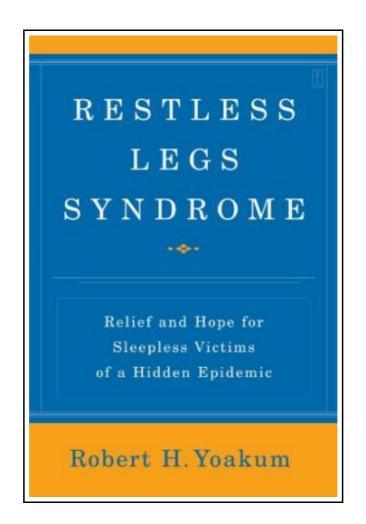
Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic



Filesize: 4.38 MB

Reviews

This publication is fantastic. It really is full of knowledge and wisdom You are going to like just how the author write this publication. (Harmon Watsica II)

RESTLESS LEGS SYNDROME: RELIEF AND HOPE FOR SLEEPLESS VICTIMS OF A HIDDEN EPIDEMIC

DOWNLOAD PDF

ጌ

Touchstone. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 0.7in.Within these pages is the promise of a long-awaited good nights rest. For decades, millions of people have experienced the irresistible urge to move their legs without understanding why. These disagreeable leg sensations get worse with inactivity, making sitting still and sleep painful and sometimes impossible. If you hold this book, you or someone you love has most likely lived with this constant discomfort, this agitated inability to rest -- restless legs syndrome. You are not alone. According to the American Medical Association, 10 to 15 percent of adult Americans have the neurological disorder known as restless legs syndrome. This underdiagnosed and treatable condition can completely overwhelm a persons life, causing stress, sleep deprivation, career difficulties, and relationship strife. Author Robert Yoakum has suffered from restless legs syndrome all of his adult life. In Restless Legs Syndrome, he has compiled a comprehensive resource on this disease, giving those afflicted with it a voice and creating a community. In addition, many of the foremost medical specialists in the field have contributed their knowledge and experience to make this the most comprehensive and timely source of information on this disease. Restless Legs Syndrome provides invaluable information for victims, their friends and loved ones, and health-care providers. Yoakum informs and advises readers on: Sleep management and alternative rest options How to enlist help from others Possible causes of restless legs syndrome Criteria for diagnosis Medical advice and treatment options The relationship of stress, dopamine, and iron Finding or creating a restless legs syndrome support group Yoakum combines empathy and understanding with practical, clear-cut information, and helpful stories from others who share their tales of relief and hope. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La...

Read Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic Online

Download PDF Restless Legs Syndrome: Relief and Hope for Sleepless Victims of a Hidden Epidemic

You May Also Like

٢		
	=	

Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Book »

7

DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

Read Book »

٢	Ъ	
	=	
	= J	

DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

Read Book »

٢	C	
L		

DK Readers Disasters at Sea Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate...

Read Book »

	2	
-	=	
	۳J	

DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give...

Read Book »

	ľ	
_	-	

Coronation Mass, K. 317 Vocal Score Latin Edition

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in.Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become

52	VO	eF)	h v
Ja	ve	CI	u	

When Santa Claus Prayed

Xulon Press. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 9.0in. x 8.1in. x 0.3in.Dad, youre wrong about Santa Claus! I cant sit on baby Jesuss lap or even see him! I cant send letters

Save ePub »

_	

Readers Bermuda Triangle

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.8in. x 0.2in.Strange things happen when you enter the Bermuda Triangle. Five planes vanish into the blue. Two crews disappear from a ship. Save ePub »

Ξ	

Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide

Save ePub »

	$\[\] \]$
-	_

The Old Testament Cliffs Notes

Cliffs Notes. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.1in. x 5.1in. x 0.3in.The original CliffsNotes study guides offer expert commentary on major themes, plots, characters, literary devices, and historical background. The latest generation Save ePub »