

# Learn What Causes Restless Legs and How to Deal with the Symptoms Naturally



**Restless Legs Syndrome Treatment: Relief With Home Remedies: Learn What Causes Restless Legs, How to Deal with the Symptoms Naturally and Effectively, How to Relax and Finally Let Your Legs Rest** by Emma D. Jones

★★★★☆ 4.3 out of 5

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**Restless Legs Syndrome (RLS)** is a common condition that causes an irresistible urge to move your legs, usually accompanied by unpleasant sensations like crawling, tingling, or aching. It can disrupt your sleep, making it difficult to get the rest you need. Understanding the causes and implementing effective natural remedies can significantly alleviate RLS symptoms.

## Causes of Restless Legs Syndrome

The exact cause of RLS is still not fully understood, but several factors have been linked to its development:

- **Iron deficiency:** Low iron levels can affect the production of dopamine, a neurotransmitter involved in movement and sensation.
- **Pregnancy:** Hormonal changes during pregnancy can increase RLS symptoms.
- **Chronic conditions:** Diabetes, kidney disease, and Parkinson's disease have been associated with RLS.
- **Medications:** Certain drugs, such as antidepressants and antipsychotics, can trigger RLS.
- **Family history:** RLS can run in families, suggesting a genetic component.

## **Natural Remedies for Restless Legs Syndrome**

While there is no cure for RLS, several natural remedies can effectively manage the symptoms:

### **1. Iron Supplementation**

For individuals with low iron levels, iron supplements can help increase dopamine production and reduce RLS symptoms. Iron-rich foods like red meat, spinach, and lentils are also recommended.



# RESTLESS LEG SYNDROME VS. SCIATICA

CAUSES	
SCIATICA	RLS
Inched nerve	Genetics
herniated disc in lower spine	Gender
Spinal stenosis	Anemia
Infection	Nutrient deficiencies
Broken pelvis or thighbone	Varicose veins
Tumor	Chronic medical conditions
	Pregnancy
	Estrogen-containing
	Autoimmune disease
	ADHD

SYMPTOMS	
SCIATICA	RLS
Wakes (and wakes fully) sleep and then better during the day	Gets worse during sleep, and then better during the day
Worsens with moving, coughing, sneezing, laughing or talking	Not worsened by movement

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## 2. Magnesium Intake

Magnesium plays a vital role in nerve function. Increasing magnesium intake through supplements or magnesium-rich foods like almonds, avocado, and bananas can help reduce leg movements and improve sleep quality.



Include magnesium-rich foods in your diet to soothe restless legs symptoms.

### **3. Warm Baths and Massages**

Warm baths or showers can relax tense muscles, while gentle massages can improve blood circulation and reduce discomfort in the legs.

## Home Care Tips for **Restless Legs Syndrome**



**Maintain  
Healthy Sleep  
Hygiene**



**Try  
Massage**



**Exercise**



**Take Hot  
Baths**



**Consider  
Pneumatic  
Pressure Therapy**



### **4. Exercise and Stretching**

Regular exercise, particularly low-impact activities like walking or swimming, can strengthen muscles and improve circulation. Stretching exercises can also alleviate tension and discomfort.



Incorporate stretching into your routine to reduce leg discomfort.

## 5. Avoid Caffeine and Alcohol

Caffeine and alcohol can worsen RLS symptoms by stimulating the nervous system and interfering with sleep. Limit or avoid these substances to minimize discomfort.

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**DR JOCKERS** DR. JERRY JOCKERS, DPT

## 6. Relaxation Techniques

Stress and anxiety can trigger RLS. Incorporate relaxation techniques like yoga, meditation, or deep breathing exercises into your daily routine to reduce stress and improve sleep.



Practice relaxation techniques to manage stress and improve sleep.

Restless Legs Syndrome can significantly impact your well-being and sleep. Understanding the causes and implementing effective natural remedies can provide significant relief and improve your overall quality of life. By combining iron supplementation, increasing magnesium intake, practicing relaxation techniques, and making lifestyle changes, you can manage RLS symptoms naturally and restore your peaceful sleep.



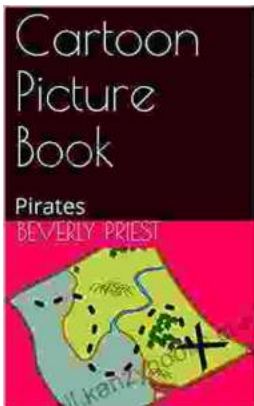


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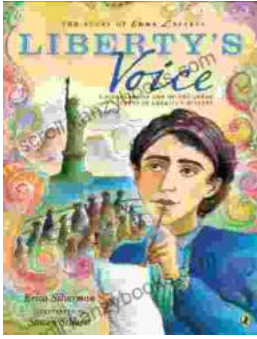
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