

Restless Leg Syndrome



Doug Chadwick

We continue to hear that many of you are suffering from restless leg syndrome (RLS). I would like to take some time to talk about what could be causing this problem and what you can do to treat it.

Restless Leg Syndrome is a condition marked by unpleasant leg sensations in the evening, especially at bed time. These sensations can include pain, cramps, tingling, itching, burning, and/or aching, all of which ease with motion. For some of you, the sensations are so strong that they are also felt in the arms. RLS oftentimes leads to insomnia which brings with it a whole host of other problems and side effects.

You may be wondering how physicians diagnose RLS.

Four Criteria for Diagnosing RLS

1. A strong urge to move the legs.
2. Symptoms that begin or worsen when you are inactive.
3. Relief from movement.
4. Symptoms that begin or worsen in the evening or at bedtime.

While Restless Leg Syndrome is sometimes hereditary and also more common with age and high stress levels, there are some medications that are associated with the problem including caffeine, alcohol, and H2-histamine blockers (ranitidine, cimetidine, certain antidepressants).

Known Causes of Restless Leg Syndrome

- Pregnancy
- Smoking
- Nerve disease
- Hormone diseases like diabetes
- Obesity
- Iron deficiency & anemia
- Polyneuropathy
- Kidney failure
- Poor circulation/varicose veins



There are many ways to treat RLS. Your first course of action could include any of the following.

- Warm or cold baths
- Tonic water at bedtime

- Cutting caffeine
- Heating pad or ice packs
- Electronic nerve stimulation
- Acupuncture
- Stretching before bed
- Exercise
- Avoiding alcohol & cigarettes

I would like to suggest that you also review your prescriptions to see if the cause might be a nutrient depletion resulting from your medications. It is common for people with a magnesium deficiency to experience restless legs. I have seen many patients have great results taking Magnesium Glycinate. A month's supply is just \$17.49.

If you would like to sit down and talk about your medications and what may be causing your restless legs, please feel free to call the pharmacy to schedule a consultation with one of our pharmacists. We would love to help you identify potential causes.

If you've tried everything above and are still struggling, the following medications used to treat Restless Leg Syndrome:

- Muscle relaxants
- Sleep medications
- Drugs used to treat Parkinson's Disease
- Opiods
- Drugs used to treat Epilepsy

I recommend that these only be used as a last resort, especially the muscle relaxants, sleep medications, and opiods as they can be addicting.

I hope this information is helpful to many of you. If you have further questions, please stop in and ask or call to schedule a consultation with one of our pharmacists.



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Back-to-School Health Support

The summer has once again flown by, and the kids are heading back to school... back to sharing their germs and illnesses with each other. Make sure the kids you love are protected. Here are the top four supplements we recommend for kids:

1. **A Daily Multivitamin**—Make sure your child is taking a multivitamin. Opt for a food-based product, like Rx Vitamins for Children grape flavored chewable tablets (\$15.99), which delivers these nutrients in as natural a form as possible and doesn't come with a hefty side of artificial flavoring, dyes, fillers, sugar, and allergens.
2. **Vitamin D**—Vitamin D might be the single most important nutrient for your child's overall health. Low levels of vitamin D correlate to poor bone health, higher blood pressure, and cholesterol problems. Your kids probably got plenty of vitamin D from the sun during the summer months, but now that they are back to school we recommend Carlson's Vitamin D3 2000iu (\$12.99).
3. **Omega-3s**—These fats are the building blocks of your child's nervous system. Which means that they're especially important for your child's developing brain. Your child would need to eat at least two servings of fatty fish per week to get the bare minimum of omega-3s. Otherwise, it's time to start looking for a high quality supplement. Recommended intakes for kids vary anywhere between 500-1,500mg of omega-3s per day, depending on age. Nordic Naturals DHA Junior is a great product designed specifically for children (\$28.99).
4. **Probiotics**—Studies show that probiotics dramatically lowered the frequency and severity of both diarrhea and respiratory infections. This is an essential supplement to build your child's immune system. Our favorite for kids is Natural Creations Enterobiotic SBO (\$37.99).



If you have questions on how to keep the kids you love healthy, please stop in and talk to any of our pharmacists or staff members.



Help Your ADD/ADHD Student Focus

Ritalin. Just the name alone is enough to send shivers down any parent's spine. Ritalin (methylphenidate), Concerta, and Daytrana can all produce a wide variety of side-effects including "Ritalin rebound," loss of appetite and weight loss, insomnia, headaches, stomachaches, drowsiness, potential liver damage, facial tics, and melancholy. The long-term effects can be even more devastating.

While Ritalin can be helpful in many cases, ADD and ADHD are NOT Ritalin deficiencies. Ritalin can, at best, treat some of the symptoms... but at a very high cost. That's the bad news. Now here's the good news!

Our in-depth studies of this disorder have led us to an outstanding homeopathic remedy that significantly improves symptoms in most cases by gently working with the body's own healing system. This remedy supplements your doctor's treatment, and it costs just \$19.99 for a one month's supply.

Children should take one drop of cherry flavored **Focus CP** per year old in the morning. For instance, a six year old would take six drops. If the child has afternoon activities, give a second dose after school. Teenagers and adults can take ten drops of Focus HP once or twice a day as needed.

You and your child can begin leading a normal life again. Come to Myers Drug and pick up Focus CP drops today. Your satisfaction is guaranteed. If you are not happy with the results, bring the bottle back with your original receipt for a full refund.



A Unique Solution for Sinus Sufferers

If you or someone you know suffers with sinus problems, we have a solution from our compounding lab that you should know about: the combination of the NasoNeb nasal nebulizer and Loxasperse.

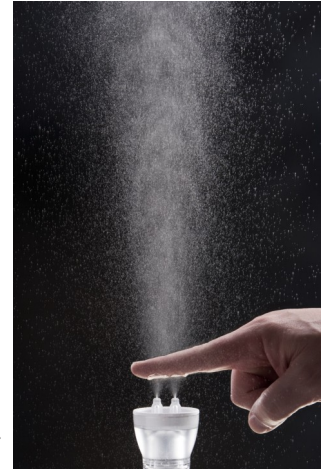
The patented Nasoneb nasal nebulizer features a combination of particle size, airflow, and fluid volume that is not found in any other device. The Nasoneb produces large particles that are designed to stay in the nasal and paranasal sinus cavities. You see, if the particles are too small, they get inhaled and deposited into the lungs. Instead, these larger particles are carried on a positive pressure airstream to insure the aerosol is deposited deep into the nasal and paranasal sinus cavities—exactly where you need them to be to work. This allows the Nasoneb to deliver a high concentration of medications by using only 0.2 to 15 mls of fluid to deliver the medication, the sessions take no more than one to two minutes. That insures you can easily find time to fit it into your busy, daily routine.

Loxasperse is an innovative powder base that improves the dispersibility and solubility of the active pharmaceutical ingredients used for nebulization and irrigation. This will potentially improve absorption performance in the nasal cavity. It also allows for drugs with different solubility to be combined into the one dosage form, simplifying your therapy and helping you take the medications the way they are meant to be taken. Loxasperse even allows an extended beyond-use date.

No longer will you have to refill your prescription every two weeks! You can pick up an entire month or more of therapy at one time. Lastly, using Loxasperse may reduce the risk of microbial contamination. Dry powder formulations and reconstituted preparations tested by the Professional Compounding Centers of America (PCCA) did not support microbial growth.

What does this all mean? When you put it all together it means; Loxasperse will help you do the most with your medication therapy, and the Nasoneb nasal nebulizer will help insure that the medication is delivered in the highest concentration with the best penetration of the sinus cavities when compared to other nasal delivery systems.

Come into Myers Drug and talk to us about this winning combination.



“A man is as big as the things that make him angry.”

- Winston Churchill

THE BEST MEDICINE... LOL

Q. How do fireflies lose weight?

A. They burn calories.

Q. Which fish can perform operations?

A. Sturgeon.

Q. Did you hear about the cannibals that attended a wedding?

A. They toasted the bride and groom.

Biblical Health Tip...

Living a Long Life

We spend a lot of money and put a lot of effort into prolonging our lives. Here is something you can do that will not cost you a cent.

The Prescription – Love the Lord

Psalm 91:14-16 – “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation.”

One way you demonstrate your love to God is by obeying Him. Jesus said

John 14:12a – I tell you the truth, anyone who has faith in me will do what I have been doing.



Klean Kanteen is a double-wall vacuum, insulated, stainless steel, and BPA free bottle that keeps liquids cold for 12 hours and hot for 24 hours. It comes in many fun colors and has a Loop Cap for safe transport. \$30.95

20% OFF

**ONE REGULARLY PRICED
NUTRITIONAL SUPPLEMENT**

One coupon per customer.
Good through August 31, 2015.



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newsletter, please share with your
friends. They can contact us to be
added to our distribution list.**

Thanks!