



Restless Leg Syndrome Rls. from a Restless Leg Sufferer to a Restless Leg Sufferer. How I Solved My Rls with a Bag of Sand! with 83 Home Remedies. (Paperback)

By Emily Eldeston

IMB Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Restless Leg Syndrome or RLS is a very common condition in the Western World. Approximately 10 of the general population is affected by this condition. Still, very little is known about RLS. After battling with RLS for several years, I was urged to conduct some research of my own as my doctor wanted to give me medication. The idea of taking medication for the rest of my life, didn't appeal to me. There is no ideal cure for this condition although several researchers are on the quest of finding a medicine with no side effects. In the meanwhile, many people with RLS, including me, have found simple tricks and home remedies to ease the symptoms and fall asleep at night. In the process of researching about RLS, I have found various interesting facts about the body and I have come across over 80 different remedies people have tried. This book is a compilation of all the information that I have gathered. It consists of all the information right from the pathophysiology of RLS to simple tips that you may try for...



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