

# RESTLESS LEG PROTOCOL\*

Podcast #21

***"To fix this foundationally, follow the GAPS protocol for 1-2 months." -- Mary***

Standard Process Supplements	Empty Stomach	Breakfast	Lunch	Night
If Calcium and Magnesium deficiency related add:				
Calcium Lactate and/or Min-Tran				6
Cataplex F		2		4
Cod Liver Oil (Vit D & A)		1		1
Magnesium Lactate				2
If Sugar related or hypoglycemic:				
Cataplex GTF				3
Chlorophyll Complex				1
Cyruta Plus				1
Herbal Synergist:				
Medi-Herb Crampless Tablets	1			2

*"It's like a Miracle! It always works. And if I forget to give it to my husband for a couple of nights his restless legs always come back."*

*-- G. Warren*

**For more info on this forbidden protocol go to:**

**[www.ForbiddenDoctor.com](http://www.ForbiddenDoctor.com)**

**Then search "Restless Legs" or call: 801-523-1890**



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