

This week's problem is one some of us may get as we age.(I bet you know someone who has this.) Restless Leg syndrome is a fluttering feeling in your legs especially noticeable when you try to sleep at night. It makes you want to move your legs around which is not very conducive to falling asleep. It is usually treated with drugs and exercise. Read on to find out other ways to treat this.

The problem is usually caused by **chronically tight muscles**. Tight muscles impede the normal flow of blood. Exercise alone helps very little to loosen the effected **chronically tight muscles**; thus blood flow is not improved.

I recommend several things which may help you deal with Restless Legs:

1. Epsom salt baths (2 cups of Epsom salts and 1 cup of baking soda added to a hot bath) The Epsom Salts help clean the lymph system and gives the body magnesium. The baking soda helps the Epsom Salts be absorbed into the body. This MAY be enough to loosen chronically tight muscles.
2. Get SLM Bodywork treatments. Your chronically tight muscles can be loosened to improve blood flow.
3. You will be shown acupressure points you can work yourself as part of your get well plan.
4. Start a walking program and or a swimming program using a kick board and flippers in conjunction with the SLM treatment.
5. Wear massaging sandals with the little bumps on the surface to stimulate nerve endings/blood flow.

Give the above course of action a try before resorting to drugs. They all have side effects that you may experience.