



NEWSLETTER

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*Wishing you
all the best
this Holiday
Season and
for the
New Year!*

*Thank you for your patronage
this past year.*

LEG CRAMPS/RESTLESS LEG SYNDROME

Do you have clients that complain of leg cramps or do they have restless legs? Maybe this information will help them.

Many people experience leg cramps, especially at night. While the cause often isn't clear, such cramps may be related to nerve and muscle irritation due to disc disease or joint dysfunction, especially in people over age 50. If you have a degenerating disc in your back, you could be prone to cramping in the calf. Leg cramps can occur more frequently in people who have diabetes or an underlying neuropathy. Deficiencies in vitamin B12 or vitamin D, can also cause leg cramping – as can diuretics

Other causes could be muscle fatigue or strain from overuse, too much exercise, or holding the muscle in the same position for an extended period of time. Statin medications have also been linked to muscle injury and leg cramps.

If your leg cramps occasionally, it's not something to worry about. If it wakes you in the middle of the night, get up and walk around to relieve the pain. Taking a warm bath or stretching the calf muscles before bedtime may help.

If you get leg cramps persistently, see your doctor to determine if there is an underlying medical cause. Simple blood tests will reveal vitamin deficiencies that may be contributing.

Calf Stretches

Stand with your arms extended straight out at shoulder level, hands pressing against a wall. Take a step back with the right foot, keeping the foot facing directly forward. Press into the heel of the right foot as you bend the left leg. Hold for 30 seconds, then soften the knee of the right leg while still pressing back into the heel; hold for another 30 seconds, Switch legs and repeat. Repeat daily, or any time your calf muscles feel tight.

Stand in front of a wall. Place the ball of the right foot up against the wall and lean forward keeping the right leg straight. Hold for 30 seconds, then stretch the left leg. Repeat daily or any time your calf muscles feel tight.



Restless Legs Syndrome (RLS) is a neurological condition characterized by the irresistible urge to move the legs. While the name may sound funny, it is a very real disorder. To be officially diagnosed with RLS, you must meet the criteria described below:

- You have a strong urge to move your legs which you may not be able to resist. The need is often accompanied by uncomfortable sensations such as: *creeping, itching, pulling, creepy-crawly, tugging, or gnawing*.
- Your symptoms start or become worse when you are resting. The longer you rest, the greater the chance the symptoms will occur and the more severe they are likely to be.
- Your symptoms get better when you move your legs. The relief can be complete or only partial but generally starts soon after starting an activity. Relief persists as long as the motor activity continues.
- Symptoms are worse in the evening especially when lying down. Activities that bother you at night don't during the day.

RLS can also cause difficulty in falling or staying asleep. A substantial number of people who have RLS also have periodic limb movements of sleep (PLMS). These are jerks that occur every 20 to 30 seconds on and off throughout the night. This can disrupt sleep. Sleep deprivation can seriously impact your work, relationships, and health.

While there is currently no cure for RLS, there are many nonpharmaceutical and pharmaceutical therapies that help ease symptoms. In addition to the four common drug classes that offer help for RLS, (dopaminergic agents, sedatives, anticonvulsants, and pain relievers), there are other avenues available. You and your doctor can:

- check for a vitamin or iron deficiency.
- look at medications that could be making it worse.
- find an exercise schedule and physical activities that help you deal with RLS.
- find activities to keep your mind engaged when RLS presents itself.
- discuss eliminating alcohol and caffeine from your diet.
- look at your diet to assure it is healthy and balanced.
- identify habits and activities that worsen your RLS symptoms.
- implement a program of good sleep habits.

For more information: www.rls.org

Looking for a little gift for your regular clients? I put the mix in pretty paper cups and secure with cellophane or saran wrap, tied with a ribbon. I also attach a \$10 Off coupon toward their next visit.

WHITE CHOCOLATE PARTY MIX RECIPE

1 (10 ounce) package mini pretzels
5 cups Cheerios
5 cups Corn Chex
2 cups salted peanuts
1 pound M&M's
2 (12 ounce) packages white chocolate chips
3 tablespoons vegetable oil

In a large [bowl](#), combine first 5 ingredients; set aside.

- In micro-safe bowl, heat [white chocolate](#) chips and oil for 2 minutes, stirring once. Microwave on HIGH for 10 seconds; stir until smooth. Be careful not to heat too long as it will ruin the chocolate. Stir well.
- Pour over cereal mixture and mix well.
- Spread onto wax paper.
- Cool; break apart. Store in airtight container.
- Yields 5 quarts.

Something for YOU!

EVENING NAIL OIL

Massage this rich combination of natural oils onto your nails before going to bed to strengthen and condition them. Do this regularly and you'll see improvements in a few short weeks — even with dry, cracked nails. Find liquid lecithin at your local natural food store.

1 Tbls Olive Oil
2 tsps Liquid Lecithin
1/4 tsp Vitamin E Oil

Combine all ingredients and mix well.

To Use: Dab a small amount on your fingers and rub thoroughly into your nails. Yield: 1/2 ounce.

Nancy Bartlett, NCBR

*"Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this."
- Anonymous*

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