

an **absolute** cure for

RESTLESS LEGS SYNDROME



AFTERCARE

AFTERCARE INTRO

"To keep a lamp burning, we have to keep putting oil in it." - Mother Teresa

Since you have selected this AFTERCARE Program, I am assuming that you are NOT a Long Time Sufferer of RLS, and that this Program is well on its way to providing ENTIRE relief from your twitchy legs.

If you DO have continued periods of irritation, especially INTENSE irritation in the KNEE and TAIL BONE area that seem to have a feeling of "raw nerves" to them, I suggest that you use the Aftercare file for Long Time Sufferers instead of this one. You can click here to open [LTS_AFTERCARE.pdf](#) It focuses on healing any REMAINING nerve irritation that has resulted from your RLS.

The herb and mineral information that follows in this AFTERCARE file features bulleted highlights of each of their healing qualities. The exercises are a bit shorter than the Weekly Exercises you have been doing.

The idea of this AFTERCARE is to help prevent the negative mind from taking over again. It's a simple aid to help REMIND you of the HEALING that IS taking place, and the fact that your LEGS will CONTINUE to get better.

WHEN IS IT TIME TO LESSEN YOUR DAILY INTAKE?

This is really an **INDIVIDUAL** thing. It depends on a **LOT** of variables, but the main **ISSUE** to consider is your **CONFIDENCE** level. You want to be **CERTAIN** that it's **SAFE** to back off of your daily intake of herbs and minerals.

I suggest a **COMFORTABLE** period of time passes with no twitching incidents before you consider **LOWERING** your intake. My recommendation is a period of several months.

If you have a few **INTENSE** days, and no twitching occurs, that's a good indicator that you're well on your way to being **FULLY** healed.

When you do decide to start **BACKING** off, do it gradually. Try dropping **ONE** herb or supplement from your intake **EACH** week.

If your plan is to keep going with a **PREVENTIVE** daily intake, then you'll have to prioritize all of the supplements that you've been reading, and come up with a **GOOD** fit for **YOU**.

You'll want to keep taking at least **ONE** anti-inflammatory herb or supplement that will prevent any further inflammation from occurring. I would suggest taking **TWO** as part of a daily routine. I also suggest you continue taking something that works on healing the nerves.

I believe the best preventive method you could use is a **ROTATION** type intake. Start with 3 or so herbs and then when they run out, start taking 3 of the other herbs. This will create a nice mixture of defense against any future inflammation.

If you read the Cure Diary, you will have noticed that my RLS disappeared for good at Day 48. After that I continued on **SEVERAL** months with the **FULL** daily intake.

Once my **CONFIDENCE** was great enough that I could let go of some of the herbs, I began the **ROTATION** method of prevention. At this point I plan on continuing into the foreseeable future with all the minerals and vitamins, including Kali phos. I want the **REPAIRS** to **CONTINUE** at the undetectable cellular levels.

I then dropped Devil's Claw from my intake, followed the next week by Licorice Root and then St. John's Wort. I then started the **PREVENTION CYCLE** with Curcumin, Cayenne and Ginger Root. When I run out of a herb, I then replace it with one of the **PREVIOUS** herbs ... so there are always 3 herbs that are part of the Daily Intake.

CURCUMIN



- * HAS been used for FOUR thousand years
- * is a POTENT anti-inflammatory
- * HUNDREDS of experiments have demonstrated curcumin's ability to STOP inflammation
- * as EFFECTIVE as cortisone in decreasing inflammation
- * can ACCELERATE wound healing
- * NO side effects
- * 5000 papers revealed that curcumin has EXTRAORDINARY potential
- * beneficial for MANY different conditions

AFTERCARE: DAILY CURCUMIN EXERCISE



1. As LONG as there is inflammation, curcumin will CONTINUE to heal it, no matter how DEEPLY it goes. It doesn't just QUIT working all of a sudden. Curcumin is CONTINUOUSLY working to get rid of ALL the irritation that remains.

2. When my emotions get going and NEGATIVE thoughts appear about how any REMAINING inflammation and raw nerves CANNOT be healed, I'll CALMLY respond by saying, *"Not necessarily."*

GINGER ROOT



- * ENHANCES the healing properties of OTHER herbs
- * REDUCES inflammation
- * IMPROVES circulation by RELAXING MUSCLES around blood vessels
- * RELIEVES chronic pain by REDUCING inflammation
- * NO side effects
- * a POWERFUL aid to healing
- * more POWERFUL than VITAMIN C
- * promotes wide-ranging IMPROVEMENT

AFTERCARE: DAILY GINGER ROOT EXERCISE



1. When I feel a twitch now and then, I'll say "So What?" It's just a small zap - a tiny PIXEL of inflammation that Nature will eventually heal. No NEED to build a big DRAMA. It's just a LITTLE flicker!

2. When I READ about the healing qualities of herbs in this AFTERCARE file, and my MIND says "The herbs are not HELPING anymore!" ... I'll CALMLY respond by saying, "*Not necessarily.*"

CAYENNE



- * PRIZED for THOUSANDS of years for its healing power
- * AMAZING results
- * greatly BOOSTS healing of inflammation
- * therapeutic value has been MEDICALLY validated
- * makes EVERYTHING else work better
- * UNEQUALED in its ability to boost circulation
- * EXTRAORDINARY ability to ENHANCE cardiovascular performance
- * energizing effect on the ENTIRE system
- * NO side effects
- * REDUCED pain and tenderness

AFTERCARE: DAILY CAYENNE EXERCISE



1. When I feel some twitching now and then, I won't get all **DRAMATIC** out about how the Program isn't working. I'll get out my **DAILY PROGRESS CHART** and **LOOK** at it. I'll see **FIRST HAND** that there are **FAR FEWER** incidents of twitching than there used to be. The Program is **OBVIOUSLY** working! I just need to give Nature more time to do its healing.

2. I don't **HAVE** to understand how Nature works. It is far beyond my, or anyone's grasp. Its healing powers are **PURE** grace. Cayenne will continue to **HEAL** any remaining inflammation.

ST. JOHN'S WORT



- * CALMS the nerves
- * REDUCES inflammation
- * promotes HEALING
- * COMBATS inflammation caused by NERVE damage
- * a wonderful REMEDY for the NERVOUS SYSTEM
- * helps to REPAIR collapsed veins
- * HEALS the nerves
- * effectiveness is BACKED by pharmacological studies
- * NO side effects

AFTERCARE: DAILY ST. JOHN'S WORT EXERCISE



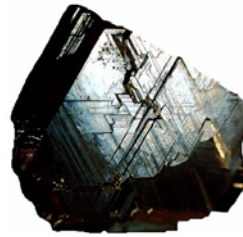
1. When a bit of twitching occurs I won't dive into my "***I KNEW IT WOULDN'T LAST!***" drama. Why should a little twitching WIPE OUT all the obvious healing that has happened so far DURING this process?

If I had a TERRIBLE sunburn, and after a week, there was STILL a bit of irritation bothering me when put my jacket on ... it wouldn't MEAN that the original BRIGHT CRIMSON sunburn was about to RETURN ... it would just mean that more TIME would have to pass before ALL the irritation had healed.

I'll try and remember that dopamine and endorphins are ALWAYS the driving force behind ANY of my dramas.

2. I understand very little about the HEALING process. But my LACK of knowledge is NOTHING to be concerned about. All I need to do is look at my DAILY PROGRESS REPORT to know that it's working, and that I'm GETTING BETTER. Even the most BRILLIANT GENIUS in the world has NO idea how Nature works its wonders.

ZINC



- * AN ESSENTIAL trace mineral
- * SECOND to iron as the most PLENTIFUL trace element in the body
- * ANTIOXIDANT production
- * helps to create NEW skin cells
- * BOOSTS the immune system
- * works overtime to PRODUCE the CELLS you need to keep healthy
- * 200 ENZYMES are zinc dependent
- * CELL REPLICATION skills come in handy for CUTS or WOUNDS
- * important role in WOUND healing
- * is involved in HEALING and REPAIR of all tissues
- * RATE of healing TRIPLES when using zinc
- * VITAL role in the overall HEALTH of our body

AFTERCARE: DAILY ZINC EXERCISE



1. Through this process I have gained a NEW respect for my body. I discovered that my body is a CHEMICAL factory and depends on THOUSANDS of small processes and chemical reactions in order for it to function properly. The HEALTHIER my diet is, the more I am ALIGNED with these processes and the FASTER my body will heal.

2. I am being healed by a completely NATURAL process. The healing powers of Nature are more HELPFUL than ANY pharmaceutical could DREAM of being. But Nature works slowly. I will RESPECT the time it takes for the REMAINING inflammation and raw nerves to heal.

LICORICE ROOT



- * MAIN attribute is as an ANTI-INFLAMMATORY
- * also an ANTIOXIDANT
- * REDUCES and RELIEVES pain resulting from inflammation
- * next to ginseng, is the most POPULAR herb used in Chinese formulas
- * WIDE range of benefits
- * MODERN research VALIDATES benefits
- * BALANCES the other herbs

AFTERCARE: DAILY LICORICE ROOT EXERCISE



1. I'm going to give myself ALL the time I NEED when it comes to this program. I will keep TAKING the herbs and minerals until I'm CONFIDENT that the irritation is GONE for good. The herbs and minerals are MILD and have NO side effects. People have been using them for THOUSANDS of years without ANY problems - so I can be sure that no disturbing side effects will EVER result ... no matter HOW long I continue to take them.

2. I am being healed by a completely NATURAL process, and will NOT be going back to my PREVIOUS state of restless legs. I am moving AWAY from twitching, NOT TOWARDS it.

DEVIL'S CLAW



- * USED for THOUSANDS of years
- * helps heal SKIN conditions
- * a popular ANTI-INFLAMMATORY for HUNDREDS of years
- * laboratory studies PROVE that it REDUCES inflammation
- * can RELIEVE pain from arthritis in as little as TEN days
- * NO side effects

AFTERCARE: DAILY DEVIL'S CLAW EXERCISE



1. When twitching occurs I won't fly into my "***I KNEW THIS WOULDN'T WORK!***" drama. I'll get out my DAILY PROGRESS CHART and LOOK at it. I'll see FIRST HAND that there are FAR FEWER incidents of twitching than there used to be. The Program is OBVIOUSLY working! I just need to allow Nature more time to complete the healing process.

2. Sadly, my Inner Manager STILL likes its endorphin and dopamine surges. It's a lifelong habit. Even though it CONSTANTLY looks for new ways to get high, it truly LONGS to be RETRAINED by me, so that it can become FREE of its addiction. Its TRUE nature is one of CALM, not one of pleasure-seeking. I am glad to HELP it as I have been helped ... with patience and respect.

MAGNESIUM



- * NEEDED for more than 300 biochemical reactions in the body
- * helps MAINTAIN normal MUSCLE and NERVE function
- * keeps MUSCLES properly RELAXED
- * often thought of as FOOD for the MUSCLES
- * an all-star nutrient that ASSISTS in energy production
- * aids the ELECTRICAL conduction of the HEART
- * helps to TRANSMIT electrical impulses across NERVES and MUSCLES
- * PROVEN therapeutic powers
- * the more STUDIES researchers conduct, the more IMPRESSIVE this mineral looks

AFTERCARE: DAILY MAGNESIUM EXERCISE



1. Herbs and minerals are the most NATURAL thing in the world! It's Nature healing Nature. It knows exactly WHERE to go and WHAT to do. It's not like a pharmaceutical compound GUESSING what's WRONG and what NEEDS to be done.

2. When I feel a "sensation" or "tingling" in my legs or knees and I get READY to STORM into my "*HERE WE GO AGAIN!*" drama ... I'll CALMLY respond by saying, "*Not necessarily.*"

KALI PHOS #6

(POTASSIUM PHOSPHATE)



- * GOES directly into the CELLS to naturally BALANCE mental or physical fatigue
- * is a component of the BRAIN and NERVE cells
- * one of the greatest NERVE REMEDIES
- * it is basically FOOD for the BRAIN and NERVE cells
- * strengthens the SYMPATHETIC nerve
- * balances with the PARASYMPATHETIC nerve
- * is the principal NERVE TISSUE remedy
- * it is SAFE and features NO side effects
- * regulates the transfer of NUTRIENTS into the cells
- * it FEEDS the nerves
- * HELPS with nervous conditions
- * brings NERVE cells back into BALANCE
- * helps NERVES recover, relax and REGAIN strength

AFTERCARE: DAILY KALI PHOS EXERCISE



1. When I'm out and about in the world - at work, or school, or hanging out with friends ... it's important that I REMEMBER that the herbs and minerals are STILL healing the inflammation and raw nerves in my legs. The healing is REAL ... and it's CONTINUOUS. I only have to get out my DAILY PROGRESS CHART to see that this is true.

2. Eventually my resistance will lessen to a point where it's NO longer a nuisance. There's no GREATER feeling than when your mind starts to ALIGN with the healing process. It's a WONDERFUL freedom!