



Everything Herbal

— by Cheryl Jabz —

Herbs for Restless Leg Syndrome



Certain herbs may help calm symptoms of Restless Legs Syndrome by promoting relaxation, supporting circulation, easing muscle tension, or helping with sleep. Herbal teas won't cure RLS, but many people find them soothing in the evening.

Many people with Restless Legs Syndrome find that combining several small remedies works better than relying on one thing alone. Here are some of the most commonly helpful approaches.



Tips for RLS at Night

- ♥ Avoid caffeine late in the day.
- ♥ Stay hydrated.
- ♥ Gentle leg stretching before bed may help.
- ♥ Warm baths with Epsom salt are soothing for some people.
- ♥ Low iron can contribute to RLS, so iron levels are sometimes checked by a doctor.



Important Safety Notes

Valerian can cause drowsiness — avoid combining with sleep medications unless your doctor approves.

Some herbs may interact with medications or medical conditions. If symptoms are severe, worsening, or happening daily, it's worth discussing with a healthcare professional because RLS can sometimes be linked to iron deficiency, kidney issues, medications, or nerve conditions.



Common Soothing Herbs



Lemon Balm



Peppermint



Valerian Root



Lavender



Chamomile



SAFETY NOTE

If you take medications or have medical conditions, especially kidney disease or are pregnant, check with a healthcare professional before using strong herbal blends regularly.



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