



# Restless Leg Syndrome Drug To Nutrient Exchange

*"Let's apply the "understand what the drugs are doing principle" to treating restless leg syndrome for a side effect free natural alternative."*

Most of the time, when there's a drug that works for your specific condition chances are pretty good that if we apply the principles of "how the drug works" we can get the same or better results using natural substances. Let's use this principle with restless leg syndrome because the recommended pharma cocktails have some pretty serious side effects. Let's apply the "understand what the drugs are doing principle."

Here's how the National Institutes of Health describes restless leg syndrome. "Restless leg syndrome causes unpleasant or uncomfortable sensations in the legs and an irresistible urge to move them. The sensations in the legs are often difficult to define but may be described as aching throbbing, pulling, itching,



crawling, or creeping. It is, however, best characterized as a neurological sensory disorder with symptoms that are produced from within the brain itself."

Any time I hear that something is a neurological condition, I automatically think B12 and folate, especially since people are taking so many Proton pump inhibitors or acid blockers their HCL is reduced so they are not

getting enough B12 from their food. And for the most part, people don't eat enough greens, the principle source of folate.

Anti-seizure drugs are becoming the first-line prescription drugs for those with RLS, anti-seizure drugs. When I hear the word seizure I think of over excitation in the brain. The main neurotransmitter responsible for over-excitation is glutamate.

B6 and magnesium are two cofactors that assist in converting glutamate to GABA, the brain's chief inhibitory neurotransmitter. There is a natural form of GABA that crosses the blood brain barrier called phenibut and is available from your clinician called PheniTropic by Biotics Research Corporation.

The second major class of drugs is dopaminergic agents. The FDA has approved three different agents to treat RLS. B6 is needed to convert tyrosine to L-dopa and ultimately dopamine. There is a new botanical product that is a plant based source of L-dopa. Ask your clinician about DopaTropic Powder.

The next class of drugs are opioids, sometimes prescribed to treat individuals with more severe symptoms. I have heard my mentor Dr. Alex Vasquez say many, many times, when you have someone with a chronic pain problem, fix the gut.

The dysbiotic bacteria cause a sensory disorder, where the perception of pain is intensified. He wrote a book on migraines and fibromyalgia where he discusses in detail the mechanism of how the gut bacteria affect mitochondrial function particularly brain mitochondrial function. The only way to fix the sensory disorder is to fix the gut.

Restoring "gut" health involves an anti-inflammatory diet along with specific nutri-

ents to support digestion, reducing unhealthy bacteria, restoring good bacteria, promoting absorption of vitamins and minerals and helping to regulate proper elimination.

Your wellness clinician understands this principle of healing the gut and they will guide you with a program that is right for you.



Also, restless leg syndrome can be linked to nutrient deficiencies, like iron, calcium, magnesium or potassium. Your clinician can make recommendations for

safe supplementation.

Perhaps you have been diagnosed with restless leg syndrome and take medication but you would like to consider your options. Your wellness clinician can offer testing and therapies that are completely natural with no side effects.

Before you put your trust in prescription medication, consider the long term benefits of wellness therapy. There are more options than most people know for restless leg syndrome as well as many other conditions. A wellness approach uses the same science of how a drug works but instead applies the principles with nutrients.

No matter how simple or complex, ask your clinician about "side effect free" natural therapies.