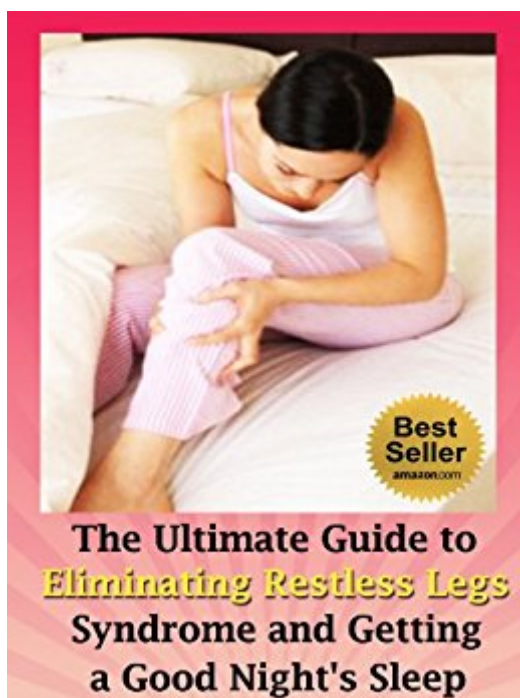


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Restless Leg: The Ultimate Guide To Eliminating Restless Legs Syndrome And Getting A Good Night's Sleep (Restless Leg Syndrome Treatment Book 1)



Synopsis

Learn how to get rid of Restless Legs Syndrome for good! Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Discover the methods and strategies you can begin using today to eliminate Restless Legs Syndrome from your life! This book goes into the exact strategies and principles that I and many others have used to eliminate Restless Legs Syndrome and get a good night's sleep. Applying these strategies and tactics will truly help you experience more restful, deep sleeps. Here is a preview of what you'll learn... Symptoms related to Restless Legs Syndrome (RLS) The specific causes of RLS RLS drugless treatment and therapeutic options Traditional treatment options Addressing conditions of secondary RLS Tips and tactics you can begin using immediately And much, much more! These lessons and the strategies shown within truly have the power to help you deal with this frustrating syndrome. The information held within this book are the best of the best when it's come to helping me and my family/friends eliminate RLS from their life for good. Download Your Copy Today! Check out what others are saying..."I only recently began suffering from RLS. In an effort to resolve this problem, I began looking for strategies and specific methods that would help me. I must say, this book gave me exactly what I wanted: specific methods I can apply immediately to eliminate RLS. And guess what? I have. My recommendation is simple: buy this book."-Toni Allen (USA)"Fantastic book. I learned so much from reading these lessons and applying them. I'm always skeptical of buying books like this however the value I got from this book totally exceeds the purchase price. This book is highly recommended."-Terry Branden (Canada)"This Kindle book is a must-have for anyone who has or currently suffers from RLS. If you do, you know how frustrating and confusing it can be. 'Why me?' is a question I would ask of myself. Especially as the early morning approached and I was grouchy, tired and just not happy to start my day because I couldn't sleep. I think anyone who has suffered from RLS or knows someone who has should be reading this book."-Charles Jacobs (UK) Tags: Sleep, Deep Sleep, Insomnia, Rest, Restful, Restless Legs, Restless Leg, Sleeplessness, Restlessness, activity, agitation, ailment, ants, antsiness, anxiety, bustle, disquiet, disquietude, disturbance, edginess, excitability, ferment, fitfulness, fretfulness, hurry, inconstancy, insomnia, instability, jitters, jumpiness, movement, nervousness, restiveness, transience, turbulence, turmoil, unease, uneasiness, unrest, unsettledness, worriedness, Steve Pavlina, Erin Pavlina, Personal Development, Personal Development for Smart People, Vegan, Vegetarian, Polyphasic sleep, Leadership, Self Help Book, Self Help, Lessons, Leadership, Leadership Lessons, Oprah Winfrey, Tony Robbins, Anthony Robbins, Zig Ziglar, Jim Rohn, Robert Kiyosaki, Donald Trump, Brian Tracy, Rick Warren, Joel Osteen, Jack Canfield, Brendon Burchard,

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Customer Reviews

If you are a serious reader, the title of this 17-page book should alert you...If you have never heard of Restless Leg Syndrome and know you have some type of physical feeling that is bothersome in your legs, then this book may be sufficiently long enough to make you aware that something could be medically wrong and can be treated. The booklet is well-written and has presented sufficient researched material to make it worthy of your consideration. However, any author that claims to be providing the ultimate guide is...frankly...lying. This booklet may be helpful, but it cannot take the place of sound medical advice and may result in your not taking the time to talk to your doctor about what could be something much more serious. Yes, the author does constantly refer readers to your doctor...But why then write the booklet and title it as something that will totally solve your problems?As I said, this booklet is well written, presenting as a paper you may write for school based upon topical research. If you prefer somebody else doing that research, then this may be just the book for you. For myself, there were too many references to other diseases--chronic renal

failure, diabetes, iron deficiency and Parkinson's disease, to make me feel comfortable about following advice purely from the book. I can only assume that this information was copied out of some other book, perhaps written by a doctor, since the writer uses the word patients, diagnoses, and other references which are easily identifiable as those that would be written by a doctor. Normally in a book such as this that is not written by a physician, you would get references from which the writer is getting his information. You would also normally read about it in first person...For instance, if I were writing such a book, I would say something like this...I have found that my right leg is more likely to go into restless leg activity. Since my sister and I both have the disease and we both have a body deformity that shows that our right side is lower than our left side, there may be a correlation between that. However, once I identified that I was experiencing the syndrome...all I did was start moving my legs. By constant extreme motion for a short or sustained time period, I am able to feel relief... Now in no way would I claim that I have the ultimate guide to eliminating this disease...I am merely stating that I did not research it, I did not consult with a doctor...I just applied some basic logic that if my legs were restless, then I needed to get them moving...Frankly I really got nervous, when the writer started talking about medications...As all of you know, when an individual chooses to write about something that required education and/or experience, I want to know that individual's credentials. Needless to say, I was not satisfied with this book or the author. It is clear to me that the individual is a writer that has chosen the self-help arena in which to make a living...Do check out the range of topics for his books, especially the one on yeast infections written under a pseudonym... Sometimes this type of booklet can at least give you information that you did not previously know. But, really, do you want to learn about health issues from an unknown? You decide...GABixlerReviews

Very disappointing.....

There's a lot of ground covered in this little book about restless leg syndrome. Primarily, it's causes which can stem from chronic health issues, pregnancy etc. There are also natural and medicine related tips for getting relief. I think what seems most useful is the collection of ideas to manage the issue of restless leg in day to day life. The recommendation of scheduling a massage regularly is my favorite.

The book is well-written and is a great guide for eliminating restless leg syndrome. The information in the book is very helpful for getting a good night's sleep. Recommended!

No new information, everything in the book was available free on any internet search of this problem.

Pathetically little information and even less useful information how to treat this chronic condition. Author seems to poo-poo accepted medical treatment in favor of "alternative" modalities. Overall not very interesting and not very useful.

I took the strategies and tips outlined in this guide and slept amazing! I was such a better human being for it too! My grandfather has RLS too and I'm going to buy him a copy of this guide as well. Grateful for the info!

very short. I was expecting some more depth. The advice is not bad but people who already did some research will learn nothing new.

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