

## **Pure Health Trends Network: Kicking Restless Leg Syndrome To The Curb**

*By Pure Health Trends Network*

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*Pure Health Trends Network says, "We may have the answer!" to sufferers of Restless Leg Syndrome (RLS) and Leg Cramps*

Pure Health Trends Network today announced it's plans to further assist people dealing with the health disorder Restless Leg Syndrome.

According to the National Institute of Neurological Disorders and Stroke:

Restless legs syndrome (RLS) is a neurological disorder characterized by unpleasant sensations in the legs and an uncontrollable urge to move when at rest in an effort to relieve these feelings. RLS sensations are often described by people as burning, creeping, tugging, or like insects crawling inside the legs. Often called paresthasias (abnormal sensations) or dysesthasias (unpleasant abnormal sensations), the sensations range in severity from uncomfortable to irritating to painful.

"Finally the health industry is taking a strong look at RLS and how it's affecting people's lives. It's not just sleep problems that sufferers of RLS experience," said Jackie Marlin, Media Specialist of Pure Health Trends Network. "RLS affects people's jobs, their families, and their mental states. Somewhere between 5-10% of American adults have RLS, that's a large number! I have first-hand experience with the disorder and I know Pure Health Trends Network's product has the potential to help many people, like it did my family."

What is the secret to ridding the body of the symptoms of RLS?

"I believe it's Vitamin E." says Jackie Marlin. "My own family experienced the elimination of RLS symptoms by taking 400 IU of Vitamin E daily.

You can read the story here: <http://smartonhealth.com/?p=10>

And it doesn't stop there. Jackie Marlin, determined to help others, suggested to Pure Health Trends Product formulators to do research on the potential that Vitamin E could possibly ease RLS symptoms.

"I was amazed and thrilled." said Marlin. "There were studies done on how Vitamin E could potentially be the answer to people who suffer this disease."

Pure Health Trends Network's exclusive L-Argimax formula has 225 IU's of Vitamin E in each serving.

"And since the majority of our clients take more than one serving a day of the L-Argimax drink, they're getting a more than therapeutic dose of Vitamin E daily." said Marlin. "In fact, my family doesn't even purchase stand-alone Vitamin E anymore. We get enough just from the L-Argimax with all the added benefits!"

It's a win-win situation.

For more information on Vitamin E and Restless Leg Syndrome, please visit the Pure Health Trends Network web site.

Media Contact:

Pure Health Trends Network

updates@phtnetwork.com

<http://www.phtnetwork.com/phtnbuilders>

<http://www.smartonhealth.com>

(317) 889-6499

Category	Health, Medical, Marketing
Email	updates@phtnetwork.com
Website	<a href="http://phtnetwork.com/phtnbuilders">http://phtnetwork.com/phtnbuilders</a>
Phone	(317) 889-6499
Address	1350 C Southport Road Suite 140
City/Town	Indianapolis
State/Province	Indiana
Zip	46217
Country	United States