

Practical Preventable Medicine



RESTLESS LEGS

Restless legs is a syndrome that is very frustrating disorder that is characterized by the need to jiggle and move your legs constantly and usually strikes while you are resting and especially at night. It can drive some crazy and it prevents a good sleep, for the sufferer and their partner! Sometimes the sufferer can experience tingling, numbness or even pain.

There are a number of causes to this problem, the major two being blood stasis and blood deficiency and are often correlated with other chronic disorders such as kidney failure, diabetes, varicose veins or peripheral neuropathy.

There are a number of treatments, natural therapies are generally the best way as Western Medical drugs are more to reduce the symptoms but don't treat the cause. A Magnesium supplement is a great place to start, it can be taken internally and/or combines with topical application of Magnesium oil or creams. Magnesium is a muscle relaxant so can help with stress and improve sleep and relax us generally. In Chinese Medicine we first look at the cause and will treat accordingly and will include massage and acupuncture to boost circulation and nourish blood. Herbs such as Cinnamon, Ginger and Chinese Angelia are frequently used for this condition with good success.

Keeping up your daily exercise is very important...walking or swimming is great to get the blood moving and that reduces the pooling of blood in the vessels that can cause varicose veins and restless legs. A warm bath or foot soak with Epsom salts (which are magnesium crystals) before bed will help a good deal as well and ensure a good night sleep. So don't put up with this frustrating condition and enjoy your night's well-earned rest.

Until next time

Stay Well

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