

When struggling with RESTLESS LEGS:

I have 2 products which I can recommend for Restless Legs:

1. Bulbinella Cream
2. Neroli Heel balm.

Apply at night.

Take a shower, +- 1 hours before going to bed.

Apply one of the abovementioned creams to your legs.

Some other Good Advice:

► Do **NOT** eat any sweets, desserts, ice cream, cake, confectionery, chocolates or any food and drinks containing sugar after 13h00 daily. Try this and see for yourself.

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For any other question, kindly WhatsApp 074 111 0315 / email  
diana.dhd@gmail.com