HEALTHY TIPS

# Suffering from Restless Leg Syndrome? – These Are the Main Symptoms & Best Natural Cures

By bestfolkmedicine · 03/07/2019 · 2 min read



*Restless leg syndrome is a condition characterized by uncomfortable sensations, mostly felt in the legs. Sufferers usually describe these sensations as 'crawling, tingly, creeping' and they also report an urge to move the affected limp.*

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*The symptoms are most common when the person is resting, sleeping or sitting and are therefore common at night. The movements triggered by this syndrome are known as periodic limb movements of sleep and may lead to severe sleep issues.*

*The primary syndrome has no known cause whereas the secondary one can be triggered by nerve problems, iron deficiency, pregnancy, and kidney failure. In case of moderate or severe symptoms, one's quality of life can diminish and cause poor sleep, lack of focus and thinking, poor work performance, etc.*

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*This is why timely treatment is pivotal. They vary because the major cause is not exactly determined. Some experts suggest it is a result of dopamine problems whereas others associate it with poor blood flow.*

*Below, check out the major indicating signs of this syndrome and some beneficial natural remedies you can try out…*

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**The Main Signs of Restless Leg Syndrome**

- **Tingling sensation**
- **Burning sensation**
- **Itching sensation**
- **Throbbing ache**
- **Electric sensations**
- **Ache**

**Beneficial Natural Remedies to Alleviate Restless Leg Syndrome**

- **Vitamins**

Vitamins like magnesium, selenium, iron, and vitamin D may help alleviate or reduce the occurrence of restless leg syndrome. Make sure you take the RDA of these vitamins as to prevent deficiencies that could worsen restless leg syndrome.

- **Lavender essential oil**

According to a study from 2015, lavender essential oil massage successfully reduced the symptoms. The sufferers had a 10-minute massage with this oil. Moreover, lavender is also known to better the quality of sleep by reducing the risk of insomnia, which is common among restless leg syndrome sufferers.

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- **Leg massage**

A professional massage or an at-home leg massage with foam rollers can be of aid for those with restless leg syndrome.

- **Reflexology**

This practice involves applying pressure to specific points that are located on the feet's bottom, which consequently has a positive impact on the nervous system.

- **Reduce stimulants**

Stimulants such as alcohol or caffeine can worsen the symptoms. Therefore, make sure you do not consume them late in the night or before bedtime or consume them in excessive amounts throughout the day.

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- **Reduce stress**

Relaxation methods like yoga, meditation and breathing exercises can be of great aid in relieving stress and lower the risk of restless leg syndrome.

Sources:

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