

Restless Leg Syndrome

Restless Leg Syndrome is the uncomfortable feeling of needing to move the legs is known as restless legs syndrome. Occasionally, this condition may also involve the arms. It can cause sudden quick twitches of the legs and can also occur during sleep.

Possible Causes and Contributing Factors:

- Diabetes
- Thyroid
- Kidneys
- Arthritis
- Low blood sugar (common)
- Parasites

Suggested Dietary Changes:

- Avoid stimulants

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.