RESTLESS LEG SYNDROME

Put a bar of soap (any kind) between your sheets in the bed, or under the bottom sheet when you go to bed. After a couple of months, scrape off the surface of the soap and continue to use it.

Also good for leg cramps.

Restless leg is often caused from a deficiency of any of:

calcium, and/or magnesium, and/or potassium, and/or Vitamin B12.