

January 2011

HomeCures

That Work

.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

**Practical
Help To Relax**

Restless Leg Syndrome

6 Natural Cures To Stop Moving Legs

Diet and Foods That Affect Restless Leg Syndrome

Are Your Legs Running All Night Long?

**Calm Restless Legs
Naturally**



GRANDMA'S CURE CORNER
BIZARRE HOME REMEDY: MAGIC SOAP

Home Cures That Work

January 2011 – Restless Leg Syndrome

Table of Contents

<u>Practical Help to Relax Those Legs! with Dr. Saunders, M.D.</u>	3
<u>Healthy Recipes & Eating Ideas: Diet & Foods That Affect Restless Leg Syndrome</u>	7
<u>Grandma’s Cure Corner: Bizarre Home Remedy: Magic Soap!</u>	11
<u>The 7 Rungs of the Health and Wellness Ladder: Are Your Restless Legs Running Through Your Mind All Night Long?</u>	15
<u>Spiritual Dimensions of Wellness: All Is Calm</u>	22
<u>Celebrity Health Watch: Taylor Lautner</u>	25
<u>Anti-Aging Care: Drugs: Whac-A-Mole</u>	26
<u>Weight Loss Corner: Go Get Thin – Nutrient Overload</u>	28
<u>Product Recommendation: Natural Calm</u>	30
<u>Product Review: Iron Supplement</u>	32
<u>Free Remedy Report: Yeast Infection Remedy Report</u>	36



Practical Help to Relax Those Moving Legs!

By Dr. Scott Saunders

Merton came in to my office complaining that he couldn't sleep. He was tired all day, falling asleep every time he sat down. After some discussion, we found the reason for his sleeplessness: his legs wouldn't relax, he consistently felt he needed to get up and walk, or move around, all of which is known as Restless Legs Syndrome (RLS). Sometimes, this would wake him up in the middle of the night and he just had to get up and move. The problem had gotten worse since he had quit smoking. When he smoked, he found if he could just take one long drag and hold it in, then the feeling would go away.



We tried many remedies, including sleeping pills and natural sedatives, but nothing worked. I was ready to throw in the towel and tell him to take up smoking again, until I thought that his problem might be related to something in the tobacco – nicotine! Nicotine in tobacco can increase dopamine in the brain and “treat” some people with RLS.

Restless leg syndrome is not a disease; it's merely a symptom. There are multiple reasons for having this problem so there isn't one cure for people with RLS. Since most RLS seems to be an imbalance of dopamine in the brain, it has been treated as Parkinson's disease with dopamine-like drugs such as L-dopa or *Requip*. The problem with these is that they cause inflammation in the part of the brain that produces dopamine and, over time, can make the problem worse. Before you consult a medical specialist I would recommend trying the following, one at a time:

Proper Avoidance

First of all you should avoid stimulants such as sugar (yes, it's a stimulant), MSG and caffeine. Especially avoid energy drinks.

Mineral balance

The ability for muscles to relax requires a proper balance of sodium and potassium, as well as calcium and magnesium. Mostly, we get enough sodium and calcium, but not enough potassium and magnesium. These can be taken as supplements, but I always recommend using foods first. The foods that contain both of these are:

- **Green vegetables**

Many are amazed at how their restlessness disappears when they eat greens as a significant proportion of their diet.

- **Fruit**

You have probably heard that bananas contain lots of potassium, and they do, but most other fruit does as well.

- **Nuts and seeds**

These are best eaten fresh and raw so the oils aren't oxidized.

- **Whole grains**

When grain is processed, the magnesium is removed. I recommend avoiding all processed grains for many other reasons also.

Supplements that I have seen work in the past include:

- A magnesium powder called "CALM" at night before bed. Buy CALM with this month's Home Cures That Work Product Recommendation (page 30).
- Calcium Lactate 400mg at night.
- Potassium iodide 40mg with a meal.



Vitamins E and F

The modern diet has a tremendous imbalance of oils. Those with Restless Leg Syndrome have significantly lower levels of essential oils and vitamin E. Vitamin F is the name given to all the

essential fats that our bodies can't make – we need to *eat* them. One of the functions of these fats is to regulate the absorption and utilization of minerals such as calcium. This is the RLS connection. This regulation allows the muscles to relax normally.

Recommendations: Eat fish or flax seeds or take flaxseed oil or fish oil 5 grams per day. Take “Mixed Tocopherols” or natural vitamin E 600 IU per day.

Niacinamide and L-Tryptophan

Vitamin B3 is an important part of energy production. Moreover, having this vitamin in sufficient amounts is important for the production of Serotonin, which is made from L-Tryptophan and has a calming effect on the brain.

Recommendations: Niacinamide, 500mg three times per day with meals and L-Tryptophan 2000mg at night on an empty stomach.

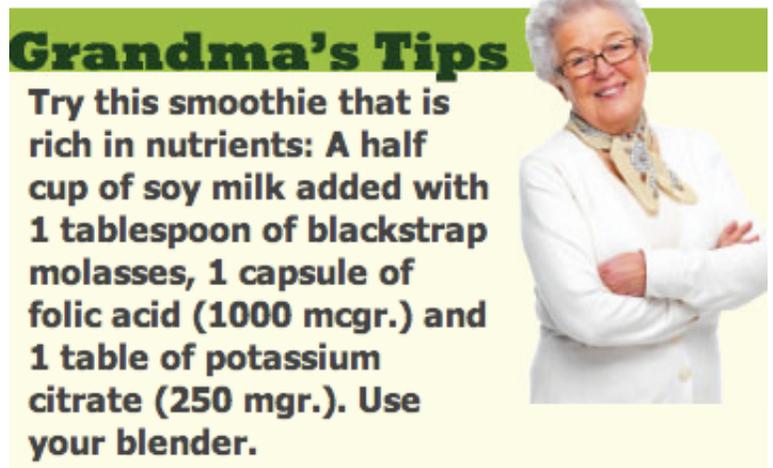
Folic Acid

If RLS runs in your family, it might be because of a relative folic acid deficiency. Some people don't “methylate” folic acid very well. Even though their blood levels are normal, they can't use it properly. Those with this problem may need up to 30mg of folic acid per day.

Recommendation: You must use the amount required to relieve the symptoms, adjusting the dose as needed. You may also find that you need considerably less if you get the activated form, called MTHF (methyltetrahydrofolate or methylfolate).

Iron

Studies indicate iron to be a major player in RLS because it is needed to make dopamine. Most people who suffer from RLS either have low total body iron, or just in the brain. Be careful with iron supplementation because too much iron causes inflammation. Ideally, you would want a test of iron levels before taking extra.



Grandma's Tips

Try this smoothie that is rich in nutrients: A half cup of soy milk added with 1 tablespoon of blackstrap molasses, 1 capsule of folic acid (1000 mcgr.) and 1 table of potassium citrate (250 mgr.). Use your blender.



Recommendation: Supplement iron with an iron nail (16-penny NOT galvanized) clean it off with sandpaper or steel wool and put it into an orange. The next day take it out and eat the orange. Put the nail in the next orange. The following day take the nail out and eat the orange, putting the nail into another orange. Continue with this daily. Within one week you should have noticeable improvement. If not, you probably don't need iron.



There isn't just one "cure" for Restless Leg Syndrome. The last thing I would have expected to help is tobacco because it decreases blood flow. In fact, one of the recommended treatments is to *stop* smoking. Merton finally found relief when we increased his dopamine levels and slept like a baby. If you feel like you need to move your legs you might consider the above natural treatments: calcium, magnesium, potassium, iron, folic acid and vitamin E. It may take some trial-and-error, but it's worth avoiding drugs and getting a good night sleep.



Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.



Diet and Foods That Affect Restless Leg Syndrome

By David Randall

Restless legs syndrome (RLS) can affect anyone at any age. In fact, around one in ten people are liable to suffer from this unpleasant *restless leg disorder* at some point in their lives.

With symptoms ranging from mild to severe, sufferers experience an uncontrollable urge to move their legs to try and relieve the unpleasant tingling or aching sensations in their limbs. And while this in itself is not harmful, the effect of disrupted sleep can lead to excessive tiredness.

While there is no sure fire cure for restless leg syndrome, a diet high in folate and other essential nutrients can help manage the symptoms.

Restless Leg Syndrome Treatment and Dietary Needs

Obtaining relief from the RLS symptoms is the focus and that includes maintaining a proper restless leg treatment, diet and lifestyle.

1. Change your diet to include an increased amount of foods high in folate such as asparagus and spinach. Dark green leafy vegetables are known to have high folate content.
2. Diversify your breakfast menu with the use of whole grain products and various breakfast cereals. Read the labels to find the one you like with the highest level of folate.
3. Increase your intake of eggs, unless contraindicated due to other dietary concerns such as high cholesterol. Eggs are a good source of folate and essential B vitamins



4. Having an iron deficiency is known to increase RLS symptoms. Make sure that red meats and liver are included in your diet as these are great sources of iron. However, do not get all your iron sources from red meats. Resolving iron deficiency it is important to vary the source. Try iron fortified cereals, beans, leafy greens, figs, and shrimp.
5. Eat small frequent meals. This keeps the nutrients flowing through your body at a more consistent level than by eating a few large meals.
6. Include nuts, fish, fresh fruits, seeds, whole grain and vegetables on a regular basis into your treatment diet instead of processed or prepackaged meals.
7. Include adequate amounts of calcium and essential vitamins such as B12 in your diet every day. Use supplements only if you're unable to consume these nutrients in the foods you eat.
8. Combine a healthy diet high in essential nutrients with a moderate level of exercise for the best results in managing restless leg syndrome.
9. Recognize the difference in dietary foods and natural supplements. Many alternative medicine proponents have a variety of natural foods and supplements. Always check with your healthcare provider before beginning any restless leg syndrome treatment.
10. Get your recommended daily amount of Magnesium. RLS has been associated with a mineral deficiency of magnesium. Eat more foods such as black beans, broccoli, seafood and dark chocolate. Magnesium helps with leg twitching.
11. Get enough potassium. Potassium lays a role in nerve and muscle function. Because potassium affects muscle contractions and nerve impulses. Get more dried apricots, avocados and bananas in to your daily routine.



Track Your Symptoms

Before making any alterations to your diet, it can be helpful to keep a diary tracking your eating and drinking habits. At the same time, make a note of the intensity of your RLS symptoms.

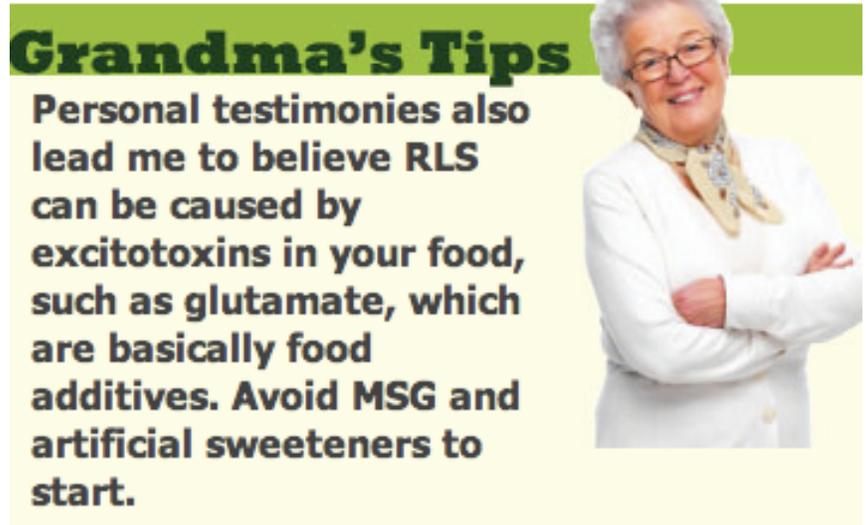
This can be a great indicator as to whether certain food or drink items are worsening your condition. *If so, try cutting down or even eliminating some of the possible culprits to see if there's an improvement in the restless legs disorder.*

Avoid These At ALL Costs

The first line of defense against restless legs syndrome is to avoid substances or foods that may be causing or worsening the problem.

RLS treatment includes staying away from:

- Alcohol
- Caffeine
- Nicotine
- Your trigger foods or actions



The Bottom Line

Restless Legs Syndrome can have a significant physical and emotional impact on those who suffer from it and even those whom live with one effected from the restless leg disorder.

However, through a few lifestyle changes and treatment plan with better eating geared towards foods that are high in folate, iron, magnesium, potassium and other essential nutrients, restless leg syndrome can be tamed.

Spinach and Shrimp Salad

Salad Ingredients

- 1 lg avocado – peeled and diced
- 1 tsbp fresh orange juice
- 1 lb fresh spinach roughly chopped
- 1 lb shrimp
- 3 oranges, sectioned



Dressing Ingredients

- 2/3 cup olive oil
- 1/3 cup freshly squeezed orange juice
- 2 tbsp sugar
- 1 tbsp red wine vinegar
- 1/2 tsp orange zest
- 1/4 tsp salt
- 1/4 tsp dry mustard
- 1/8 tsp hot pepper sauce

Preparation

To make dressing, combine salad oil, 1/3 cup orange juice, sugar, vinegar, orange peel, salt, mustard and hot pepper sauce in a jar. Shake well and chill. Sprinkle avocado rings with 1 tablespoon of orange juice. Combine avocado, spinach, shrimp and orange sections in a large bowl.

Toss with chilled dressing. Makes 8 portions.



David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.



Grandma's Cure Corner: Bizarre Home Remedy - Magic Soap

By Grandma Barton

If you tend to scatter your sheets and blankets, if your legs want to dance at exactly the time you want to settle down, and especially if your legs go “jumping” at night and wake you up, then you probably have Restless Leg Syndrome (RLS).

Those who cope with restless leg syndrome know exactly what I'm talking about. My sister has had RLS since she was a child, probably inherited from my father who had Parkinson's and RLS. When we slept in the same room growing up, I would hear a familiar, “Swish...Swash...Swish...Swash ...” of her feet moving back and forth under the sheets. I remember she complained that she couldn't stop her feet from moving. When the “swishing” sound rustling under the covers ceased, I could finally start getting a good night sleep!



Now, if you suffer from RLS, imagine how good it would feel to have a sound nights sleep with no prickly feeling running through your restless legs, forcing you to “twitch and itch.” Sleepless nights cause stress and that will only lead to more disease. I have discovered a Restless Leg Syndrome Home Remedy that costs practically nothing and it's so easy to use. It is, without a doubt, worth a try.

Take a bar of plain unwrapped soap, nothing with deodorant or antibacterial in it. Put the bar of soap between your mattress pad and bottom sheet, somewhere between the waist and the knees. Then sleep with the soap there for a couple of nights.

Nobody can explain why this works. It's a strange treatment and it sounds like nonsense. People won't even try it thinking that they are being made a fool out of, but those that have tried this are amazed and within a few good night sleep they are free of RLS symptoms.

Bar Soap History – Here is what I found about this method

“Whether using a bar of soap to prevent and treat leg cramps is a matter of folklore, accident or science is anyone's guess. The success of the method was reported by advice columnist Ann Landers and garnered rave reviews from her readers several times during her long career. Peter H. Gott, MD, an internist who, according to the New York Times practices in Lakeville, CT, and authored a syndicated medical advice column that appeared in 400 newspapers, published the remedy. He admitted he had no idea why the treatment could be effective, but dozens from his audience wrote him to agree that it did indeed work for them as well. Today, scores of web sites and blogs report the efficacy of this unconventional and unexplained treatment. Apparently no reputable scientist will associate herself or himself with the method. Indeed, in 2005, a letter extolling the curative power of bar soap appeared in Advance, which bills itself as "the nation's physical therapy news.” (from suite101.com)

RLS Natural Soap Remedy Details

- Place one, two, three or even four bars of soap, unwrapped, under the fitted bed sheet.
- Alternatively, slip the bar into a cheap nylon anklet or cut the foot off old panty hose.
- Many individuals position the bar(s) at the foot of the bed. Others experience more success when the soap is nearer the afflicted muscle.
- Others have tried putting it in their socks, but may overheat or find crumbles within the sock. Even try holding onto the soap in your hand.
- Replace the bar(s) every two or three months.
- Large bath and small hotel-sized bars seem to work equally well.
- Some report that plain soap like Ivory works better than Dove and Dial or scented bars, but there's no clear consensus.



Fat and Gas

I know this may sound very weird or make little sense, but thank God for home remedies. The only explanation I can muster is that soap is alkaline (with a pH value of 9,5), which removes oil and grease because they are acids (as in fatty acids!).

Soap also contains magnesium sulfate, i.e. Epsom salts. Since restless leg syndrome is related with mineral deficiency, the magnesium in soap may help calm muscle spasms.

I'm not sure why exactly all this works, but I'm sure it has to do with the "outgassing" of the soap chemicals, which you can smell. Or, it may have to do with the molecular structure of soap, and the energy those molecules put off and how they influence your muscles.

Incidentally, caffeine and other components of coffee and tea, as well as sugar, can rob your body of iron, folate, magnesium and other nutrients that play roles in restless legs syndrome. Dr. Oz calls it the 3 C's – Cocktail, Caffeine and Chocolate that are harmful for RLS. So it might be worth your while to make sure you're getting the Daily Value magnesium, which is 400 milligrams. In addition, slip a bar of soap between your mattress pad and sheet! :)

Smelly Feet?



When I told my family about this home remedy, I admit I got a few chuckles. However, after the first night with a bar of soap under her feet, my sister said her sheets were in the same place as when she went to bed. Usually, the sheets are untucked, pulled aside and bundled together, requiring a complete bed make over every morning. Feet that smell like soap is a small price to pay for a good night sleep and hassle-free bed linens!

The risk is zero to place a bar of soap under the sheets and the cost is far less than prescription to help relieve the symptoms of RLS. It may be one of Grandma's weirdest remedies, but it is a beautiful, simple and a natural treatment for helping to cure a very uncomfortable syndrome.

For heavens sake, try it! Whose going to know you slipped a bar of soap between your mattress pad and sheet? You can always use that bar of soap to bathe with if you grow impatient with this home remedy.



Grandma Barton is grandmother to Joe Barton, founder of Barton Publishing and Home Cures That Work. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

Are Your Legs Restless from Running Through Your Mind All Night Long?

By Martin Jacobse

As you already know, another “*syndrome*” called Restless Leg Syndrome (RLS) or Wittmaack–Ekbom syndrome, is plaguing Americans of all ages. If you ask some of the victims of this mystery condition, they might call it restless body syndrome.

It’s a myth that the painful prickling, pins and needles sensation RLS victims suffer are limited to only their legs. Many people experience these symptoms non-stop, not only in their legs, but also in their hips, arms, neck and face muscles, as well.

Sometimes the RLS symptoms of this syndrome are so bad that people are unable to walk and have to take powerful pain-blocking drugs just to get through another day.

After reading dozens of testimonials posted on reputable medical websites, it becomes obvious that conventional medical treatment doesn’t have a clue what to do about RLS.

This isn’t something that appeared on the horizon just six months or a year ago when I first heard of it. It’s been around for decades, just not in the massive numbers we’re seeing today. Some adults report having suffered life-long RLS symptoms since childhood.

As with any syndrome, doctors just don’t know what the root cause is. The other challenge is that many other medical conditions have very similar symptoms, therefore making accurate diagnosis difficult.



Some possible misdiagnosis for RLS are:

- Sleep apnea
- Narcolepsy
- Muscle disease
- Joint conditions
- Nerve cell problems
- Circulation difficulties

It appears that exercising helps a lot of people stop the irritating and often debilitating RLS symptoms. On top of all the tingling and burning sensations, sudden involuntary jerking spasms are the most annoying and potentially dangerous part of the syndrome.



Imagine trying to drive a motor vehicle while dealing with unpredictable nervous seizures of muscle and limbs - not to mention the “*phantom-limb*” pains, severe sleep deprivation and adverse drug effects they often suffer.

Since the jury is still out on exactly what causes RLS, perhaps we should do our own due diligence and look into this together.

Let’s slip into our “*health detective*” shoes for a moment and do some medical investigation of our own; *perhaps we can find some clues to the root cause.*

It only makes common sense that before you can solve any problem, you first need to identify the “root cause.” So, let’s see what we can find out about RLS.

Here are some clues that may be associated with RLS:

- Pregnancy
- Obesity
- Iron deficiency
- Nerve disease
- Hypothyroidism

- Heavy metal poisoning
- Hormone imbalance
- Diabetes
- Kidney failure

Poor lifestyle choices have been found suspect as well, such as: cigarette smoking, caffeine, alcohol, as well as taking H2 histamine blockers (Tagamet and Zantec), antihistamines and antidepressants like Elavil.

While we're on the subject of drugs, let me point out that H2 Histamine blockers, suspected of triggering RLS, interfere with at least 3 important factors necessary for proper health:

1. First, blocking stomach acid production can interfere with the immune system, as well as central and peripheral nerve function. Health experts recognized the gut as the “*second brain*” because it has so many neurotransmitters, nerve endings and receptors.
2. Second, histamine is a “*water-regulating*” neurotransmitter. Blocking histamine can trigger chronic dehydration. You need water for vital cell, muscle and nerve function. The right amount of water in your cells provides proper electrical signaling, neurotransmitter function, sleep patterns, nutrient absorption, DNA repair, oxygen absorption, waste elimination, immune function and reduces risk of neurological diseases like Parkinson's, Alzheimer's, Multiple sclerosis and Lou Gehrig's disease.
3. Third, H2 Histamine blockers are toxic to the kidneys, muscle cells and nervous system. Here are some of the adverse effects other than Restless Leg Syndrome (RLS):

Abdominal pain back, leg, or stomach pain, bleeding or crusting sores on lips, blistering, burning, redness, scaling, or tenderness of skin blisters on palms of hands and soles of feet, changes in vision or blurred vision, coughing or difficulty in swallowing, dark-colored urine (dehydration), dizziness, fainting, fast, pounding, or irregular heartbeat, fever and/or chills, flu-like symptoms, general feeling of discomfort or illness, hives, inflammation of blood vessels, joint pain, light-colored stools, mood or mental changes, including anxiety, agitation, confusion, hallucinations (seeing, hearing, or feeling things that are not there), mental depression, nervousness, or severe mental illness, muscle cramps or aches, nausea, vomiting, or loss of appetite, pain, peeling or sloughing of skin, red or irritated eyes, shortness of breath, skin rash or itching, slow heartbeat, sore throat, sores, ulcers, or white spots on lips, in mouth, or on genitals, sudden difficult breathing, swelling of face, lips, mouth, tongue, or eyelids, swelling of

hands or feet, swollen or painful glands, tightness in chest, troubled breathing, unusually slow or irregular breathing, unusual bleeding or bruising, unusual tiredness or weakness, wheezing, yellow eyes or skin, constipation, decreased sexual ability, decrease in sexual desire, diarrhea, difficult urination, dizziness, drowsiness, dryness of mouth or skin, headache, increased or decreased urination, increased sweating, loss of hair, ringing or buzzing in ears, runny nose, swelling of breasts or breast soreness in females and males, trouble in sleeping.*

**Notice: Many of these symptoms are also symptoms of severe dehydration. As you can see, taking drugs like H₂ histamine inhibitors can make it difficult to properly diagnose your Restless Leg Syndrome (RLS), so be sure to let your health practitioner know all the medications you've taken to help make a more accurate assessment of your situation.*

“As medical investigators our goal is ultimately to find the most natural cure solution to any health problem.”

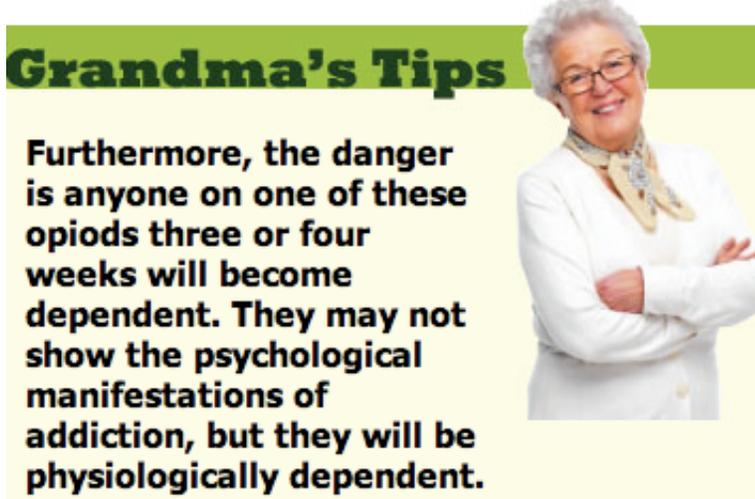
By knowing which conventional treatments are being used for RLS you can get a better idea of what mainstream medical practice is learning. By putting all the pieces together we can only hope the bigger “*holistic*” picture will reveal itself.

FACT: Many of the medicines being used to stop RLS symptoms are powerful synthetic opiates or “*opioids*.” These synthetic chemicals attach to natural opioids peptide receptors found in the central nervous system and gut to temporarily block RLS pain.

Opioid adverse effects include sleepiness, nausea, vomiting, itching, dry mouth, constipation and miosis (constriction of the pupil), weight gain and dental issues. “Opioid detoxification has been associated with provocation of RLS-like symptoms during withdrawal. The word is taking opioids is like, “Making a deal with the devil.”

All the more reason to find a natural cure solution . . .

Recently, the FDA has approved the use of Requip and Miraplex for treatment of RLS. These are traditionally used for Parkinson’s disease, a disorder of the nervous system. The side



Grandma's Tips

Furthermore, the danger is anyone on one of these opioids three or four weeks will become dependent. They may not show the psychological manifestations of addiction, but they will be physiologically dependent.

The graphic features a photograph of an elderly woman with short grey hair, wearing glasses, a white jacket, and a yellow scarf. She has her arms crossed and is smiling. The background is a light yellow color.

effects of these two drugs are too many to list in this report, but they look even worse than opioid side effects.



Treatments that are known to help some RLS sufferers are electric nerve stimulation, acupuncture and magnesium “ion” supplementation.

Just based on these limited facts, you can see that RLS is mainly being treated as a neurological disorder rather than a circulation issue. Obviously, circulation is an important factor. That is why eliminating cigarette smoking and alcohol can help reduce RLS symptoms, but I think you’ll agree we can eliminate poor circulation as a root cause.

So, let’s look at nerve health . . .

Based on a further in-depth investigation there are three key health factors that come to mind when considering nerve health:

1. Heavy metal poisoning
2. Nutritional deficiencies
3. Acidosis

It’s no secret that exposure to heavy metals like aluminum, lead and mercury cause severe nerve and muscle cell damage. Heavy metal poisoning, especially from lead and mercury are best controlled with “*beet sourced*” vitamin C. The worse the poisoning, the more you’ll need.

(Research shows common corn-sourced vitamin C isn’t nearly as effective as beet-source vitamin C. If it’s made from GMO-corn it can cause anaphylactic shock. *Otherwise, vitamin C is proven safe to use.*)

After 28 years of research, an effective daily dose regardless of age and weight has been determined by Dr. Klenner to be 30 grams of “*real*” vitamin C a day. I use Sir Arnold Takemoto’s patented oral vitamin C protocol, which also contains “*alpha lipoic acid*” to help draw out heavy metals across the blood-brain barrier.

As you already, know vitamins and minerals are vital for human function, each one playing a different role. It's also a scientific fact that your cells can't absorb vitamins unless there are "ionic" minerals already present. Leading scientists know calcium is one the most important minerals for nerve and tissue health, but did you know without magnesium that calcium can become toxic?



Minerals act as catalysts in nerve response, muscle contraction and the metabolism of nutrients in foods. They regulate electrolyte balance and hormonal production, plus they strengthen skeletal structures.

That's because all the trace minerals work together as a whole and the same goes for vitamins. If you suffer a deficiency of any mineral, nutrient or their cofactors, it affects everything. So, don't be afraid to take my nutritional findings with a grain of salt. Sea salt, that is!

Here are some vitamins and minerals that are important to healthy nerve cells:

- Vitamin B6: Helps support healthy nerve function.
- Vitamin B9: Known, as folic acid is vital to nerve development.
- Vitamin B12: Promotes healthy nerve growth.
- Vitamin C: Helps remove heavy metals, protects nerve cell growth.
- Vitamin E: Helps blood, muscle and nerve cells.
- Vitamin D: Promotes calcium and phosphorous absorption.
- Calcium: helps proper nerve and muscle function.
- Copper: Helps develop the central nervous system
- Iron: works with calcium for blood, nerve and muscle health.
- Magnesium: works with calcium and phosphorous for nerve and muscle health.
- Phosphorous: works with calcium for nerve health.
- Potassium: works with calcium for nerve and muscle health.
- Sodium: involved in nerve impulse transmission, muscle tone and nutrient transport.
- Zinc: works with calcium and magnesium for nerve and tissue health.

Last but not least, suspect #3 . . . acidosis.

Acidosis can be triggered both by heavy metal poisoning and mineral deficiencies.

Your health and vitality depend on you having a balanced pH level. Your pH level is a measure of your tissue's acidity or alkalinity. The more acidic your tissue is, the lower the pH level. For example, a pH of 1 is very acidic; a pH of 7 is neutral; a pH of 14 is very alkaline.

Your body should maintain a pH level between 7.25 and 7.4, which is slightly alkaline or "salty."

When I say salty, I mean like sea salty. Mama Nature makes 72 important mineral salts necessary for proper blood, nerve cell and muscle cell function.

Acidosis is a life threatening condition where acidic body waste, drugs or environmental toxins overwhelm your kidneys. Your kidneys recycle and regulate life-giving minerals such as sodium, phosphorus, and potassium. Your kidneys are responsible for removing the toxic acid waste from your cells, but to do this your body needs plenty of "ionic" mineral salts, nutrients and precious water.

Bottom line . . . it didn't take us long to discover the 3 key factors to helping prevent Restless Leg Syndrome (RLS), did it?

Perhaps the root cause of RLS is as simple as, "Nurturing a balanced pH level, maintaining adequate hydration and providing sufficient mineral salts and their associated nutrients."

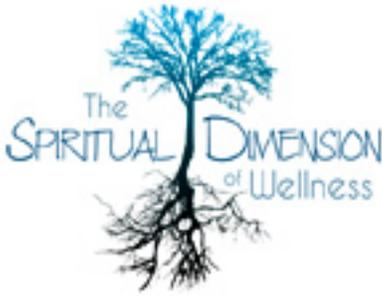
Now the final chapter is up to you. You are the final authority on your health.

I don't claim to have the cure, but I do believe for every imbalance, dis-ease or syndrome, there is a root cause. Where there is a root cause, *there has to be a natural cure.*

I hope our little medical investigation helped shine some light on Restless Leg Syndrome (RLS) for you or for someone you love. *Thanks for participating!*

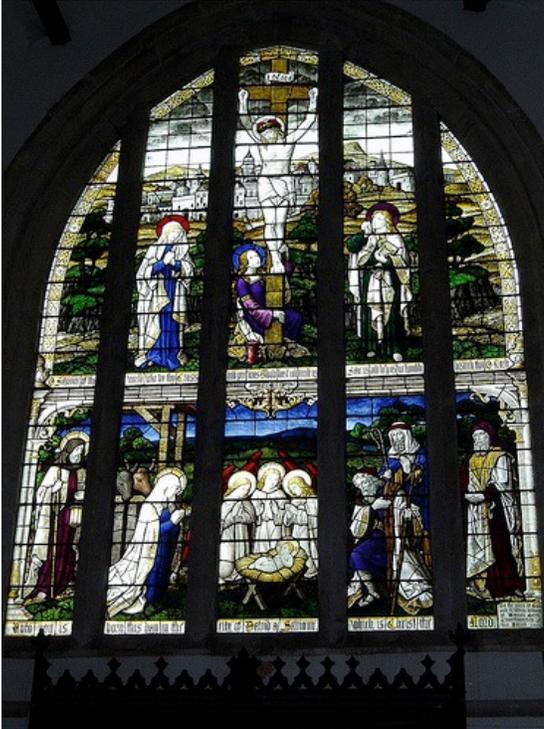


Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.



All is Calm

By Steven Hickey



Knowing that some who read this will still have their Christmas decorations up, it seems appropriate to take an inspirational approach and tie-in this month's featured topic – restless leg syndrome – with the bigger story of this season of the year. What is manifesting in an increasing number of people's legs – tingling, odd sensations, antsy, itching urges and discomfort – is a metaphor for a global anxiety and lack of peace. Churches and Cathedrals all over the globe just revisited the relevance of God sending one called “The Prince of Peace” to that Bethlehem manger on what became known as that Silent Night. Even to this day, to the degree we disregard Jesus, we forfeit the peace that could be ours. Jesus said,

“Peace I leave with you; my peace I give you. I do not give you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

About this peace, the Apostle Paul wrote that those who pray to Jesus discover a *“peace that surpasses understanding.”* In other words, circumstances can be such that we ought to be anything but peaceful; but though we can't explain it, all is well with our souls. The reality of what I'm writing about will change your life and the waves of this supernatural peace can touch every area of your life including your relationships, and every part of your body, including your restless legs.

Break a Leg

In the Bible, the *leg* is a symbol of both strength and pride. Psalm 147:10 says God *“takes no pleasure in the legs of man.”* The muscular strength of the legs of a runner portrays his pride.

In a variety of places in the Old Testament, we find passages connecting legs with strength and pride. “*His legs are as pillars of marble, set upon sockets of fine gold.*” (Song of Solomon 5:15) Of course, there are also King Nebuchadnezzar’s “*legs of iron.*”

In the New Testament, the only reference to *legs* is in John 19:31-33 in connection with the soldiers wanting to break the legs of Jesus on the cross. It was customary in crucifixion to break the legs of the one on the cross as additional punishment and shame, and to speed up death. Jesus’ legs were not broken which, unknowingly to the soldiers, fulfilled a centuries-old prophecy that none of his bones would be broken.

In my work as a spiritual coach, I help people grow spiritually even as they struggle physically, mentally and emotionally. The spiritual dimension of a person is hard-wired to these other more tangible dimensions of our being. When a person reports a physical problem, such as restless leg syndrome, my role has been to help them discern root causes, many of which are spiritual in nature.

Knowing that the God who made us can make us well (and that He made the things that make us well, i.e. natural remedies) I encourage people to go to God first with their struggles. Skipping that important step means we go to the doctor first and that too often results in us taking meds to treat symptoms and not root causes.



No Leg To Stand On

With any of the tangible bodily manifestations of anxiety and restlessness, I start with something I’ve found to be true...

No Jesus, no peace.

Know Jesus, know peace.

Admittedly, it sounds trite. I probably first picked that up on someone’s bumper sticker, but that doesn’t make it any less true. Peace is a person, a person who didn’t stay distant up in His pristine heaven. He took on humanity in that manger and fully entered into human pain and suffering. The theological term for that is the Incarnation: God took on flesh. Flesh has nerves and nerves transmit feeling. All this to say, Jesus can connect to how we feel. He

relates to restless nerves and invites us to come to him with what hurts us to discover His ability to heal and make well.

On occasion, God seems to allow a trial — such as restless leg syndrome — to perfect something else in us. We need to inquire of Him, through prayer and meditation on His Word, if there is a redemptive purpose in our suffering. As legs symbolize strength and pride, it would seem logical to review what God might be doing in your life in those areas. Through physical trials He strips us of things like pride, and even strength, so that we come to the place where we glory only in Him.

One of my favorite prayers is that Jesus would increase in my life and that I would decrease. More of Him means more peace. My testimony is that God uses trials, even physical ones, to deal with root causes issues in my heart.

The medical community will continue to uncover specific deficiencies (such as iron or anxiety) as they relate to muscle and nerve discomfort. Natural ointments, salves, rubs, stretches, exercises and dietary changes all are part of the package available to us for relief. Yet, there is more: relating in love to the One who made us is the key to Him making us well.

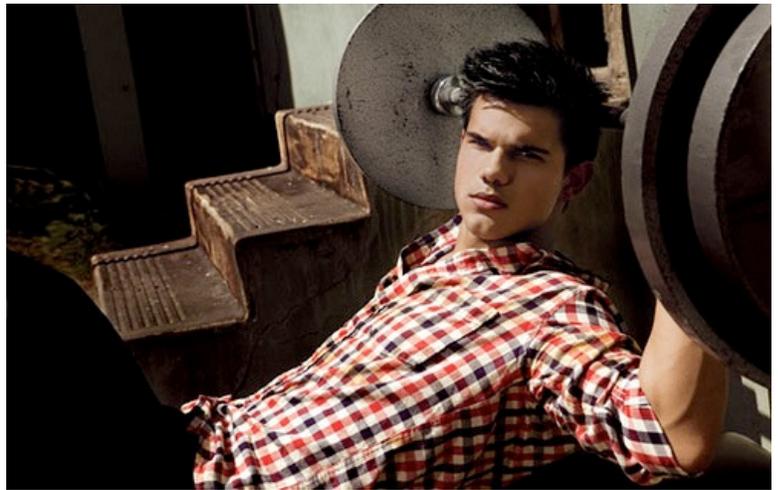


Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell's organization, a police chaplain, and is very active in politics as a national voice for the unborn. He's written several books, including his latest, *Momentum: God's Ever Increasing Kingdom* (MomentumHandbook.com). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: www.ChurchAtTheGate.com/prayer.php

CELEBRITY HEALTH WATCH

Taylor Lautner

Taylor Lautner, the heartthrob for many teenage girls made famous by the “Twilight” series, has confessed to constantly bouncing his knees. An unconscious force keeps him from forcing his restless legs to stop moving all of the time. The severity would even rock a car while driving! That, my friends, is called Restless Leg Syndrome!



Whether Taylor Lautner recognizes this or not, the repetitive and uncontrollable urge to bounce your legs can be categorized as RLS. Thankfully, it appears his work does not suffer from this condition, nor does it interfere with his ability to date or distract from the likes of Taylor Swift! If you can't sit still, and not a result of nervous energy, then you can safely bet it might be early onset of restless leg syndrome.

Even for the cover of the “New Moon” Twilight edition, fans hoped to catch a glimpse of Lautner's leg. Would his “twitch” be evident or set in a stationary position? It is hard to tell. Taylor Lautner's legs are covered by another character or mystified by forest smog. Now, if we could all hide our flaws behind someone else - RLS, or not!

Anti-Aging Care



Living Healthy to 120:

Whac-A-Mole

By David Kekich

Did you ever play Whac-A-Mole?

You know, that's the game where "moles" keep popping up through holes in a board, and the purpose is to whack them on the head with a mallet as fast as you can. The only problem is, no sooner do you whack one, that another pops up from another hole. You can work yourself into a frenzy trying to keep up.



This really ages me, but Whac-A-Mole reminds me of a famous skit from the "I Love Lucy" show. It must have been televised about 50 years ago. Lucy (Lucille Ball) was working on an assembly line in a candy factory. She was standing behind a conveyor belt, and her job was to package the individual pieces of chocolate as they were delivered to her station.

The only problem was, no matter how fast she put them in boxes, they would come a little faster. Pretty soon, she started popping some in her mouth to keep up the pace. But they came faster still, faster than she could package them and eat them. So her cheeks started filling up until she looked like an overly ambitious chipmunk. It was hilarious to me as a child. But it's even funnier now that I can appreciate the "I love Lucy" skit's reflection of real life.

Do you ever feel overwhelmed, kind of like Lucy?

Maybe your job or business throws you problems faster than you can solve them. Or by the time you answer three emails, five more pop into your inbox. Or do you manage to lose ten pounds, only to gain back eleven? No sooner do you pay your bills then you have another stack. You clean your house, your car, your clothes, yourself, and they get dirty all over again.

Sometimes it's hard to keep up, isn't it?

And the very technologies that are designed to make life easier often make it more frantic.

All this leads to chronic stress, and chronic stress shortens your life.

Resist a Reaction

Since my purpose is to extend your life, I'd like to identify a common thread that runs through Whac-A-Mole, the "I Love Lucy" episode and all the overwhelming items I mentioned that lead to stress. In one word, it's "reaction."

If you want to bring sanity to your life, one of the most anti-aging habits you can adopt is pro-action. Quit reacting to everything around you, and take control, one day at a time.

Outsource or delegate all the stressful and endless repetitive tasks to someone better equipped to handle them. Identify what activities give you the most satisfaction, and spend your time on those. You'll not only boost your health and longevity, but you'll marvel at how quickly you recharge and how rapidly you prosper as well.



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Go Get Thin: Nutrient Overload

By Roger Asmus

Can vitamin supplements really undo a poor diet? Many of us like to think so. Even the most intelligent, health conscious people believe that their one-a-day “miracle” vitamin will make up for a lack of fruits and vegetables. But, is it problematic to exceed the recommended upper intake level (UL) for any one nutrient?

In this fast paced lifestyle we lead, vitamin supplements seem like the obvious answer to ensure we meet our body’s vitamin and mineral needs. It is rare to exceed the UL for a nutrient from food sources but when taken in supplement form, especially when taking a variety of single nutrient vitamins, it’s easier to go over the UL.

If we look at calcium and vitamin D for example, we rarely hear anything about exceeding recommended intake. However, with so many new fortified foods, it’s far easier today to get more calcium and vitamin D than we need, than it was 20 years ago. “I do think calcium supplements and vitamin D are likely to be useful for women at risk for osteoporosis, especially if they don’t get enough from their diet. But overall, if people eat a healthy diet, they really shouldn’t need supplements,” say doctors at Harvard Medical School.

For those of us who are getting adequate amounts of calcium through our diet, calcium and vitamin D supplements taken in excess can actually do more harm than good. According to a commentary appearing in the *Journal of the American Society Nephrology*, so-called calcium-alkali syndrome is growing because of widespread use of over-the-counter calcium and vitamin D supplements. Calcium-alkali syndrome refers to dangerously high levels of calcium in the blood, which could cause high blood pressure and even kidney failure. Science



Daily reports that Postmenopausal women, pregnant women, transplant recipients, patients with bulimia, and individuals who are on dialysis are at highest risk of developing this syndrome.



So, how does the calcium we receive from our diet compare to calcium supplements? A study done by Purdue University found that calcium provided by dairy has an advantage over calcium carbonate (calcium supplements) in promoting bone growth and strength. A study of 300 rats revealed that the rats that were given dairy forms of calcium had stronger, longer, heavier and more dense bones, compared to the rats that were fed

calcium carbonate. This is an excellent example of how dietary nutrients are preferable over supplemental forms.

Folate is another example of a nutrient that when taken in excess can impact how our body processes other vitamins. “In adults, supplemental folic acid should not exceed the UL to prevent folic acid from triggering symptoms of vitamin B₁₂ deficiency. It is important to recognize that the UL refers to the amount of synthetic folate (i.e. folic acid) being consumed per day from fortified foods and/or supplements,” says The National Institutes of Health. Most interestingly, there is NO health risk, and NO UL, for natural sources of folate found in food.

To conclude, it is far healthier to obtain our recommended intake of vitamins and minerals from the foods we eat. When this becomes difficult, taking a multivitamin or vitamin supplement is the safest way to ensure we keep **nutrient** intake at a desirable level. When taken as directed, most multivitamins don’t contain enough of any one vitamin to exceed UL’s.



Roger Asmus entered a fitness competition and won the Mr. Teenage Colorado in 1991. He was named Mr. Mile High in 1996 and achieved his dream when he was proudly awarded the title of Mr. Natural Colorado in 1998. Roger has been highly sought after as a model and authority in the fitness world, appearing in national news and magazines sources. He is currently one of the top personal trainers in the country and is president of Core Health Innovations™.



Product Recommendation: **Natural Calm**

Calm Restless Legs Naturally

If you have restless leg syndrome (RLS), you are not alone. Up to 8% of the US population may have this neurological condition. RLS severely affects the lives of millions of individuals.

Magnesium not only helps your muscles to relax, but also aids sleep and allows for a more calm & balanced state of mind. Low levels of this mineral make nearly every disease worse, whether you are dealing with Restless Leg Syndrome, depression or cardiovascular disease.

If the massive amounts of body magnesium are low, you can have restless legs, cramps of the uterus and other muscles, migraines, and other problems. It is an essential mineral critical in 300 enzyme reactions in the body.

Magnesium deficiency can make muscles go into spasms easily. When you're short on magnesium, the waste products of metabolism, such as lactic acid, are harder to flush out, so you may get tired, burning, sore RLS muscles.

Here are the things *Natural Calm* can help with:

- Sleep--- Basically cures occasional insomnia, and gives a deep restful sleep every night.
- Stress-- Feel spectacularly relaxed. Increased you ability to deal with difficult "crisis" situations.
- Mood--- Be generally happier.
- Decreases muscle cramping and soreness.
- Improves gums and teeth.
- Decreases hair loss.
- Improves digestion and transit time.

Sleep like a baby with *Natural Calm* and enjoy a peaceful rest. Try the award-winning *Natural Calm*, which is the best-selling ionic magnesium supplement in the natural products

market. It was developed by nutritional researcher Peter Gillham for superior absorption and maximum benefit. FORGET THE DRUGS. Easy to use: just mix the powder with water or juice, and drink. We believe you'll find it to be most effective among restless leg syndrome natural remedies.

Sign Up for Your Easy RLS Aid Here:

Natural Calm – Superior Magnesium Powder:

<http://www.amazon.com/gp/redirect.html?ie=UTF8&location=http%3A%2F%2Fwww.amazon.com%2FNatural-Calm-Superior-Magnesium-Powder%2Fdp%2FB0001WNF0O&tag=bartopubli-20&linkCode=ur2&camp=1789&creative=9325>

Product Reviews



Iron Supplement

RLS May Be Linked To Iron Deficiency

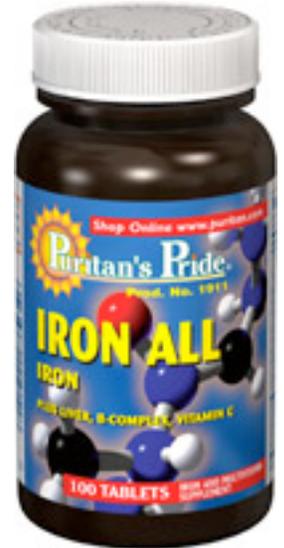
A number of studies have linked Restless Leg Syndrome to deficiencies of dopamine and iron. Injections of large doses of iron also sometimes relieve symptoms, even in people who don't have an iron deficiency. The amount of iron in RLS brains is extremely low, and there are few receptors for transferrin, a protein that binds to iron and transports it into cells. Levels of several other proteins linked to iron storage and transport were also low in RLS patients.

The lack of iron in the cells may cause them to malfunction, leading to the symptoms of RLS. The results do not mean that people with RLS have an iron deficiency. Instead, the iron in their bodies is not being delivered to specific brain cells in an effective way. The findings help to confirm that restless legs syndrome is a neurological problem.

People shouldn't start taking iron supplements without a physician's advice. Most studies that have found a benefit from iron supplementation have used very large doses of iron, administered intravenously. Taking too much iron can lead to problems such as dizziness, headaches, low blood pressure, coma, and even death.

However, one theory holds that mild iron deficiency may cause restless leg syndrome by decreasing the amount of a neurotransmitter called dopamine. This theory is supported by findings that conventional drugs, which increase dopamine activity (such as the Parkinson's disease medication) can also alleviate RLS.

The bottom line: Iron supplements might be useful for people with RLS who are also deficient in iron, but this has not been proven. Still, if you're deficient in iron, then it is worth correcting. Note that tests for anemia won't necessarily pick up the low-grade iron deficiency that is linked to RLS. For that purpose, you'll need tests that specifically evaluate iron levels, such as ferritin, serum iron, and total iron-binding capacity.



Independent lab testing iron supplementation showed that two products did not pass due to lead contamination or for not containing the claimed amount of iron.

- *Duane Reade Time Release Iron 50 mg (from 155 mg Ferrous Sulfate)* was contaminated with a small amount of lead -- 0.6 mcg per tablet.
- *Vitron-C® High Potency Iron Plus Vitamin C* contained only 36.6% of its claimed 200 mg of iron per tablet.

Seventeen products passed testing. They contained their claimed amount of iron, met the standard for purity from lead, and, if standard tablets, broke apart properly to release their ingredients. Listed alphabetically below are the approved iron supplement products.

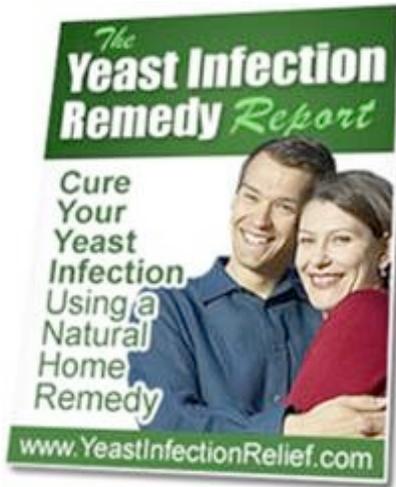
- Bluebonnet Chelated Iron Albion® Amino Acid Chelate Ferrochel® (27 mg per Vcap, 1 per day)
- Fergon® Ferrous Gluconate (27 mg per tablet, 1 per day)
- Floradix® Floravital® Iron+Herbs (20 mg per 20 mL, once per day)
- Integrative Therapeutics, Inc Iron Complex™ (25 mg per softgel, 2 per day)
- Kroger® Iron-Rich Blood High Potency Iron 27 mg (from 134 mg of Ferrous Sulfate) USP (27 mg per tablet, 1 per day)
- Nature's Bounty® Gentle Iron 28 mg Iron Glycinate (28 mg per capsule, 1 per day)
- Nature Made® Iron 65 mg USP (65 mg per tablet, 1 per day)
- Nature's Plus® The Energy Supplement High Potency Chewable Iron with Vitamin C and Herbs Cherry flavor (27 mg per chewable tablet, 1 per day)
- New Chapter Organics® Every Woman®'s Iron Support™ (9 mg per tablet, 1 per day)
- Puritan's Pride® Ferrous Gluconate 28 mg Iron (1 mg per tablet, 1 per day)
- Puritan's Pride® Iron All Iron Plus liver, B-Complex, Vitamin C (19 mg per tablet, 2 per day)
- Slow Fe® Slow Release Iron (47.5 mg per tablet, 1-2 per day)
- Smartcare® Ferr®-Sequels® (50 mg per time release tablet, 1 per day)
- Sundown® Naturals Perfect Iron (25 mg per tablet, 2 per day)
- Twinlab® Iron Caps Natural Chelated 18 mg (18 mg per capsule, 1 per day)
- Vitamin World® Naturally Inspired® Ferrous Sulfate 28 mg Iron (28 mg per tablet, 1 per day)

Many of the tested products may have been designed for treating iron deficiency and, therefore, exceed the Recommended Dietary Allowance (RDA) as well as the upper level (UL) of tolerable intake for iron. Under a physician's supervision it's acceptable to exceed these

Interactions With Other Drugs. Certain medications, including antacids, can reduce iron absorption. Iron tablets may also reduce the effectiveness of other drugs, including:

- Antibiotics: tetracycline, penicillamine, and ciprofloxacin
- Anti-Parkinson's disease drugs: methyldopa, levodopa, and carbidopa

Take iron supplements only with medical supervision for RLS and after your doctor has checked your blood-iron level.



The Yeast Infection **Free Remedy Report**

Now You Can Cure Your Yeast Infection Symptoms in 12 Hours or Less Using Our Safe, Natural Home Remedies

The power of a 12-hour yeast remedy is available directly to you now! If you are experiencing the itching, burning and irritation associated with a yeast infection, you can begin experiencing relief within 12 hours!

Winning the battle against devastating yeast infections can be won with the information in this natural remedy report. Verify your diagnosis, research the symptoms and avoid unnecessary complications.

Find the right treatment that can be started in your own home with natural remedies. You can manage the episodes, frequency and pain to even eliminate or limit the damage a yeast infection creates.

This Yeast Infection Remedy Report is offering you a pain-free life – completely FREE. Your hour-by-hour guide to relieving and curing your yeast infection in 12 hours is a click away.

Don't risk the side effects of medication or sacrifice your health to pharmaceutical drugs. Natural medicines can work quickly and safely to promote healing from yeast infections. In this natural remedy guide, follow the herbal and homeopathic remedies as part of the treatment plan.

Download Your Free Copy of the Yeast Infection Remedy Report:

<http://www.homecuresthatwork.com/members/access/2011January/YeastInfectionReport.pdf>