

an **absolute** cure for

RESTLESS LEGS SYNDROME



WEEK 4 **EXERCISES**

CURCUMIN



Curcumin has been around for at least FOUR THOUSAND YEARS in the folk medicinal literature of India.²

Curcumin is considered a potent non-steroidal, ANTI-INFLAMMATORY.

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

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 FOUR: DAILY CURCUMIN EXERCISE



1. I'm now in the fourth week of this program. Although I AM grateful, I'm still CONCERNED about what will happen when I STOP taking curcumin. The truth is, I can CONTINUE taking curcumin as LONG as I want ... until I am CONFIDENT that my restless legs are behind me for GOOD. Curcumin is a completely MILD and SAFE herb.

2. The irritation is a FRACTION of what it used to be, even during an INTENSE day. When I focus on the SMALL percentage of me that is NOT yet healed, I will do my best to let go and focus on the LARGE percentage of me that HAS been healed. It's time to let go of these NEGATIVE thoughts and MASSIVE overreactions. I'll get out my DAILY PROGRESS REPORT and will focus on the POSITIVE healing that has taken place.

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.

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.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.

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 FOUR: DAILY GINGER ROOT EXERCISE



1. I'm not sure WHERE the hump was? I just know that I'm over it. I don't have to be afraid of EVER going back to live that way again. Ginger root and the other herbs are available to me ... for the REST of my life.
2. 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.
3. When my emotions get PUMPING and NEGATIVE thoughts come at me about how the healing WON'T last, and that I'm just KIDDING myself ... I won't panic. I'll CALMLY respond by saying, "*Not necessarily.*"

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

Cayenne is said to be UNEQUALED in its ABILITY to BOOST CIRCULATION and INCREASE HEART ACTION. It has the EXTRAORDINARY ABILITY to enhance cardiovascular performance while actually lowering blood pressure.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. For ANY INJURY or INFLAMMATION, cayenne is a herb that will GREATLY BOOST HEALING.³²

WEEK FOUR: DAILY CAYENNE EXERCISE



1. When I READ about the IMPRESSIVE healing qualities of cayenne, and my mind says “I don’t believe it!”, I will politely ASK this “KNOWER OF ALL THINGS CAYENNE” to show its face and explain WHY it doesn’t think cayenne is helpful, despite ALL the historic evidence stating that it IS? I will hold my mind ACCOUNTABLE for its reactive UNFOUNDED statements. I will do this GENTLY and with RESPECT.
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.
3. By taking cayenne every day, I am participating in Nature's healing of my restless legs. Cayenne is CONTINUOUSLY working to remove the inflammation that remains with its PROVEN anti-inflammatory powers

ST. JOHN'S WORT



St. John's wort is 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 FOUR: DAILY ST. JOHN'S WORT EXERCISE



1. My nerves are STEADILY being healed by the mending abilities of St. John's wort ... but I'm NOT going to test out my TRIGGER positions for awhile yet. I want to make sure that Nature has ALL the time it needs to make my RAW nerves HEALTHY again.

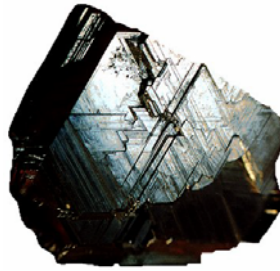
2. When twitching occurs I won't storm into my "*I KNEW THIS WOULDN'T LAST!*" drama. Why should a bit of twitching WIPE OUT all the obvious healing that has happened so far DURING this process?

If I had a TERRIBLE sunburn, and after a week, there was STILL a bit of irritation bothering me when I sat back in a chair ... it wouldn't MEAN that the ORIGINAL sunburn was about to RETURN in full force ... it would simply mean that more TIME must 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.

3. Even though I understand very little about the HEALING that is going on, it doesn't mean I'm stupid. Even the GREATEST GENIUS in the world has NO IDEA how Nature works its wonders.

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

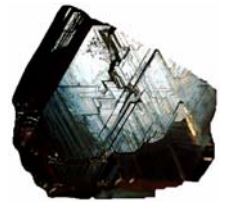
When you think zinc, THINK PRODUCTIVITY. From helping to CREATE NEW SKIN CELLS to boosting the immune system, this mineral works overtime to PRODUCE the CELLS you need to KEEP HEALTHY.³⁶ Over 200 enzymes have been identified as zinc dependent.³⁷

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

WEEK FOUR: DAILY ZINC EXERCISE



1. Through this process I have gained a **NEW** respect for my body. I found out that my body is a **CHEMICAL** factory and depends on **THOUSANDS** of small processes and chemical reactions in order for it to **FUNCTION** properly. I am eternally **GRATEFUL** for what I have **EXPERIENCED** and for what I have **LEARNED**.

2. 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 zinc and the other minerals and herbs are **CONTINUOUSLY** healing the inflammation and raw nerves in my legs. Even when my thoughts are elsewhere.

3. When my legs twitch, I will **NOT** perform my "**THESE HERBS ARE USELESS!**" drama. It makes absolutely no **SENSE** that a bit of twitching would **WIPE OUT** all the incredible healing that has happened during the first few weeks of this Program?

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 herbs are **OBVIOUSLY** working! I just need to give the healing process more time.

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

LICORICE ROOT*



Licorice is the root of glycyrrhiza glabra (Gr: sweet root).⁴²

Its 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

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 FOUR: 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 feel like I'm in a dream! My legs feel SO much better! NOTHING is going to take that away. There's NOTHING more natural in the world than the processes that are HEALING my legs.

3. My emotions feel like they've been THROUGH the ringer. This is COMPLETELY NORMAL when BIG changes occur in a person's life.

DEVIL'S CLAW



Devil's claw (*Harpagophytum Procumbens*) has been used for THOUSANDS of YEARS 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 FOUR: DAILY DEVIL'S CLAW EXERCISE



1. By taking devil's claw every day, I am participating in Nature's healing of my restless legs. Devil's claw is CONTINUALLY WORKING to heal any REMAINING inflammation there is with its PROVEN anti-inflammatory powers.

2. When feel I some twitching now and then, I'll say "So What?" It's just a small zap - a tiny PIXEL of inflammation that will SOON be gone. No NEED to get down in the dumps or build up a HEAD of steam. It's just a LITTLE flicker!

3. Sadly, my Inner Manager STILL likes its endorphin and dopamine high. It's a lifelong habit. When I'm able to see it, I'll CALM down the DRAMA. The Inner Manager 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



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 It is 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 FOUR: DAILY MAGNESIUM EXERCISE



1. Herbs and minerals are the most NATURAL thing in the world! It's Nature healing Nature. They know 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. There are THOUSANDS of chemical reactions going on in my body at ANY given time. Magnesium is an important part of MANY of these processes that are HELPING to build a stronger and healthier body.
3. 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.*"

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 disturbances of the SYMPATHETIC NERVOUS SYSTEM, neurasthenia (*a result of exhaustion of the central nervous system's energy reserves*) and 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.

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 FOUR: DAILY KALI PHOS EXERCISE



1. I'm now in the fourth week of this Program. I'm feeling FAR better than I did when I started, but I STILL feel a bit shaky inside. It's reassuring to know that Kali phos is an INCREDIBLY MILD cell salt and I can take it for as LONG as I like - until I'm COMPLETELY confident that my nerves have been FULLY healed.

2. I am being healed by a completely NATURAL process, and will NOT be going back to my PREVIOUS state of twitching. The healing powers of Nature are more REAL than ANY pharmaceutical could DREAM of being. And more REAL than any of my thoughts that say it's NOT possible.

3. When my legs twitch I will NOT move into my usual *FULL PANIC!* drama. It's just some twitching. Why should a bit of twitching ERASE all the positive healing that have happened so far DURING this Program? That doesn't make ANY sense?

If I had a REALLY bad sunburn, and after a week, there was STILL a bit of irritation that I noticed when I put my jacket on ... it wouldn't MEAN that the original SUNBURN was about to return in FULL force. It would mean that more healing was needed before the sunburn would be 100% gone.

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