

Restless leg syndrome is a neurological characterised by a tingling feeling or crawling sensation deep in the legs, which gives patients an urge to move their legs to relieve the discomfort.

#### **What to look for**

- tingling sensation in the legs, accompanied by an irresistible urge to move the legs to relieve the sensation.

There is no definite cure for restless leg syndrome. People who suffer from the syndrome feel a tingling or crawling sensation in their legs and have an overwhelming need to move their legs. The ailment sometimes the arms.

Although restless leg syndrome is not fatal, it can be very uncomfortable. Both medication and lifestyle changes offer ways for sufferers to cope.

#### **Causes**

Restless leg syndrome is believed to be a genetic neurological condition brought on by a chemical imbalance in the brain. Caffeine may increase the symptoms. The syndrome has also been linked to iron or folic acid deficiencies, especially in people with kidney disease.

#### **Traditional Treatment**

Always speak to your doctor about this ailment as there are medications that relieve the discomfort. If you are otherwise in good health, he or she may start you on a course of drug therapy.

#### **Dietary Considerations**

You may have deficiencies that could be contributing to your symptoms, take vitamin E, a multivitamin with iron, or a B-complex vitamin supplement. As well as this, folic acid maybe lacking in your system.

#### **Personal Care**

- Avoid stimulating activities up to three hours before bed
- To reduce stress soak your feet in cool water.

#### **When to seek further professional advice**

- you are experiencing any of the symptoms listed in the description section for the first time