first night?**

For whatever reasons people in group two require a build up in their system of RLS-H. Our thoughts on this is your body has gone so long without enough magnesium that there is a recovery time required before results are experienced. In some cases it can take up to 8 weeks for results to begin to be realized. That said, a large portion of people do begin to experience relief after between 3 and 4 weeks.

Note: We have found the more determined a person is to find relief from their restless legs are more likely to see results over time.

### **I am taking RLS-H and have no relief, what can I do?**

It can take a few weeks to begin to take effect. One trick is to open up the desired capsules and place the white powder in a spoon and take RLS-H orally. Once it is in your mouth, let it sit there on your tongue for a minute or two. Then drink water to wash it down. By placing the white powder on your tongue you are allowing it to go into your blood stream quicker. Sometimes, depending on what you are eating, absorption can be affected.

The first thing you want to look for when taking RLS-H for the first time are two things:

1. Is the edge being taking off? Is so, continue taking RLS-H, your body is beginning to absorb it.
2. The next day your stool is very loose. This is a result of taking too much RLS-H or too much too quickly. Begin cutting back and re think the frequency and dosage.

### **Timing is so important**

**To find success and complete relief timing and the dosage is VERY important.**

When you feel your symptoms coming on, take one or two capsules. In 30 minutes if your symptoms are not gone, take another one or two capsules again. Repeat until symptoms are gone.

If your taking RLS-H and it is only take the edge off, try opening up the capsule and letting the white powder sit on your tongue for a few minutes. This will help with absorption.

If you are not finding relief, consult the instructions for Mirapex and Requip users.

## **Why do I have a magnesium deficiency?**

We are not really sure and there is not enough studies on this subject so our thoughts on this is:

1. Pharmaceutical drugs either prohibit the absorption of magnesium or deplete magnesium. After RLS-H has been taking for a period of time, the body begins to either accept it or begin to use it more efficiently.
2. People have been living with a magnesium deficiency for years and are so depleted of magnesium that a build up is required.

## **Why does RLS-H help me sleep better?**

RLS-H does not help you sleep, it helps your body to relax by giving your muscles and nervous system the vital minerals it requires. Once this occurs, your body can now begin to move into a deeper sleep.

## **I am taking pharmaceutical drugs, are there any side effects?**

You could consult your doctor before taking RLS-H. In most cases doctors do not believe RLS is a real problem and or may try to prescribe a pharmaceutical drug. Regardless, magnesium is not known to react to any pharmaceutical drug as magnesium is found in every cell of your body and is essential to your health.

## **I am taking Requip or Mirapex for my RLS**

We have many customers who have been motivated by the side effects of these drugs to search for an alternative that will remove the symptoms of RLS with no side effects. If you are taking Requip or Mirapex RLS-H can help you. Contact us for a the instructions or visit our web site. We have a protocol in where you can phase out your Requip or Mirapex and phase in RLS-H. In most cases the transition can be done in 6 to 8 weeks.

Note: You are able to take RLS-H with Requip or Mirapex.

## **What other vitamins or herbs should I be taking?**

Since stress is the main cause of RLS, it is important to supplement your body with vitamins that you would be used up quicker while your under stress. Vitamins you should consider taking is all the B's (In most health stores you can purchase vitamins such as a B Complex or Multi B's) with 500 mg of Vitamin C twice a day.

## **MORE ABOUT MAGNESIUM**

### **The importance of magnesium and symptoms of a deficiency**

Magnesium is of key importance to human health. It participates in over 300 enzymatic reactions in the body. A deficiency has been linked to conditions such as irregular heart beat, asthma, emphysema, cardiovascular disease, high blood pressure, mitral valve prolapse, stroke and heart attack, diabetes, fibromyalgia, glaucoma, migraine, kidney stones, osteoporosis, and probably many more. Magnesium is particularly important when it comes to ensuring the health of the heart and bones. About 99% of the body's magnesium stores are found in the bones and tissues and heart tissue is particularly rich in this important mineral. About half of the body's magnesium stores can be found in bones, so it is clearly a very important mineral as far as osteoporosis prevention is concerned. Only 1% of the body's magnesium is actually present in the blood so a standard blood analysis is a very poor way of determining overall magnesium status. Hence it is important to continually add magnesium to your blood supply to ensure health.

### **Other Benefits of Magnesium**

- Anxiety and Panic attacks – Magnesium normally keeps adrenal stress hormones under control.
- Asthma – Both histamine production and bronchial spasms increase with magnesium deficiency.
- Blood clots – Magnesium has an important role to play in preventing blood clots and keeping the blood thin-much like aspirin but without the side effects.
- Bowel disease – Magnesium deficiency slows down the bowel causing constipation, which could lead to toxicity and malabsorption of nutrients, as well as colitis.
- Cystitis – Bladder spasms are worsened by magnesium deficiency.
- Depression – Serotonin, which elevates moods, is dependent on magnesium. A magnesium deficient brain is also more susceptible to allergens, foreign substances that can cause symptoms similar to mental illness.
- Detoxification – Magnesium is crucial for the removal of toxic substances and heavy metals such as aluminum and lead.
- Diabetes – Magnesium enhances insulin secretion, facilitating sugar metabolism. Without magnesium insulin is not able to transfer glucose into cells. Glucose and insulin build up in the blood causing various types of tissue damage.
- Fatigue – Magnesium-deficient patients commonly experience fatigue because dozens of enzyme systems are under-functioning. An early symptom of magnesium deficiency is frequently fatigue.
- Heart disease – Magnesium deficiency is common in people with heart disease. Magnesium is administered in hospitals for acute myocardial infarction and cardiac arrhythmia. Like any other muscle, the heart muscle requires magnesium. Magnesium is also used to treat angina, or chest pain.

- Hypertension – With insufficient magnesium, spasm of blood vessels and high cholesterol occur, both of which lead to blood pressure problems.
- Hypoglycemia – Magnesium keeps insulin under control; without magnesium episodes of low blood sugar can result.
- Insomnia – Sleep-regulating melatonin production is disturbed without sufficient magnesium.
- Kidney Disease – Magnesium deficiency contributes to atherosclerotic kidney failure. Magnesium deficiency creates abnormal lipid levels and worsening blood sugar control in kidney transplant patients.
- Liver Disease leading to liver failure – Magnesium deficiency commonly occurs during liver transplantation.
- Migraine – Serotonin balance is magnesium-dependent. Deficiency of serotonin can result in migraine headaches and depression.
- Musculoskeletal conditions – Fibrositis, fibromyalgia, muscle spasms eye twitches, cramps and chronic neck and back pain may be caused by magnesium deficiency and can be relieved with magnesium supplements.
- Nerve problems – Magnesium alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating central nervous symptoms of vertigo and confusion.
- Obstetrics and Gynecology – Magnesium prevents Premenstrual Syndrome; prevents dysmenorrhea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, pre eclampsia, and eclampsia in pregnancy. Intravenous magnesium is given in obstetrical wards for pregnancy-induced hypertension and to lessen the risk of cerebral palsy and Sudden Infant Death Syndrome (SIDS). Magnesium should be a required supplement for pregnant mothers.
- Osteoporosis – Use of calcium with Vitamin D to enhance calcium absorption without a balancing amount of magnesium causes further magnesium deficiency which triggers a cascade of events leading to bone loss.
- Raynaud's Syndrome – Magnesium helps relax the spastic blood vessels that cause pain and numbness of the fingers.
- Tooth decay – Magnesium deficiency causes an unhealthy balance of phosphorus and calcium in saliva which damages teeth. Drugs such as pain killers, diuretics, antibiotics and cortisone, many of which are inappropriately used for the above conditions, further deplete magnesium and other minerals, allowing symptoms to get completely out of control. Surgery, malnutrition, third-degree burns, serious injuries, pancreatic inflammation, liver disease, malabsorption disorders, diabetes, hormonal imbalance, and cancer are all seriously stressful medical conditions requiring increased amounts of magnesium.

## SEARCH FOR YOURSELF

The sheer quantity of research on the topic of magnesium is staggering. Here are some search phrases you can search in Google:

- Magnesium Deficiency
- Benefits of Magnesium
- Magnesium for health
- Magnesium for health
- Magnesium can cure
- Miracle of magnesium

**Please note:** If you chose to use RLS-H for these conditions please take one capsule with food in the morning and the evening. If you are taking RLS-H for restless legs as well, please follow the instructions on the bottle.