

an **absolute** cure for

RESTLESS LEGS SYNDROME



WEEK 2 **EXERCISES**

CURCUMIN



A component of the popular Indian curry spice turmeric, which is a member of the ginger family.¹

The herb has been around for at least four thousand years in the folk medicinal literature of India, where it was called "haridra" in the ancient Sanskrit.² Curcumin has been used as a component of Indian Ayurvedic medicine since 1,900 BCE to treat a wide variety of ailments.¹ Turmeric was revered by the ancient Romans and Greeks, who valued its medicinal properties. Its English name derives from its Latin moniker, which roughly translates as "earth-merit."³

Curcumin is considered a potent non-steroidal, anti-inflammatory. Certain chemical constituents in Curcumin deactivate immune cells that may cause inflammation without harming other parts of the immune system that are essential in fighting infection.² Curcumin reduces oxidative anxiety and holds back swelling in the body.⁴ Hundreds of experiments conducted by researchers worldwide have demonstrated curcumin's ability to stop inflammation.³

Curcumin contains polyphenols and curcuminoids that have antioxidant, anti-inflammatory and anti-amyloid properties. In a postoperative inflammation model for evaluating anti-inflammatory activity, curcumin was found to have greater activity than phenylbutazone or placebo in a double-blind clinical trial.⁵ Curcumin has been shown to be as effective as cortisone and phenylbutazone in decreasing inflammation. It also works in several ways to decrease inflammation by reducing prostaglandin activity. Researchers also believe that curcumin increases cortisone's anti-inflammatory action by making the body more sensitive to this hormone.⁶

Curcumin can inhibit both the activity and the synthesis of cyclooxygenase-2 (COX2) and 5-lipoxygenase (5-LOX), as well as other enzymes that have been implicated in inflammation. Curcumin has also been shown to work through numerous other mechanisms. More than 700 genes have been shown to be modulated by curcumin. There is numerous experimental data that suggest that curcumin can accelerate wound healing.⁷ It's as strong as NSAID's, but without the negative side effects.⁸

More than 5000 papers published within the past two decades have revealed that curcumin has extraordinary potential in promoting health through modulation of numerous molecular targets.³

Inflammation is the underpinning of ALL chronic degenerative diseases, making curcumin beneficial for many different conditions.¹⁰

WEEK TWO: DAILY CURCUMIN EXERCISE



1. I'm only in my second week, and I have to admit, the twitching is less. I had my doubts, but the curcumin is **OBVIOUSLY** working!
2. Just as **TIME** needs space and **HUMANS** need oxygen, **RESTLESS LEGS** needs inflammation in order to **EXIST**. If there is less inflammation, there is **LESS** restless legs. If there is **NO** inflammation, it's **IMPOSSIBLE** for Restless Legs Syndrome to exist.
3. Resistance is normal. I have to remember that the healing **IS** taking place, even when I'm focused on **OTHER** things. I'm just having a **NATURAL** and **PREDICTABLE** reaction to change.

GINGER ROOT



Ginger is a flowering plant from the world's tropical and subtropical regions that's grown for its gnarled and bumpy root. Most ginger comes from Jamaica, followed by India, Africa and China.¹¹

Most ayurvedic formulations have ginger as an ingredient because it's believed to enhance the healing properties of other herbs.¹² Many components of ginger are potent inhibitors of inflammatory substances.¹³ These anti-inflammatory properties of ginger have been known and valued for centuries.¹² Ginger root extract has also been shown to improve circulation by relaxing muscles around blood vessels so blood can flow more easily.¹⁴

Its root contains large amounts of zingiberene, which gives the spice its anti-inflammatory and antibacterial properties.¹² Ginger helps indirectly to relieve chronic pain by reducing inflammation and, particularly when taken in standardized extract form, by lowering the body's level of natural pain-causing compounds called prostaglandins.¹⁵

Many health care professionals use ginger to help treat problems associated with inflammation such as arthritis and ulcerative colitis.¹⁶ Ginger reduces inflammation by inhibiting prostaglandin biosynthesis, specifically cyclooxygenase-1 and cyclooxygenase-2. These effects make ginger comparable to those of non-steroidal anti-inflammatory medications although ginger does not cause the side effects characteristic of non-steroidal anti-inflammatory medications.¹⁷

Ginger root extract contains volatile oils and phenolic compounds such as gingerols and shogaols. Studies show ginger root, in sufficient amounts, targets pain and inflammation via two different pathways: prostaglandin enzymes and 5-lipoxygenase (5-LOX).¹⁸

In a study of 10 patients with muscle pains and 46 patients with arthritis (rheumatoid and regular "wear and tear" osteoarthritis), 100% of muscle pain and 75% of arthritis patients noted relief.¹³

It is clear that Ginger contains a vast and complex array of chemicals that, in combination, provide a powerful aid to healing. For example, zingibain enhances antibacterial and anti-inflammatory actions and it is thought to assist other antibacterials, such as antibiotics, by up to 50%. Ginger's ability to reduce inflammation is due to its neutralising action upon free radicals, which are known to contribute to the problem. Ginger contains over 12 antioxidant constituents, the combined actions of which have been regarded as being more powerful than vitamin C.¹⁹

Ginger is such a powerful and safe healer that taking it inspires confidence. It is supportive of so many of the body's systems that its use helps to promote wide-ranging improvement. Its stimulant effects also help to give an overall energy boost to those who take it. This provides a powerful lift to the mind and the emotions which, in turn, promote healing still further.¹⁹

WEEK TWO: DAILY GINGER ROOT EXERCISE



1. It's **OBVIOUS** that I'm feeling better this week. I also sense there's hope. The ginger root is doing an **AMAZING** job healing my legs!
2. My legs still twitch, but that's because the healing takes time. I knew when I started this process that they would **STILL** be twitching now. So there's no sense in getting all **GLOOMY**. Next week they will twitch even less.
3. Tonight, when I'm lying in bed and my mind **TELLS** me that the twitching is coming, I will **CALM** it down. I will **NOT** take it personally because they're just **HABITUAL** thoughts that are still highly charged. I will try **NOT** to get too emotional and **OVERREACT**.

CAYENNE



Cayenne has been prized for thousands of years for its healing power. Folklore from around the world recounts amazing results using cayenne pepper in simple healing. But cayenne pepper is not just a healer from ancient history. Recent clinical studies have been conducted on many of the old-time health applications for this miracle herb. Again and again, the therapeutic value of cayenne pepper has been medically validated.²⁷

Cayenne is a unique herb in that makes everything else it is put with, work so much better.²⁸ It is at the top of the list of the ten most important herbs to have in the home, because it will make the other nine work better.²⁹

Capsicum (cayenne pepper) is said to be unequaled in its ability to boost circulation and increase heart action. Capsicum exerts a variety of desirable actions on the entire cardiovascular system. It has the extraordinary ability to enhance cardiovascular performance while actually lowering blood pressure. Capsicum has an energizing effect on the entire system. It has traditionally been used for overcoming fatigue and restoring stamina and vigor. It is a natural stimulant without the threatening side effects of most other stimulating agents.³⁰

Cayenne's benefits can be attributed to the antioxidants, flavonoids and carotenoids it contains, all of which have anti-inflammatory effects and enhance circulation. It also depletes nerve endings. Those that use cayenne four times a day experienced reduced pain and tenderness.³¹

The best remedy we can use to naturally alleviate inflammation is to improve circulation to the affected area as best as we can. Circulation is essential to healing any part of the body of any condition. Without circulation, healing will not take place.³² Cayenne is the most powerful herb for boosting circulation. When taken internally, it boosts and strengthens the overall circulatory system. For ANY injury or inflammation, cayenne is a herb that will greatly boost healing.³²

Circulation is especially critical when we are talking about severe or serious inflammatory situations. We cannot use some mild soothing oil or ointment and expect it to work. That would be like using a small pail of water to try and put out a huge fire.³²

Cayenne goes immediately into the blood stream and adjusts the blood pressure from the top of the head, to the bottom of the feet, equalizing pressure over the whole body.²⁸

Circulation is so important that it warrants another mention. Whatever the cause of inflammation, be it trauma, injury or infection, circulation is CRUCIAL for healing. When severe inflammation is involved, it is ABSOLUTELY essential.³²

WEEK TWO: DAILY CAYENNE EXERCISE



1. I'm only in the second week of this program and I'm actually getting a little excited. I can REALLY sense cayenne's amazing healing powers!
2. I can feel my resistance. But even though I resist, the healing is STILL taking place. I'm just having a PREDICTABLE reaction to change.
3. When my mind says "This is as GOOD as it's going to get" I'll CALMLY respond by saying, "*Not necessarily.*"

ST. JOHN'S WORT



Because *Hypericum Perforatum*, an aromatic perennial herb belonging to the family Hypericaceae, produces golden yellow flowers that seem to be particularly abundant on June 24, the day traditionally celebrated as the birthday of John the Baptist, the plant is commonly known as St. John's wort. The plant is native to Europe but is found throughout the United States.²¹ When its flowers are crushed, they turn a deep blood red.²²

St. John's wort was known to such ancient authorities on medicinal plants as Dioscorides and Hippocrates. It is described and recommended as a useful remedy in all of the herbals down through the Middle Ages.²¹

It is a bittersweet herb that has cooling and astringent properties, mostly used to calm the nerves, reduce inflammation and promote healing. It is used in homeopathy for pain relief and to combat inflammation caused by nerve damage. It is used locally for its antiseptic and analgesic effect on burns, bruises, sores and deep wounds with nerve damage.²³ Its anti-inflammatory agents decrease inflammation by inhibiting the immune cells that stimulate the hallmark redness and swelling.²⁴

It is a wonderful remedy for the nervous system, relaxing tension and anxiety and lifting the spirits. Its antiviral, anti-inflammatory and healing powers work just as well within the body as externally.²¹ St. John's Wort will help to repair collapsed veins and will heal the nerves. It is best used in conjunction with a circulation boosting herb like cayenne.²²

The chemicals present in the *Hypericum* extract that are active in its effect are the lipophilic compound hyperforin and the photosensitizing compound hypericin. The potency of hypericin is how current supplements are measured for sale, though it is directly related to the potency of hyperforin.²⁴

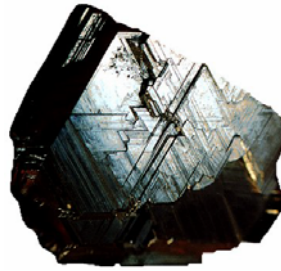
The effectiveness of St. John's Wort is backed by pharmacological studies and has been the subject of a number of double-blind, randomized, placebo-controlled clinical studies.²⁵ It is a natural, safer alternative to some of the harsher treatments.²⁶

WEEK TWO: DAILY ST. JOHN'S WORT EXERCISE



1. St. John's Wort is the greatest herb there is for healing raw nerves. I'm going to LET GO of the TENSION in my knees and my tail bone in order to HELP St. John's wort to do its healing.
2. My resistance to change is powerful, but there's NO way that it can stop the HEALING of my legs. It DOESN'T matter whether I believe it or not ... IT'S HAPPENING.
3. I am willing to do ANYTHING to have calm legs for the rest of my life, even if it means READING about St. John's Wort for a FEW more weeks.

ZINC



As an essential trace mineral, zinc is second to iron as the most plentiful trace element in the body. It is needed for a number of enzymatic functions in the body, as well as for immune function, prostate health, antioxidant production and more.³⁴

When you think zinc, think productivity. From helping to create new skin cells to boosting the immune system, this mineral works overtime to produce the cells you need to keep healthy.³⁶ Over 200 enzymes have been identified as zinc dependent.³⁷

Zinc is essential for the growth of healthy cells which in turn can help the immune system stay strong.⁴¹ Zinc's quick cell replication skills come in handy when you have cuts or wounds. It's vital for the production of collagen, the connective tissue that helps wounds heal.³⁶

Zinc plays an important role in wound healing.³⁵ It is involved in healing and repair of all tissues. The healing is accelerated and the resistance to infection is enhanced. Tests have shown that the rate of healing TRIPLED after using zinc.³⁷

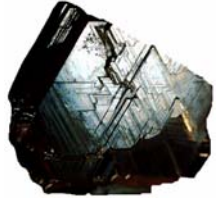
Zinc supplementation is essential before and after any surgical procedure. Calamine lotion derives its healing power from its rich zinc content.³⁸ Zinc is also found in many cold lozenges and some over-the-counter cold remedies.³⁵

In 1976, Dr. Robert Henkin said "In the farthest reaches of our imagination, I don't think we have any idea how important and how widespread zinc deficiency problems are."³⁷

In the case of Restless Legs Syndrome, zinc can aid in the absorption of minerals such as iron to help prevent deficiencies, in addition to having a calming ingredient.³⁹

There's no denying that Zinc plays a vital role in the overall health of our body.⁴⁰

WEEK TWO: DAILY ZINC EXERCISE



1. I sense that zinc is REALLY helping. The irritation is MUCH less, and there's still a lot of healing to go. It's reassuring to know that it's ONLY going to get BETTER!
2. Despite my resistance, the healing process is STILL at work. I KNEW the resistance was going to happen, so it's no surprise. I'll do my best NOT to take it personally. I'll also try and not hold on to the resistant thoughts. They depend on my REACTIONS to give them life. Where there is RESISTANCE ... let there be CALM.
3. When my legs start twitching tonight, I won't FREAK out about how this Program is NOT working. I'll remember that I AM getting better, and that healing takes time. I knew before I started this Program that there would still be twitching after two weeks. I HAVE to be patient.

LICORICE ROOT*



Licorice is the root of *Glycyrrhiza Glabra* (Gr: sweet root) from which a sweet flavour can be extracted. The licorice plant is a legume and is native to southern Europe and parts of Asia.⁴²

Licorice's main attribute is as an anti-inflammatory and as such is used to combat arthritis pain. Licorice is also an antioxidant.⁴³

In China, herbalists use licorice to reduce or relieve pain resulting from inflammation. Licorice stimulates the pituitary and adrenal glands to increase natural production of adrenal hormones such as cortisone that reduce the inflammation and consequent pain caused by conditions such as arthritis.⁴⁵ Next to ginseng, licorice is the most popular herb used in Chinese formulas.⁴⁴

Licorice contains triterpenoid saponins, flavanoids, isoflavanoids, magnesium, silicon, sodium and other beneficial constituents. Licorice contains over 400 active phytochemicals that translate into a wide range of benefits.⁴⁴

The glycyrrhizin in licorice stimulates the adrenal glands to produce certain hormones, reduces inflammation and increases the levels of interferon, a virus-fighting substance manufactured by the immune system. Other compounds in licorice are potent antioxidants and may also mimic the effects of estrogen in the body.⁴⁵

Modern research finds that licorice boosts immunity, fights viruses, treats ulcers, reduces inflammation, protects the liver, eases menopause and applied topically, relieves eczema.⁴⁵

Many health care providers use deglycyrrhizinated licorice (DGL) in gastric ulcers with positive results. Deglycyrrhizinated licorice (DGL) is a licorice supplement in which the component glycyrrhizin is removed. Glycyrrhizin has been reported to cause increases in blood pressure.⁴⁶

Licorice is included in most Chinese herb combinations to balance the other herbs and to promote vitality.⁴³

*** We're using the DGL form**

WEEK TWO: DAILY LICORICE ROOT EXERCISE



1. Licorice root is REALLY helping to heal the inflammation. I can notice the difference already!
2. By taking licorice root every day, I am participating in Nature's healing of my restless legs. Even though my legs are still twitching at night, I know in my heart that it will be a LOT less next week. Of this, I have NO doubt.
3. It helps to ACCELERATE the healing process if I PRACTICE letting go of my NEGATIVE thoughts ... and CALM down those OLD patterns of anticipation.

DEVIL'S CLAW



Devil's Claw (*Harpagophytum Procumbens*) is a South African plant. Devil's claw thrives in clay or sandy soils. Its root is collected when the rainy season ends.⁵¹ The curiously named devil's claw is so called because of the shape of its large fruit, which resembles a claw-like hand.³⁶

Devil's claw has been used for thousands of years in Africa for fever, rheumatoid arthritis, skin conditions and conditions involving the gallbladder, pancreas, stomach and kidneys.⁴⁷ It has been a popular anti-inflammatory and arthritis treatment since it was first discovered in South Africa by European colonists in the 18th century.⁴⁸

The active ingredients of Devil's Claw are harpagoside, harpagide and procumbine.⁵¹ In laboratory and human studies, harpagoside has been shown to reduce inflammation.⁴⁹

Recently published double blind studies have shown that Devil's Claw can relieve pain from arthritis in as little as ten days of use. Since studies have shown no side effects, even at very high doses, Devil's claw can be a safe alternative for over-the-counter pain medications.⁴⁸

Given the many benefits of devil's claw as a herbal remedy, more and more people are using its various forms.⁵⁰

WEEK TWO: DAILY DEVIL'S CLAW EXERCISE



1. I keep thinking “This CAN'T be happening?”... but it is. My legs are DEFINITELY less twitchy than they were.
2. Tonight when I am lying in bed and my legs start twitching, I'll TRY to FOCUS on that fact that it's NOT as bad as it was. And next week, it will be EVEN BETTER!
3. I am willing to do WHATEVER it takes to be free from my RLS, even if it means reading about devil's claw EVERY night for a FEW more weeks.

MAGNESIUM



Magnesium is a mineral needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady and bones strong.⁵⁵ It works to keep muscles properly relaxed.⁵⁶ Often thought of as food for the muscles, it works as a relaxant to significantly improve cramps.⁵⁷ It is also involved in energy metabolism and protein synthesis.⁵⁵

Magnesium is an all-star nutrient that assists in energy production and aids the electrical conduction of the heart.⁵⁷

Investigators may be breaking new ground, but magnesium has a long healing history. Epsom salts, first discovered in Epsom, England, and essentially made of magnesium sulfate, has long been the key ingredient of soothing hot foot soaks. Magnesium in this form has the ability to draw water from inflamed muscles and tissues.⁵⁸

Inside your body, magnesium serves several crucial roles, including helping to turn food into energy and helping to transmit electrical impulses across nerves and muscles. These impulses generate what's called neuromuscular contraction, literally causing your muscles to flex. Take away magnesium, and muscles, even the smooth muscles that routinely squeeze blood vessels, will cramp.⁵⁵

People who abuse alcohol are at high risk for magnesium deficiency because alcohol increases urinary excretion of magnesium. Low blood levels of magnesium occur in 30 percent to 60 percent of alcoholics and in nearly 90 percent of patients experiencing alcohol withdrawal.⁵⁵

Once absorbed, magnesium enters the circulatory system where it is transported to areas most in need of its proven therapeutic powers. When cellular magnesium levels are restored, the potential health benefits are numerous. Skin can become more radiant. Teeth and bones can grow stronger. Energy levels can increase. Aches, pains and stress can be relieved. Moods can be boosted, muscles can function better and there's often a marked improvement in sleep.⁵⁹

"*There's no question that magnesium is the most looked-at mineral in nutrition today," says Herbert C. Mansmann M.D., professor of pediatrics at Jefferson Medical College in Philadelphia. "*The research papers on this topic are increasing exponentially.*" The more studies researchers conduct, the more impressive this mineral looks.⁵⁸*

WEEK TWO: MAGNESIUM EXERCISE



1. I keep thinking “I’m getting better ... but it seems FAR too simple? Something’s not right?” I’ll keep in mind that the AMAZING healing powers of magnesium are PROVEN ... they’re not a myth.
2. When I have intense twitching in a particular area, it’s just the body kicking BACK a bit. It won’t last. Eventually the twitching will be gone for GOOD.
3. My resistance to change is powerful. But there’s NO way that it can stand up to the powers of Nature. It DOESN’T matter whether I BELIEVE the healing is happening or not ... IT’S HAPPENING.