



# RESTLESS LEG SYNDROME

A neurological condition marked by an uncomfortable urge to move the legs, often worsening at night or during rest, and linked to imbalances in iron availability, dopamine, and nervous system regulation



## Possible Contributing Factors

- Iron dysregulation (low or poorly utilized iron affecting brain dopamine pathways)
- Dopamine imbalance (iron and B-vitamin insufficiency - especially B6, B9 & B12, chronic stress, and dopamine-altering medications such as SSRIs and antihistamines)
- Blood sugar instability (nighttime glucose drops, insulin resistance)
- Magnesium deficiency (stress, poor intake, impaired absorption)
- Gut dysfunction (reduced mineral and nutrient absorption)
- Hormonal shifts (pregnancy, perimenopause, thyroid imbalance)
- Medications & stimulants (SSRIs, antihistamines, caffeine, sleep aids)
- Chronic inflammation & toxin exposure (heavy metals, mold, endocrine disruptors)

## Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate sugar, refined carbohydrates, alcohol, and stimulatory foods (coffee, black tea, chocolate, MSG), especially in the evening
- Consume more iron-rich foods paired with vitamin C-rich foods to improve absorption
- Vitamin C sources: bell peppers, kiwi, citrus fruits, strawberries, broccoli, tomatoes
- Ensure adequate daily protein intake for stable blood sugar and neurotransmitter support
- Consider temporary gluten and dairy removal if digestive symptoms or low ferritin are present
- Consider fermented foods if well tolerated; avoid if they worsen restlessness or sleep
- Increase magnesium-rich foods: leafy greens, avocado, pumpkin seeds, almonds, cashews, legumes
- Consider Epsom salt baths or foot soaks 2-4x per week for relaxation and magnesium support
- Stay well hydrated with clean, filtered water throughout the day
- Stress reduction measures: grounding, meditation, journaling, breathwork, saying "no" more often
- Focus on sleep hygiene: consistent bedtime, dark and cool room, screen reduction, morning sunlight

## Supplement Considerations

- Iron (bisglycinate/chelate): brain iron & dopamine support; AM with vitamin C
- Magnesium (glycinate/threonate): nervous system calm; PM
- Methylated B6, folate, B12: dopamine & nerve support
- L-Theanine: glutamate balance; evening calm
- Taurine: GABA support
- Vitamin D: neuromuscular support
- Zinc & Copper: mineral balance
- Multi-strain lacto/bifido/s.boulardii probiotic (if tolerated): gut support