

Acupuncture for Restless Leg Syndrome

According to the Mayo Clinic, restless leg syndrome (RLS) is a condition in which your legs feel extremely uncomfortable, typically in the evenings while you're sitting or lying down. It makes you feel like getting up and moving around. When you do so, the unpleasant feeling of restless legs syndrome temporarily goes away.

Restless leg syndrome can begin at any age. Restless leg syndrome can disrupt sleep — leading to daytime drowsiness — and make traveling difficult. Restless leg syndrome may include but are not limited to the following symptoms:

- crawling
- creeping
- pulling
- throbbing
- pain
- itching
- tugging
- leg twitching

Restless leg syndrome is usually felt during inactivity. Sensation begins after lying or sitting for long periods of time. Relief can be achieved through movements such as stretching or walking.

The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (bioelectric energy) is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture

treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

Acupuncture treatments are successful in alleviating restless leg syndrome. The treatments help clear compressed nerves, increase blood circulation to the injured area and relax muscles. Treatments promote tissue healing, increase range of motion and provide natural pain relief without the use of pain medications or invasive surgical techniques often recommended by Western medical doctors.

According to Eastern holistic medicine, exercise, diet and rest will help to assist healing and achieve overall health. Moderate exercise and stretching increases flexibility, maintains weight and strengthens muscles. Diets rich in anti-inflammatory, unprocessed and organic foods support circulation. Finally, achieving more rest and relaxation decreases stress and supports the body's immune system as a whole preventing further muscles tensions.

Alternative treatments complimentary to acupuncture include:

- yoga
- massage
- hydration
- daily exercise

Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures

last about 20 minutes, during which time patients are very relaxed and comfortable.

What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you'll be on your way to health and vitality.

Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica
- Sports Injured

- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



L. Phan, D.O.M., A.P.

“Experience is priceless...”

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

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**We Specialize Treating the Following
Conditions, But Not Limited to:**

Healing, so you can get back to life.

Acupuncture & Skin Care Clinic

725 W. Granada Blvd Suite 15

Ormond Beach, FL 32174

386.615.1203

Website: Acubeaautytherapy.com