

an **absolute** cure for

RESTLESS LEGS SYNDROME



WEEK 3 **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.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.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 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

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 THREE: DAILY CURCUMIN EXERCISE



1. By taking curcumin every day, I am participating in Nature's healing of my restless legs. Curcumin is a VALUABLE part of this AMAZING transformation that is going on. And it will CONTINUE to heal my legs.
2. Even though I still have occasional twitching, I am thankful to curcumin for ALL of its INCREDIBLE help so far!
3. When my mind tells me that I've gone as FAR as I can go with this, I'll CALMLY respond by saying, "*Not necessarily.*"

GINGER ROOT



Ginger is a flowering plant from the world's tropical and subtropical regions that's grown for its gnarled and bumpy root.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 ginger 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 DOES NOT CAUSE the SIDE EFFECTS characteristic of non-steroidal anti-inflammatory medications.¹⁷

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.¹⁹

WEEK THREE: DAILY GINGER ROOT EXERCISE



1. Ginger has proven, without a DOUBT, that it has exceptional healing powers. I am MUCH better than I was ... and there is still a LOT more healing to go!

2. When my legs twitch I will NOT move into my usual *CRISIS!* drama. It's just some twitching. Why should a bit of twitching ERASE all the positive things that have happened so far during this process? It DOESN'T make any sense?

If I had a REALLY bad sunburn, and after a week, there was STILL a bit of redness that hurt when I took a hot shower ... it wouldn't MEAN that the original SUNBURN had RETURNED in FULL force. It would just mean that a bit more time was needed before the sunburn would be totally gone.

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

3. 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.

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.

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

WEEK THREE: DAILY CAYENNE EXERCISE



1. The irritation in my legs is MUCH less than it was when my RLS was FULL blown. Cayenne will continue to SLOWLY display its healing powers. Eventually the inflammation in my legs will be gone for good.
2. When my mind says that the quiet legs I'm experiencing will NOT last for MUCH longer, I'll CALMLY respond by saying, "*Not necessarily.*"
3. The healing process is a series of SMALL steps. If I had a large cut on my arm, I have to keep in mind how LONG that would take for it to completely heal. I will remember to PRACTICE patience. Healing of any nature takes time.

ST. JOHN'S WORT



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

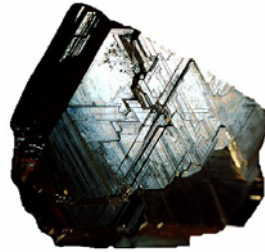
The effectiveness of St. John's Wort is BACKED by PHARMACOLOGICAL STUDIES and has been the subject of a number of double-blind, randomized, placebo-controlled clinical studies.²⁵ It is a natural, SAFER ALTERNATIVE to some of the harsher treatments.²⁶

WEEK THREE: DAILY ST. JOHN'S WORT EXERCISE



1. Not only is St. John's Wort doing an incredible job healing the inflammation in my legs, it's also doing WONDERS healing the RAW nerves in my knees, feet and tail bone.
2. Herbs and minerals are the most NATURAL things in the world. It's Nature healing Nature. EVERY element knows WHERE to go and WHAT to do. It's NOT like a pharmaceutical compound GUESSING what's wrong and what NEEDS to be done.
3. When my mind tells me that the ONLY reason my legs are not twitching is because the herbs are MASKING the irritation, and that the irritation hasn't ACTUALLY gone anywhere, and will return in FULL force as soon as I stop taking the herbs ... I'll CALMLY respond by saying, *"Not necessarily."*

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

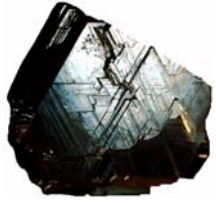
Zinc is essential for the **GROWTH** of **HEALTHY CELLS** which in turn can help the immune system stay strong.⁴¹ Zinc's **QUICK CELL REPLICATION SKILLS** come in handy when you have **CUTS** or **WOUNDS**. It's **VITAL** for the **PRODUCTION** of **COLLAGEN**, the connective tissue that **HELPS WOUNDS 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

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 THREE: DAILY ZINC EXERCISE



1. By taking zinc every day, I am participating in Nature's healing of my restless legs. Zinc is an **IMPORTANT** part of this healing process. It is **HEALING** my inflammation and **REPAIRING** the raw tissue ... and will **CONTINUE** to do so.
2. When my mind tells me that the **HEALING** effect of herbs and minerals will **WEAR** off soon because I'm **BUILDING** up an immunity, I'll **CALMLY** respond by saying, "*Not necessarily.*"
3. It is reassuring to know that zinc will **CONTINUE** to heal my legs with its **MAGICAL** abilities ... even while I'm sleeping.

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

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 THREE: DAILY LICORICE ROOT EXERCISE



1. Licorice root has been HEALING my legs and will CONTINUE to heal my legs. Of this, there is NO doubt. My legs are FAR better than they were.

2. When my Inner Manager tells me that licorice root isn't REALLY doing anything, I will ask how it knows this? I will CALMLY ask this "GREAT KNOWER OF ALL THINGS HERBAL" to SHOW its face and tell me how it KNOWS that licorice root isn't REALLY doing anything? I will make my mind ACCOUNTABLE for its resistant statements.

3. Even though I am tempted to test out my TRIGGER positions, I won't. I'm going to give it at least another FEW WEEKS before I check to see if my TRIGGER positions still set off the twitching, especially in my TROUBLE AREAS like my tail bone and knees. I'll keep in mind that TESTING the triggers sets the healing BACK a bit. I'll do my best to ALLOW these trouble areas to heal.

DEVIL'S CLAW



Devil's Claw (*Harpagophytum Procumbens*) is a South African plant. 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

WEEK THREE: DAILY DEVIL'S CLAW EXERCISE



1. As LONG as there is inflammation, devil's claw will CONTINUE to heal it, no matter how deeply it goes. It doesn't just QUIT working all of a sudden. Healing takes time, and I can be sure that devil's claw is CONTINUOUSLY WORKING to get rid of ALL the inflammation that remains.

2. When my legs twitch I will NOT fly into my usual *NOTHING EVER WORKS FOR ME!* drama. It's just some twitching. Why should a bit of twitching ERASE all the POSITIVE things that have happened so far during this process? That doesn't make sense?

If I had a REALLY bad sunburn, and after a week, there was STILL a bit of redness that hurt when I put my jacket on ... it wouldn't MEAN that the original SUNBURN had RETURNED in FULL force. It would simply mean that a bit more TIME was needed before the sunburn would be completely healed.

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

3. When my mind tells me that I've HIT A WALL and there won't be ANY more healing, I'll CALMLY respond by saying, *"Not necessarily."*

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.⁵⁵

Magnesium is an ALL-STAR NUTRIENT that assists in energy production and aids the electrical conduction of the heart.⁵⁷

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 will cramp.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

WEEK THREE: MAGNESIUM EXERCISE



1. Magnesium has been an AMAZING help in this healing process that I've been blessed with. It's unbelievable to think that it will CONTINUE and will get EVEN better.
2. When my mind tells me that no REAL healing is going on, and that my legs will SOON be twitching again, I'll CALMLY respond by saying, *"Not necessarily."*
3. There is still a STRONG sense of doubt hanging over me. A lot of things have gone wrong in my life. Why will this be ANY different? I'm telling myself RIGHT now, that it's OKAY if things work out once in awhile.

KALI PHOS #6

(POTASSIUM PHOSPHATE)



Homeopathic cell salts can be used for better health because minerals are the foundational nutrition for the body's enzyme activities and energy cycles. Potassium phosphate goes directly into the cells to NATURALLY BALANCE MENTAL or PHYSICAL FATIGUE.⁶⁸

This salt is mostly found as a component of the brain, NERVE CELLS, spinal cord and blood.⁷³

Potassium phosphate is ONE of the GREATEST NERVE REMEDIES.⁷⁰ It is basically FOOD for the BRAIN and NERVE CELLS. It STRENGTHENS the SYMPATHETIC NERVE and BALANCES with the PARASYMPATHETIC NERVE through the use of calcium phosphate.⁶⁹

Potassium phosphate is the PRINCIPAL NERVE TISSUE REMEDY. It is the NERVE NUTRIENT that should be taken in AILMENTS of a NERVOUS CHARACTER.⁷⁴ Potassium phosphate WONDERFULLY IMPROVES marked disturbances of the SYMPATHETIC NERVOUS SYSTEM, neurasthenia (a result of exhaustion of the central nervous system's energy reserves), mental and physical depression.⁷⁰ It is SAFE and features NO SIDE EFFECTS.⁷¹

Potassium phosphate regulates the transfer of nutrients into the cells. IT FEEDS the NERVES and IMPROVES MOODS, IMPULSE CONTROL, ATTENTION and LEARNING. It HELPS with NERVOUS CONDITIONS like brain exhaustion, upset stomach, nervous headache, sleeplessness, anxiety and depression.

Potassium phosphate supports the adrenals, so it's HELPFUL to use it during stressful times that overtax the adrenals. It is HELPFUL for tension headaches associated with intellectual fatigue.⁶⁸

Buzzing ears, study headaches, AGITATED NERVES and NERVE WEARY FATIGUE can REGROUP and RELAX once this cell salt BRINGS NERVE CELLS back into BALANCE. When loss of nerve power or agitation result from injury, illness, stress, mental strain or sadness, potassium phosphate levels are challenged, thus potassium phosphate HELPS NERVES RECOVER, RELAX and REGAIN STRENGTH.⁷²

WEEK THREE: KALI PHOS EXERCISE



1. By taking Kali phos every day, I am participating in Nature's healing of my restless legs. Kali phos is an AMAZING mineral that helping to RESTORE the raw nerves that are present because of years of inflammation.

2. When my mind tells me that Kali phos is USELESS and TOO MILD and won't do anything to HELP heal the nerves in my knees and tail bone, I'll ask it how it KNOWS this? I will quietly ask this "KALI PHOS EXPERT" to SHOW its face and explain WHERE it got this insight about a mineral salt that it DIDN'T even know EXISTED a few days ago? I will hold my mind ACCOUNTABLE for its groundless reactive statements.

3. The NEXT time my knee starts twitching, and I get ready for a NOSE DIVE into the swamp of NEGATIVITY, I'll try and remember that HEALING takes TIME - and that Kali phos is working STEADILY to regenerate the nerves in my knees and tail bone ... EVEN while I sleep.