

May 2012

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## A Good Night's Sleep

### How To Get

**Please Help  
Me To Sleep  
Naturally**

**Cause of  
Cancer  
Is Not  
Sleeping**

**Sleep Deprived?  
Foods For A Restful Sleep**

**Can't Sleep?  
Insomnia Cures That Work**



**GRANDMA'S CURE CORNER**  
**7 KEYS OF DREAM INTERPRETATION**

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# How To Get A Good Night's Sleep

A good night's sleep is not always easy to come by. The secret to feeling happy and rested is not a sleeping pill, or even a good nap. The challenge of stress, sleep apnea and hormones make "Goodnight Sweetheart" impossible.

But, sleeping well is a tremendous investment in your health, outlook and productivity. The following treatments will help you schedule your energy cycle and sleep better consistently.

## **Sleeping pills -- sedatives, hypnotics, tranquilizers**

Alcohol used to be the "drug of choice" for sleep problems.

However, you don't get restful sleep from passing out! Interestingly enough, most of the prescription "sleeping pills" work in the same area of the brain as alcohol and cause the same problem of crashing without getting a good night's sleep.

Over-the-counter sleeping pills available today are all anti-histamines. They block the wake up neurotransmitter called "histamine" causing people to feel sleepy.

One problem with sleeping pills of any kind is that they may knock people out, but they don't generally provide good sleep. Some of them are even dangerous.

One of my patients who lived alone and was taking sleeping pills wondered if someone was getting into his house at night because he was very meticulous, but began finding tools in the garage moved, food on the kitchen counter and stuff on the floor. One day he woke up on the kitchen floor and realized that he was sleepwalking, eating and who knows what else! His medication Zolpidem caused this. Some have even been known to get in their cars and drive while sleeping

Another issue with sleeping pills is the danger of dependence. The threat is not that you have to use them to live and survive, but rather when you stop taking sleeping pills then you have more problems sleeping.

### **To get a good night's sleep:**

Avoid sleep-assisting drugs, if possible.

## **Stimulants**

One of the more common problems I see in my clients with sleep problems is the use of stimulants.



Amphetamines, like those for ADHD, destroy parts of the brain and can permanently interfere with sleep. MSG (monosodium glutamate) is notorious for causing sleep problems.

Also, stimulants such as caffeine found in coffee, tea, yerba mate, and so forth, interfere with sleep patterns, even if they don't decrease the time of sleep.

Today, I see many more sleep problems because of "energy drinks." These are very high in stimulants, while at the same time adding taurine, an amino acid to calm the brain so people aren't shaky and nervous. The effect of these energy drinks changes the brain in the same way that excessive stress does, bringing out the weakness of the individual yet disrupting sleep patterns.

**To get a good night's sleep, avoid:**

- Coffee, tea, colas
- Sugar
- MSG
- "Pep" pills
- Energy drinks

## Age

Keep in mind that the need for sleep declines with age. The average teenager needs ten hours of sleep per night, but it declines from there. One elderly man told me he went to bed at 9 PM and woke up at 2 AM and couldn't get back to sleep. I asked him how he felt during the day and he said, "No problem!" He was never tired, didn't fall asleep reading, driving, watching TV, or sitting in meetings, and didn't take naps. I explained that the five hours was enough for him and that he didn't need any sleeping pills. He became irate! His rhetorical reply was, "What am I supposed to do at 2 o'clock in the morning?!!!"

If you wake up early and can't get back to sleep, remember that if you aren't feeling tired during the day, then that amount of sleep is enough. If you are tired, then you will need to find out why you wake up.

**To get a good night's sleep:**

- Assess your need for sleep before deciding to treat a sleep problem

## Naps

Many people like to take naps during the day, whether it be habitual, emergency, planned or power napping. There is no problem with this, but remember, the total amount of sleep needed in a day doesn't change. So, if you find yourself unable to sleep at night, you might want to cut out the naps during the day.

**To get a good night's sleep:**

- Naps are included in total daily sleep time



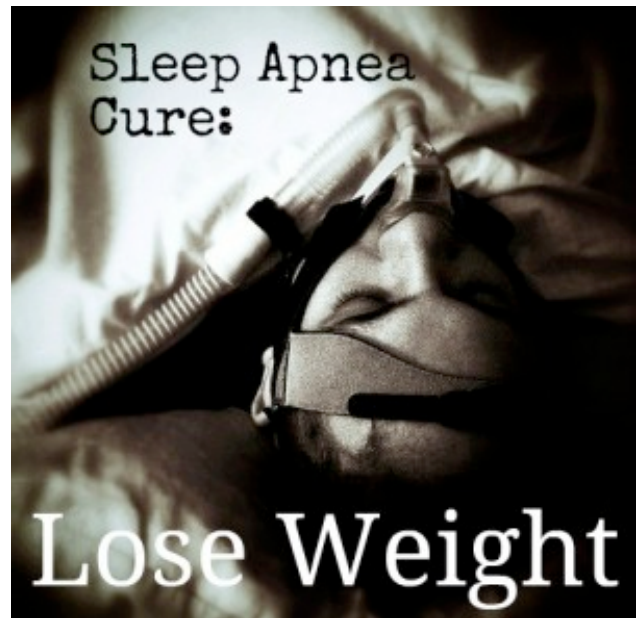
## Sleep Apnea

Steven is overweight, has diabetes and hypertension. He comes to the office complaining of being sleepy all the time. He says he could sleep ten hours but then still wake up tired. The biggest problem is that he's a truck driver and has had difficulty staying awake on the road.

The fastest growing sleep problem in the world is sleep apnea, which is when a person wakes up frequently at night because he stops breathing. This may happen hundreds of times every night, but the person isn't aware of it happening at all. Usually, when they are breathing, they snore loudly. Even though they may sleep long enough, they are always tired because they don't get enough deep sleep.

There are several sleep apnea treatments that are useful.

- There is a dental appliance that keeps the jaw forward so the airway remains open; this is helpful for some.
- Most people with sleep apnea are prescribed a CPAP (Continuous Positive Airway Pressure) machine. This is just a blower that keeps a little air pressure in the nose to keep the airway open. This works very well, but some cannot tolerate being connected to machinery all night and don't sleep well, as a result.
- There are also physical therapists that specialize in the mouth and tongue who have success in treating sleep apnea, as well.
- I don't recommend surgery for sleep apnea. My patients who have opted for surgery continue to have sleep apnea.



However, the best treatment strategy for sleep apnea is to lose weight. All of the other treatments work better if the patient loses weight. Most of the time, it is all they need to help them sleep through the night without losing their breath. Even those who aren't obese may benefit from losing weight to reduce or eliminate their sleep apnea. The problem is that sleep apnea also leads to obesity, which is a vicious cycle – so this weight loss must be taken very seriously.

### **If you want a good night's sleep:**

- Lose weight to treat sleep apnea

## Menopause

I have found many women age 40 and up have sleep problems because of the loss of hormones.

Julia was only 35 when she started having sleep problems. Now, over 6 years later, she was getting worse. She couldn't sleep because her mind wouldn't shut off early in the evening. Then, when she finally did get to sleep she would wake up burning up, sweating and kicking off the covers. She came in to see me looking for a sleeping pill, but instead found out that she had a hormone imbalance. She got natural progesterone to calm her mind and natural estrogen to stop the hot flashes, which had her sleeping like a baby again.

Though hormones are sometimes needed, there are many herbal preparations that work very well for helping you get a good night's sleep and sleep through the night. Most contain black cohosh, red clover, and other herbs, as well as B-vitamins and minerals. Herbs work well for some; most need to try different ones to find which works best because everyone is different. Within two weeks of taking a preparation, you should notice a difference; if not, then try something else.

**To get a good night's sleep, try:**

- Herbal menopause supplements
- Magnesium, 400 mg at night
- Progesterone cream – use in the evening

## Restless legs

Mert was in his early seventies and was having trouble sleeping. He had tried many sleeping pills, but they didn't seem to work too well. It took a lot of questioning during several visits for me to find out that he had "Restless Leg Syndrome." He couldn't sleep because he had to move around and just couldn't keep still.

Restless leg syndrome is when people feel the need to move their legs at night and just can't relax. It is related to Parkinson's syndrome, which is a lack of dopamine. The medical treatment is to give dopamine precursors, but these can cause Parkinson's disease.

On the other hand, there are natural supplements that can be very useful and even diminish the chances of Parkinson's. Mert was put on these supplements that relieved his restless leg syndrome and helped him sleep.

Restless leg syndrome is ridiculous and extremely real. Fortunately, real remedies exist. Here are six natural remedies to try from Dr. Scott Saunders from our January 2011 issue on Restless Leg Syndrome.

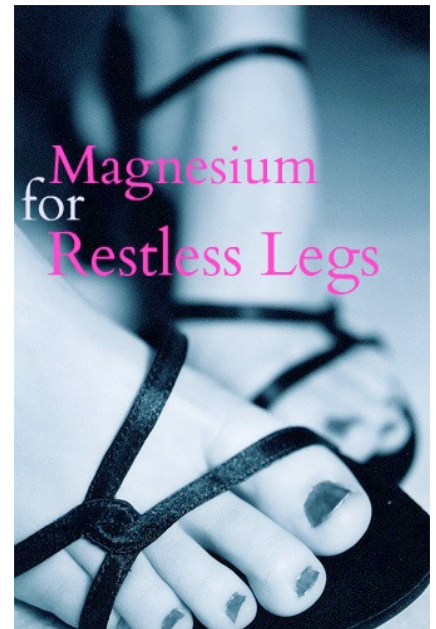
**To get a good night's sleep, take the following before bed at night:**

- Magnesium, 400 mg
- Tryptophan, 500 mg
- Tyrosine, 500 mg
- Taurine, 500 mg

## Cramps

Night cramps is another similar problem to restless leg syndrome that prevents sleeping. These are most often treated with mineral supplements, which mostly seem to work well.

One patient, however, didn't respond to any of the treatments. She had suffered with night cramps for many years, trying everything she could think of. I gave her large doses of calcium, potassium, magnesium, and amino acids, without benefit. I even gave her IV treatments in case she wasn't absorbing them – but that still didn't work. One day, her neighbor recommended she put a couple of bars of soap under the sheets of her bed about at the level of her legs. She did, and it worked! She



has slept well ever since. When the effect wears off she just changes the soap, and it continues to work.

### **To get a good night's sleep:**

- Use [coral calcium](#), 1000 mg per day
- Try [magnesium](#) 500 mg per day, in the evening
- Eat more fresh fruit and vegetables
- Take [tyrosine](#), 500 mg at night
- Try the “soap trick”

*Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).*

## **Anxiety**

Anxiety is often a culprit for difficulty sleeping. The adrenal glands make adrenaline when we are stressed which causes heart palpitations, shortness of breath and sleeplessness. The stress hormones actually change the chemistry of the brain, preventing long and deep sleep. The best way to treat this is to decrease stress. The following recommendations may be used together, or individually:

### **To get a good night's sleep:**

- Exercise every day
- Go to bed early, wake up at the same time every morning
- Eat nutritious food, avoid sugars and artificial sweeteners
- Write in a diary or journal
- Don't watch television after 8 PM
- Use ginseng, eleuthero, licorice root or other “adaptogens”
- Take melatonin, 1-6 mg in the evening
- Get acupuncture treatments
- Get a massage
- Try a hot bath or hot tub with lavender oil
- Use [5-HTP](#), 100 mg twice per day

## **Circadian Rhythm**

People who travel a lot often have a hard time sleeping because their sleep-wake cycles have been disrupted, which is often known as “jet lag.” The natural hormone, melatonin, has been shown to restore a normal circadian rhythm. Use the least amount needed to get you to sleep because if you use too much, melatonin can cause grogginess in the morning.

Sleep architecture (stage and cycle components of our sleep) by design gives us more deep sleep and thus more rest in the evening, while we have more REM or light sleep in the morning. They both are needed, but if you feel tired during the day, you probably need more deep sleep. To get more deep sleep, go to bed early and wake up early. To establish this pattern, start by getting up at the same time every morning. Sometimes, this might require taking melatonin at 8 or 9 PM to change the deep sleep pattern.

### **To get a good night's sleep:**

- Take melatonin, 1 to 6 mg before bed
- Go to bed early, wake up early
- A good night's sleep

From the list above, you can see that there are many reasons we miss a good night's sleep. To restore sound sleep, find the cause of the sleep problem before initiating treatment.

For those unable to identify any specific reason for not sleeping, I would first recommend "sleepy-time" tea, which contains chamomile, hops, Kava kava, lemon balm, and other herbs. There are several good supplements for sleep such as CALM, a powdered magnesium supplement. Consider also acupuncture, which has been shown to give better sleep than Alprazolam, a common sleeping pill.

### **General recommendations for a good night's sleep:**

- "Sleepy Time" tea
- [CALM](#) (powdered magnesium supplement)
- Acupuncture
- Any of the above recommendations for "anxiety" can be helpful

Sleep problems are complex, and you may need to try several things before finally begin sleeping well. If you have tried the suggestions above without benefit, consider talking to a doctor about a "sleep study," where you are monitored all night to determine where the sleep problem is. I rarely order these, but in selected cases they have been useful.

With the right treatment almost everyone can get a good night's sleep.

And, by the way, you've probably realized everything is easier when you're well rested.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com/>



# Help Me To Sleep Naturally

We've all had nights when we didn't sleep well. However, millions of people spend night after night struggling for a good night's sleep. Not getting enough quality sleep can take quite a toll on our state of mind and rob your body of overall health.



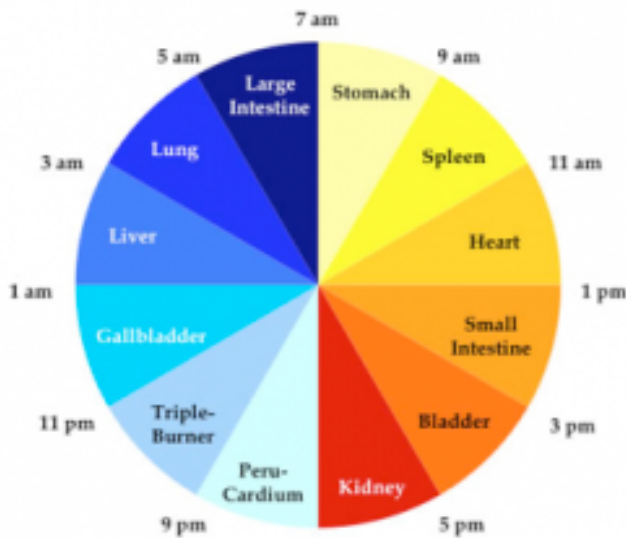
Sleep is extremely important. It is during this time that our body naturally heals and repairs itself. Without the time to recoup and restore, inadequate sleep takes years of your life. Many of our body's detoxification processes occur during sleep, as well.

## Waking Up At The Same Time Every Night?

Do you wake up the same time every night, night after night? Well, your body just may be trying to tell you something. According to the Chinese Body Clock or the Meridian Clock, each organ has a peak flow time lasting 2 hours. Checking the time you wake up on the Meridian Clock can give you an idea where an imbalance might be in your body.

Here is a more detailed breakdown of your body's processes from 9 P.M. to 7 A.M.

Chinese Model



**9 - 11 P.M. Triple Heater** -Your endocrine system is adjusting the homeostasis of your body.

**11 P.M. - 1 A.M. Gallbladder** - This is the initial cleansing of all your tissues, processing of cholesterol and enhancement of brain functioning.

**2 - 4 A.M. Liver** - Cleansing of your blood and processing of wastes.

**4 - 6 A.M. Lungs** - Respiration, oxygenation, and expulsion of waste gases.

**6 - 8 A.M. Large Intestine** - Peak blood flow to the intestines. This is also why many people have their first bowel movements in the morning.

Once you are able to identify the organ that may be connected to your repeated waking, there are couple things you may want to consider:

1. Acupuncture to align the imbalances of that particular meridian
2. Taking an herbal cleansing supplement designed for that specific organ

Here is a great example. If you wake up around 3 A.M. every night, you may want to consider taking a liver cleanse supplement.

## Can't Fall Asleep?

Most people with sleep issues have trouble initially falling asleep. Often we are the culprits of our own sleeplessness – and are totally unaware of it. But, before you try any sleeping pills or supplements, there are several simple steps you can try to encourage falling asleep naturally. It can be really simple to incorporate these steps into your daily life.

### **No caffeine after lunch.**

This includes soda and chocolate! Many people are sensitive to caffeine's stimulating effects for hours after ingestion.

### **Don't exercise within 3 hours of your bedtime.**

This stimulates your blood flow and heart rate, which can keep you awake and alert for hours.

### **Shut the TV or computer off an hour before your bedtime.**

The lit screen actually stimulates the brain making it harder to wind down.

### **Go to bed at the same time each night and wake up at the same time each morning.**

This puts your body clock on a schedule.

If these four steps don't solve your problem, you may want to try some safe, natural sleep inducing supplements. I will go into more detail about those later.



## Dangers of Sleeping Pills

Millions of Americans are on prescription sleeping pills to help them sleep. Most of these drugs are highly addictive and hard to stop taking once started because your body ends up needing the drug to relax. In the beginning, prescription sleeping pills may seem wonderful because they are strong and work so well. However, once you quit, your sleeping issues will most likely be worse than before.

The side-effects of these sleeping pills are terrible. Many cause stomach and digestive issues, lowered sex drive and daytime grogginess. Drugs like Ambien, cause abnormal behaviors while sleeping. Some people walk, eat, and even drive while asleep!

My mother-in-law took Ambien to sleep while on a diet. She would wake each morning to open bags of chips and cookies with crumbs scattered all over the floor. She was sleep eating and had no memory of it! She was ruining her diet in the night! Thank God she didn't get into the car and drive! Furthermore, these aren't the worst of the side-effects!

A new study shows that sleeping pills increase your risk of death and cancer. Those who took 18 or fewer pills a year increased their risk of death 3.5 times more than those who didn't take any at all. Those who took more than 132 pills a year increased their risk of death by 5 times and also increased their risk of cancer by 35%! [1]

Over-the-counter sleeping pills are just as terrible for you. I know many people who have done a lot of damage to their livers by taking Tylenol P.M. They come to me for help because they can't sleep without it. Sadly, in their desperation to sleep, they caused a dramatic decline in their health. There is no such thing as a safe sleeping drug.

## Natural Sleeping Supplements

Nature has provided some great sleeping remedies for those who need an extra boost to help with relaxation. I have seen these supplements change people's lives, including my own. Many had been addicted to prescription meds and needed something to help train their body to sleep without drugs. Listed below are what I've seen work best for my clients and even for myself.

### Melatonin

This is by far the most popular of sleep supplements. Melatonin is actually a sleep hormone that our body naturally produces. It doesn't actually induce sleep, but helps the brain signal to the body that it is time to wind down. Do not use melatonin during the day, because it would then disturb your day/night body clock cycle. If it typically takes you more than an hour to fall asleep, then try taking a time-release melatonin. Take 2-3 mg to start. For those who wake in the night, keep a sublingual melatonin by your bed. Sublinguals dissolve and go right into your bloodstream for quick results.



For more information and tips about buying melatonin, please visit the Home Cure That Work [product review on melatonin supplements](#) to know which ones are safe for consumption. We've done the research for you so you can sleep peacefully at night.

### Valerian

If you have problems with sleep onset, or you wake up feeling unrested, [valerian](#) may be the herb for you. It tastes terrible so I recommend avoiding the tea and tincture and taking the pill form. A dose of 400-900 mg can help ease anxiety and create the relaxation your body needs to fall asleep at night. Some people feel results immediately, but for others it can take a week or two to get valerian's full effects.

*Editor's note: An independent lab tested 10 valerian supplements for contamination and potency. Only 2 passed out of 10! That means 8 brand names were labeled unsafe for consumption! Please visit our [Amazon store](#) to find the [valerian supplement](#) that passed all criteria.*

## GABA

GABA is an amino acid neurotransmitter that stimulates relaxation and sleep. It is also responsible for good mood and a positive self-image. Many people, especially those who have anxiety attacks, have a GABA deficiency. For those who can't sleep because they feel "wound up" or full of anxiety, GABA would be a great choice. It works so well that many call it "Nature's Tranquilizer." I recommend taking 500-1000 mg before bed to promote sleep. You can also take 250-500 mg during the day to help with daytime anxiety and stress.

## L-Tryptophan

L-Tryptophan is an amino acid that plays a part in the synthesis of both serotonin (your feel good neurotransmitter) and melatonin (your sleep hormone). It supports restful sleep, relaxation and positive mood. L-Tryptophan is what I personally use myself and it has worked wonders.

I have never had a problem falling asleep and staying asleep each night. However, I wasn't going into my deep REM sleep cycles like I should. I had three kids back-to-back and spent those years getting up for feedings, so my body had trained itself to not go into a deep restful sleep. L-Tryptophan helped me tremendously and I have recommended it ever since. It also gave me a more positive mood during the day due to the increase of serotonin. 500-1500 mg before bed is the typical recommended dosage.

## Magnesium

Magnesium is a natural muscle relaxant. It is great for easing those tense muscles so that you can truly relax and sleep. It is also fantastic for restless legs, which keep many people from sleeping well. I prefer magnesium in the powder form. It seems to absorb better and faster. Calm is a fantastic brand of powdered magnesium. You can mix it in hot or cold water for a relaxing nightcap.

*Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).*



## Teeth Grinding

One last sleep hindrance could be due to your teeth. Many people, including myself, grind their teeth at night. Teeth grinding, or Bruxism, is caused by stress and anxiety. Many of the supplements above, like GABA and L-Tryptophan, reduce stress so they can also reduce teeth grinding.

However, it is wise to invest in a mouthguard as excessive grinding can cause irreversible damage to your teeth. My orthodontist recommended buying a youth sports mouth guard. He said that many of the "professional" ones made for teeth grinders are essentially the same thing at a much higher price. My mouth guard cost me one dollar. As many times as I have lost it, I am thankful for how cheap it is!

Those with larger mouths can buy an adult sport mouth guard. It takes a bit to get used to, but now I can hardly sleep without mine.

## Sleep Soundly

Whatever your sleep issue you may be, there is a natural solution. I believe quality sleep is an important part of a healthy lifestyle and should be given priority.

### *Have you ever tried a natural sleep remedy before?*

I'd love to hear what you do when you can't sleep, whether it is a cup of warm milk or counting sheep. [Share your stories in the comments section.](#)



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

[1] <http://bmjopen.bmj.com/content/2/1/e000850.fulls>



## What is Sleep?

I am often inspired at the most inopportune times. Usually, while most of you are "catching some zzzzz" I am typing them! You see, I am a "night owl." It must be that music in my blood from too many 3am sets on the road.

I am jazzed (no pun intended) about this month's topic, "Sleeping Disorders." I pray, dear reader, that this article awakens the sleeping giant in you and moves you one step closer to reaching your destiny.

## Sleep On It?

Sleep is an interesting word because of its diverse definitions. What is sleep? For example, sleep can mean:

- The natural periodic suspension of consciousness



during which the powers of the body are restored.

- Death - they slept with their ancestors.
- Sexual activity - she was caught sleeping with a stranger.

As diverse as sleep is as a word, so is our understanding of it as a function.

You see, the other contributors to this magazine never collaborate or discuss their articles with each other before they are submitted. I assume, however, most will cover sleep deprivation, as 50 - 70 million of the American populous say they don't get enough sleep. Let's be honest... not getting enough sleep is frustrating and dangerous. So dear reader, I will steer clear of the possibility of redundancy and take you another direction.

Oversleeping! Believe it or not, sleeping too much is just as dangerous as not sleeping enough. I want to focus on one facet of oversleeping, Idiopathic hypersomnia, or in its non-medical term, unexplained oversleeping!

God, in His genius, created everything to operate in balance. So, if you don't sleep enough or if you sleep too much, then your health will be compromised and your life expectancy greatly diminished. Experts say that 7-8 hours of sleep is optimum for adults.

Here is another interesting fact:

People that sleep two to three hours a night have the same side-effects and mortality rate as those who sleep fourteen to eighteen hours a night!

Here are just a few of the side-effects of oversleeping:

- Anxiety
- Feeling irritated
- Loss of appetite
- Low energy
- Restlessness
- Slow thinking or speech
- Trouble remembering



So, as you can see the myth that "we can never get enough sleep" is officially busted!

Before I uncover the "parabolic" nature of this "What is sleep?" article, I want to talk about one other unexplained sleep disturbance, somnambulism, or "sleepwalking."

## What's Best For You?

Sleepwalking sounds like an oxymoron. So, were you walking or sleeping? The answer is, both!

There is much more to sleepwalking than most of us realize. The symptoms include:

- Sitting up
- Talking
- Appearing completely awake

- Standing up
- Walking around
- Performing complex activities
- Dressing or undressing
- Going to the bathroom
- Moving furniture around
- Even driving a car!

## Living With Sleepwalking

Sleepwalking renders both comic and tragic scenarios. First, let me provide you with a few funny ones!

Years ago, while staying with some friends in Germany, I had a dream that I was, “Johnny Appleseed” and that I was spreading apple seeds everywhere. In the morning, my host informed me that it was not apple seeds, but yogurt muesli and that I had spread it all over the living room!

On another occasion while traveling with my friend, Jason Upton, I had a dream that I was the center with the Pittsburgh Steelers. I hiked the ball and pushed forward with all of my might. Unfortunately, my head cracked the headboard of the bed and ended the game!

I am thankful that my wife, Lillian, is also an “active sleeper” from time to time. I can think of two instances when her “somnambulism” was a blessing. First, one night she sat up laughing hysterically and woke me out of a nightmare.

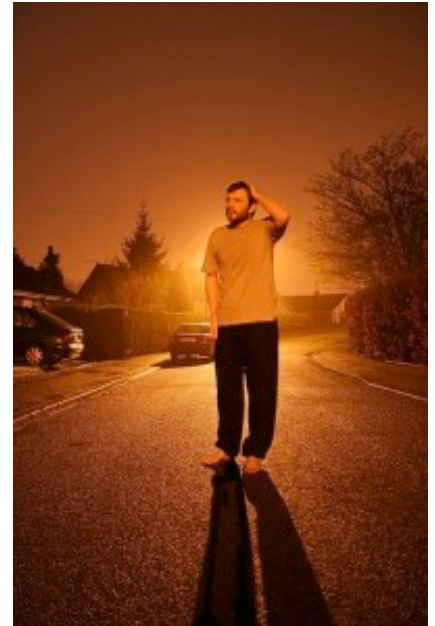
The second time this happened, Lillian sat up in bed and said, “There is a lion in the garden.” I grabbed my pen and wrote the song, “Lion In The Garden” that night! (You can sample/purchase the song Lion In The Garden from the 2006 "Change" album on iTunes or watch it on <http://www.youtube.com/watch?v=xiLmZRqQDlo>)

I wanted to share some humorous examples of sleepwalking before I mention some of the tragic ones. The most common problem connected to somnambulism is personal injury. Even though sleepwalkers perform many difficult activities, they are in deep sleep mode and may trip, fall, lose their balance and severely injure themselves.

But nothing is as bizarre as homicidal somnambulism. I won't take the time to share individual cases, but if you search the internet for homicidal sleepwalking, then you would be shocked at the number of cases where someone killed a loved one while fast asleep.

Here is my point: sleepwalkers don't know they are asleep!

They walk like they are awake, talk like they are awake, carry out complex activities and even drive. But, sleepwalkers are not conscious of what is going on.



## What is Sleep? - Cultural Implication

As a child, one of my favorite stories was “Rip Van Winkle” by Washington Irving. I have never outgrown it and I am still extracting relevant truth from it today.

You see, Rip was a terrible procrastinator. In fact, he was the poster child for laziness. Rip Van Winkle's home, farm and marriage fell into disarray because of his lack of responsibility. His wife's nagging was an exercise in futility, a muted wake up call completely ignored as it fell upon deaf ears.

When Rip Van Winkle ascended the Catskills, he was loyal to King George III. When he descended, George Washington was President. You see, Rip Van Winkle fell asleep and woke up twenty years later, having missed the death of his wife, the marriage of his daughter, the birth of his grandson and most importantly the American Revolution!

America is once again on the verge of another revolution and sadly many Americans may sleep through it — just like Rip Van Winkle.

Since the American Revolution, brave men and women of our armed forces have paid the ultimate price to protect liberty and justice for all. We are living in a time when everything we hold dear — our rights, our freedom and even our constitution — is being challenged. The American way has come to a crossroad and you will need to be awake and alert to know which way to go.

I am not talking about politics. I am talking about patriotism. Rip Van Winkle was a narcissist; he didn't care what happened to his house, his farm, his family or his country while he slept his life away.

Don't sleepwalk through life! Live on purpose, with purpose.

“How long will you lie there you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of hands to rest and poverty will come upon you like a thief and scarcity like an armed man.” ~ Proverbs 6:9-11

## What is Sleep? - Spiritual Application

Most of us would like to believe we are in control of everything, but truthfully we are not in control at all. I get tickled when I hear someone say, “I'm a control freak,” because actually they are just a freak!

Have you ever dozed off while reading? Did you plan it? Have you ever had a car accident? Did you plan it? Ever get lost, lose a job, break a nail, miss a flight, stub your toe, burn your finger, catch a cold, etc. etc. etc.? Remember, sleepwalkers don't know they are asleep. Someone who is experiencing somnambulism can accomplish everything I just mentioned.

## Awaken Giant Within

What if you were asleep right now and didn't even know it!? Maybe you are just going through the motions. Remember, sleepwalkers walk like they are awake, talk like they are awake, carry out complex activities and yes, even drive, but they are not conscious of what is going on!

“And Jacob awakened out of his sleep and he said, “Surely the Lord is in this place and I KNEW IT NOT!” ~ Genesis 28:16

Dear sleepwalker, perhaps it is time to wake up to the truth that Jesus Christ has been actively pursuing you your whole life! You were just too numb to notice!

“And that, knowing the time, that now it is high time to awake out of sleep, for now is salvation nearer than we believed.” ~ Romans 13:11

Today is the acceptable day of salvation for those who will believe.

**Did you “feel” something as you read those words? If you did, congratulations, because you’re coming around!**

When you are completely coherent, you may want to talk with this Jesus who has been pursuing you since you were born! Be honest, He knows everything. Ask Him to forgive you for making a mess out of the life He gave you, and ask Him to repair the damage and become the Lord of it. Ask Him to fill you with His peace.



I believe we are on the verge of a great awakening around the globe, where hundreds of thousand of sleepwalkers are suddenly awakened by love like the story “Sleeping Beauty,” who was instantly revived by the kiss of the handsome prince!

If you made a decision to follow Jesus after reading this "What is Sleep?" article please email us and let us know. It is amazing how much you had missed, while you were sleeping.

God bless you!

Michael



Michael Tyrrell, [www.michaelyrrell.com](http://www.michaelyrrell.com) is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>

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# What You Need to Know Before You Crash From Sleep Deprivation

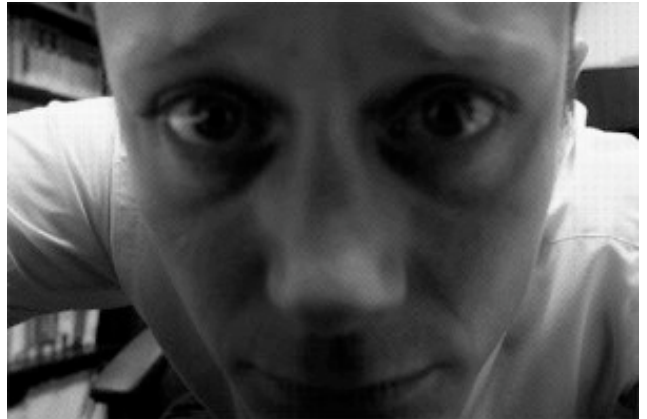
For many people, sleep is a gift that just *doesn't* keep on giving...and missing regular visits to dreamland is a recipe for a sack-full of detrimental health problems

Ever see someone who is routinely sleep deprived and doesn't get enough sleep?

They're groggy...say silly, incoherent things...sway a little...and maybe even speak in tongues.

They might appear drunk or "on something."

Truth is they're probably not on anything...they're actually *off* something – sleep.



Though we might get a kick out of seeing someone nodding off at their desk or catching them falling into a dream-like state at the most inopportune moments – it is certainly no laughing matter. Sleep deprivation is very dangerous and can lead to a shocking array of health problems you'd probably never associate with a lack of Zzzs.

Whether it's done voluntarily or not, sleep deprivation is nothing to bat a heavy eyelid at.

## **Sleep apnea, insomnia, and stress can ruin a perfectly good life**

There are many health problems associated with not getting enough sleep. It starts with mental disorders and – if left "awake" – can even lead to death.

Lack of sleep has a very negative impact on your brain, your hormones, and even your heart. In fact, it all starts with your body's inability to properly manage blood sugar levels. That's right. Sleep deprivation can lead – very easily, I might add – to diabetes.

Studies have shown that reducing the RNA (Recommended Nightly Allowance) of shut-eye to 4 hours a night, "Can reduce insulin sensitivity in most tissues by up to 20 – 25%," according to NaturallyEngineered.com. Couple this with our Westernized, processed, sugar-N-carbs diet and you're looking at a recipe for diabetes.

And it doesn't stop there...

A review by Case Western University and Harvard Medical School uncovered a direct link between weight gain and obesity to lack of sleep. The results of a University of Chicago study showed that not enough restful sleep can change your body's secretion schedule of specific hormones. This, unfortunately, leads to increased appetite, not feeling full after a meal and ruins the natural response to sugar intake.

Here are the top 3 conditions that lead to and perpetuate sleep deprivation:

### **Sleep Apnea**

In the case of sleep apnea, breathing is either slowed or paused as to cause the oxygen supply to be cut off. Depending on severity, this can last for a few seconds to a minute or two and can strike somewhere between 5 and 30 times in a single hour. Apnea lasting for 3 minutes can result in permanent brain damage or death if proper breathing patterns are not restored within 4 – 5 minutes. This condition can go on for years undetected. The sufferer experiences sleepiness, lethargy and severely lowered performance during the day – the cause of which often goes unrealized.

### **Insomnia**

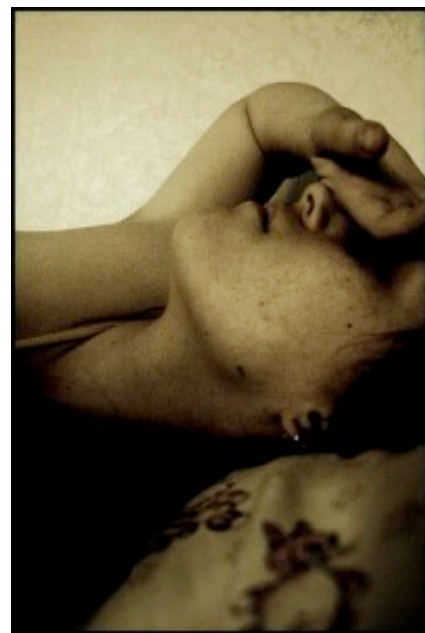
There are 3 types of insomnia:

- Transient, lasting less than a week;
- Acute, lasting less than a month;
- Chronic, lasting more than a month.

Each case is marked by sleep patterns that are non-existent, non-restorative and related to stress or depression. Symptoms can include double vision, hallucinations, muscle fatigue, and mental disorders. Chronic, untreated insomnia can lead to heart disease, stroke, high blood pressure, and permanent brain damage.

### **Stress**

Although stress is not widely recognized as a sleep disorder, it brings on an inability to find restful slumber or sometimes, get any sleep at all. So for so many reasons, the lower your stress levels, the healthier you'll be.



## **If you suffer from any of these disorders, then you may think repaying your sleep debt is hopeless**

Any one of these disorders can cloud your mind, make you unable to focus or make decisions, and – as you've seen – can cause any number of serious diseases that lead to death if not properly treated. In fact, a University of Pennsylvania study had participants cut their nightly visit with Sandman down to around 6 hours a night for 2 weeks. After a couple days, the volunteers noticed only a slight air of sleepiness during the day, but tests showed a gradual drop in cognitive functions and motor skills. By the end of the 2-week test period, they were as impaired as someone who was awake for 48 hours straight.

Sleep deprivation is also known as a sleep debt and when you're suffering with it, it can feel as unsettling as owing money to a loan shark named Tommy No-Nose.

But, did you know that these dreaded sleep disorders can easily be “knocked out” with proper diet and nutrition?

So, your only alternative is to start preparing meals to keep you at peak health and allow you the pleasure of recharging your batter for about 8 or 9 hours a night.

Here are some meal ideas and recipes to get you started.

## **Lentil Soup**[\[i\]](#)

### **What you'll need:**

- 2 tablespoons olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 2 teaspoons kosher salt
- 1 pound lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 teaspoon freshly ground coriander
- 1/2 teaspoon freshly ground toasted cumin
- 1/2 teaspoon freshly ground grains of paradise



### **What to do:**

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency. Serve immediately.

### **What was that about turkey?**

Here's a recipe to get all the belt-busting-nap-making-power of Thanksgiving day, without waiting all day.

## **Herb-Roasted Turkey Breast**[\[ii\]](#)

### **What you'll need:**

- 1 whole bone-in turkey breast, 6 1/2 to 7 pounds
- 1 tablespoon minced garlic (3 cloves)
- 2 teaspoons dry mustard
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh sage leaves
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons good olive oil

- 2 tablespoons freshly squeezed lemon juice
- 1 cup dry white wine

**What to do:**

Preheat the oven to 325 degrees F. Place the turkey breast, skin side up, on a rack in a roasting pan. In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan.

Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (I test in several places.) If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.



**In the end, there was...**

No sleepy meal would be complete (really – what meal would?) without a nice, healthy dessert. Here is a special recipe that polishes off your dinner nicely and gets you ready to jump into the arms of Hypnos (he was the Greek God of Dreams, if you didn't know that)!

**Curried Banana with Rum Raisin Mascarpone[\[iii\]](#)**

**What you'll need:**

- 1/2 stick butter
- 4 ripe bananas, split lengthwise
- 2/3 cup dark rum
- 1 teaspoon curry powder
- 1 teaspoon ground cinnamon
- 2 tablespoons honey, plus 2 tablespoons
- 1 (8-ounce) package mascarpone
- 2 whipped egg whites
- 4 tablespoons golden raisins, soaked in 1/4 cup rum to soften
- 2 tablespoons chopped pecans

**What to do:**

Melt the butter in a pan over medium low heat. Add the bananas, rum, curry, cinnamon and 2 tablespoons of honey. Cover the pan for about 10 minutes. Remove from the heat.



Next, mix the mascarpone and whipped egg white in a large bowl. Add the remaining 2 tablespoons of honey and the rum-soaked raisins. Combine with the curried bananas and top with pecans.

Of course, you don't have to soak the raisins in rum – it just plumps them up nicely and you can rinse them off after they “beef up.”

## **Keep it real...real healthy and you'll be good as new in no time!**

In our country, Big Pharma continues to churn out and market dangerous drugs that are supposed to allow you to sleep and correct the harmful effects caused by sleep deprivation. But, these drugs do nothing to cure your condition. They only work to make you a loyal customer...out of Ambien? Just hit them up for another script and they'll be glad to take your money.

Isn't it so much better to wipe away any illness, disease or sleep disorder with natural methods that are tested and make you feel really good to the core? Of course it is! In this case, all you have to do is follow our advice this month. Start by feeling your Circadian rhythm; it's nature's way of telling you when to sleep and when to wake. Mother knows best and in her gardens are the secrets that unlock excellent health and peaceful, restful sleep for you tonight and every night.

[\[i\]](#) *Courtesy Alton Brown*

[\[ii\]](#) *Courtesy Ina Garten*

[\[iii\]](#) *Courtesy Daisuke Utagawa*



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## **Grandma's Cure Corner: 7 Keys of Dream Interpretation**

Ever dream you are flying? I remember the soaring feeling in my dreams as a young child. The freedom...the release...the hope...the sense that I was made for more in this life....

Don't think you dream at night? Science has proven that we all dream. Early thought was that dreams occur in our rapid eye movement (REM) sleep, but dream states can happen during various stages of sleep. We all dream about 4-5 times a night, but you probably just don't remember them.



Science is still trying to figure this one out. One theory is our short term memory isn't functioning. Others suspect if you don't have an association to recall the dream, it will remain hidden from your conscious mind.

You will spend approximately a third of your dreaming. By the time you are 70 years old, you will have spent 6 years of your life in dreamland. Tests on sleep deprivation prove that sleep and the accompaniment of dreams is a necessity we cannot live without.

## Are Dreams Meaningful?

Personally, I believe we've lost the significance of dreams. We don't remember dreams because we don't value them - and may not even understand them. The following people, however, have let their dreams have a direct impact on their lives.

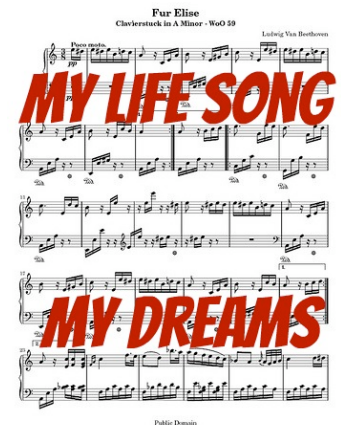
- Einstein used concepts from his dream world to arrive at his theory of relativity.
- James Cameron, director of Titanic, used dreams of flying as the inspiration to create the movie Avatar.
- Another director, Chris Nolan, mined his own dreams to conceive Inception.
- Thomas Edison came up with the idea for the electric lamp in a dream.



God is probably speaking to all of us through our dreams much more than we can imagine. Many people pay absolutely no attention to their dreams and eventually get to the place where they think they don't dream.

I remember dreaming about scores of music as a child. I took piano lessons for a few years, but the music I was reading in my dreams was more than Chopin or Beethoven could have ever written. The music seems to come alive in my dreams, both shifting into the higher notes and the lower notes as the pages turned effortlessly.

One might look at this dream and think I was going to become a professional piano player. Let me just say, you don't want to be in ear shot of any piano music I try to play these days! But, with a little spiritual fine tuning, I have come to learn that God sees my life as a beautiful song. It may echo high notes, but it may also reach low points. Nonetheless, whatever song is played from my life, it was mastered by a God who knows how to create a melody that sounds perfect in His ears!



## Why You Should Listen To Your Dreams

God has chosen to communicate with us through dreams (with many examples in the Bible, like in Matthew 1 - Joseph was told in a dream to take Mary, though pregnant, as his wife). You can find counsel, stories, actions, ideas, warnings and so much more when you lay your head to the pillow each night!

Our bodies need rest at night, but our mind and spiritual bodies are still at work. God can communicate with you through dreams, while your intellect rests. God by-passes your every day fight to get through the day, accomplish your to-do list, get dinner on the table and master your own fate.

To quote my favorite author, Madeleine L'Engle:

"In our dreams we are able to fly...a remembering of how we are meant to be."

A dream that is not understood is simply a mere occurrence, but when understood a dream can become a life-changing experience.

## 7 Principles of Understanding Your Dreams

1. Record your dreams while they are fresh. Keep a journal close by your bed and jot down the dream as soon as you wake up.

2. Dreams are often filled with symbols and usually not to be taken literally. Symbols may mean different things to different people and may change from dream to dream, but are used to bring clarity to a dream. Here is a short list of common symbols and their meanings:

- House: represents the person, life or spiritual state
- Vehicles: represents the current path or direction of one's life due to decisions made
- Water: fast or flowing: blessing or presence of God
- Colors are important. In general, green can represent conscience, yellow the mind, pink the emotions, blue is communion.

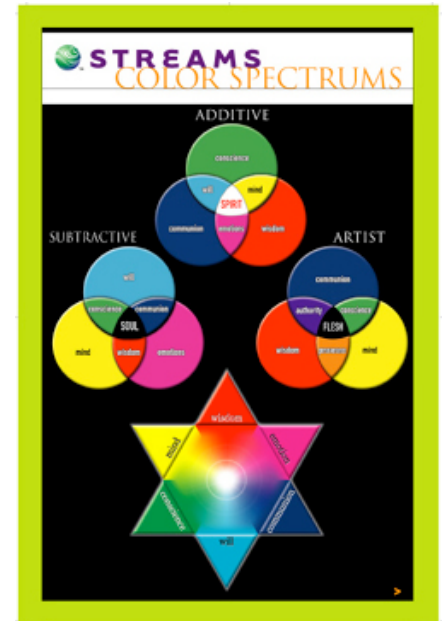
3. Reduce the dream to its simplest form. Who is the focus and sub-focus of the dream?

4. Look at the context of the dream, remembering there are 2 sides of every coin. Keep the main thing the main thing and don't "read into anything" too soon.

5. Find the focus, theme or plot of the dream. Write down the facts, order, objects, people, associations and what you need to remember most from the dream.

6. Categorize the dream: warning, direction, correction, healing, chemical (from drugs), self-condition, fear, invention, knowledge or dark dream (among the most common).

7. Trust God to help you find the true answer. Pray for understanding. Dreams are pointing us to a direction that we have yet to experience. The road to understanding is asking God to help us connect the meaning to action. The one who knows the exact interpretation of every single one of your dreams is God. Ask him! Believe me, he wants you to know and understand. Pray before you go to bed that God will speak to you in the nighttime and when you awake that you will understand how he did.



The most important rule in interpreting your own dream is answering this question: what did the dream mean to YOU? The dream came to you and God put within you the ability to understand what the dream elements mean.

Dreaming is one of the more exotic ways to hear from God - and just how much He loves you. Dreams are more than "the pizza I ate last night."

Dreaming and simply knowing a little bit about how and why we dream opens a new world to us, one of insight, revelation and a world where we are not restricted by our personal limitations. Dreams are hints, landscapes and emotions in a dimension where God is communicating to us - nightly.

### [What's the dream that you are trying to understand? How has a dream been life changing for you?](#)



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



## **Foods For A Restful Sleep**

Could a restful and restorative night's sleep come down to the foods you eat? Enjoy these top 3 foods for good shut-eye and avoid these top 3 foods that steal sleep.

Having a sleep disorder is a very unhealthy way to live. You can't focus, you look like you haven't slept, and your decision making skills are out the window because your concentration is constantly broken.

All the coffee at Starbucks won't bring you out of it either. What you need, friend is some good old-fashioned sleep.

Without it, you could end up with heart disease, diabetes, high blood pressure, and a stroke or 2 just because you failed to give your body the restful sleep it needs and deserves to serve you for life.



## Lack of sleep makes you much more than tired

Sleep deprivation can be a complicated slew of health problems that you just don't need. In addition to all of the above, when you don't sleep you also damage neural pathways – the neural pathways are responsible for your personal recorded history.

When you learn to ride a bike, use a computer, drive a car, play a musical instrument, or even meet people, your brain creates neural pathways that take the learning process and make it automatic. Without these pathways, you lose the ability to learn and retain the steps necessary to execute what you learn. This is especially serious where children are concerned, as their growth into adulthood is governed by the learning process.

We're not done yet! Lack of sleep can also ruin your thyroid. The thyroid is one of the largest endocrine glands and is responsible for controlling nearly all of your body's metabolic processes. Without proper sleep, Mr. Thyroid can run amok...because sleep is mandatory – not optional – for the proper secretion of hormones. These hormones help control your weight with metabolism. If you're your metabolism descends, then your weight ascends – get it? Plus, these hormones are nocturnal; they only come out at night...and only when you sleep. Sleep deprivation also raises heart rate, blood pressure creating stress. Stress causes and turns an autoimmune response into disease. Autoimmune diseases ruin a perfectly good thyroid.

Lack of appropriate slumbering hours also strains your reproductive organs. The functioning of these organs relies on hormones. Estrogen, testosterone, and progesterone are all released during sleep. They are associated with repair processes that cannot occur if you don't regularly saw the wood. Furthermore, young people need to be especially mindful of good sleep habits. The days of the “all nighter” in preparation for the big exam are an unhealthy reference to the past. Growth and luteinizing hormones are also sleep-reliant and can only serve a maturing body when it spends 9-11 hours nightly in dreamland.

## Now go get some sleep, will you?

What's that you say? You're you a visual learner? Okay. Well here's a checklist showing you that you owe yourself some sleep:

If you...

- Have trouble paying attention
- Forget details of a conversation
- Drop things
- Ever go through a stop sign or red light (don't laugh – it happens every day!)
- Have trouble reading without feeling drowsy
- Make frequent mistakes at work
- Have difficulty following instructions
- Feel over emotional
- Have a hard time regulating your temperature
- If that's you, then you should probably [help yourself to a nap](#) instead of a Red Bull.



If you...

- Consume caffeine daily – you are blocking your sleep initiating amino acids
- Are under constant stress – your heart rate, blood pressure and cortisol levels are climbing, preventing you from the deep-sleep benefits of REM
- Take medication – you are chemically altering hormonal secretions that are natural sleep aids
- Consume alcohol – you are lowering your core temperature and suppressing sleep regulating hormones along with circadian rhythm induced hormones for reproduction, growth and renal function (circadian rhythm is a biological cycle that revolves around a 24 hour period)
- Use tobacco – you are decreasing your levels of oxygen and increasing your heart rate
- Are going through menopause, your decrease in estrogen and progesterone can interfere with your body's melatonin levels
- Don't exercise – you are storing more waste products and avoiding a vital cleansing process
- Snore – you're at an increased risk for sleep apnea that can lead to irreversible brain damage
- Eat fried foods – you are increasing the production of gastric juices and putting your swallower on auto-pilot – interrupting the muscle paralysis needed during REM
- Eat carbs or drink sugary beverages – your rise in blood sugar interrupts the circadian cycle and could result in diabetes
- Eat high sodium foods – you disrupt electrolyte balance
- Are pregnant – avoid all of the above causes of sleep deprivation, because your baby's health depends on you getting enough sleep

In no time, you could settle-up with your sleep debt and get your life back on track.

See, being mindful about your diet and lifestyle will serve to fortify all of your systems and support all of your life's events – including sleep.

So, here are...

## 3 foods to enjoy while repaying your sleep debt

### 1. Healthy, whole foods with minerals

Minerals like magnesium and potassium can be very helpful for restorative, restful sleep. Try a little snack of banana, raisins, cantaloupe or apricots.

Don't feel like fruiting? Try a bit of avocado, artichoke, beans or nuts. These will serve you in 2 ways:

- You get your sleepy-time minerals
- Your brain won't wake you up because it needs to be fed.

Just be careful not to overeat before bedtime and don't take your snack less than 45 minutes before bed.

### 2. Tryptophan

Can't sleep? Try the "Thanksgiving Remedy." Have a couple pieces of turkey with a glass of milk. These foods are highest in tryptophan, a natural amino acid that lullabies your mind into a peaceful nap. Other foods high in tryptophan include: tuna, oysters, clams, and soy products.



### 3. Tea

There are many herbal teas out there to choose from to help achieve [restful sleep](#). Some popular favorites are peppermint, fruit, chamomile, kava kava and [valerian](#). But, be warned: the last two are powerful sleep inducers and have a distinctive, acquired, earthy taste.

So, that's what TO do. Here's what NOT to do:

## 3 foods to avoid while repaying your sleep debt

### 1. Fried foods

They may be tasty...they may be comfort foods in the south...but they can cause heartburn when you're trying to sleep. Your gastric juices are normally suppressed during sleep, but the Colonel's extra crispy chicken will stimulate production of stomach acid, which can keep you up and in pain. Fried foods also induce a swallow reflex that interrupts your REM cycle. During REM, or Rapid Eye Movement, you experience muscle paralysis to keep you still during this crucial period in your sleep. Any automatic reflex will bring you out of it and cause unrest.

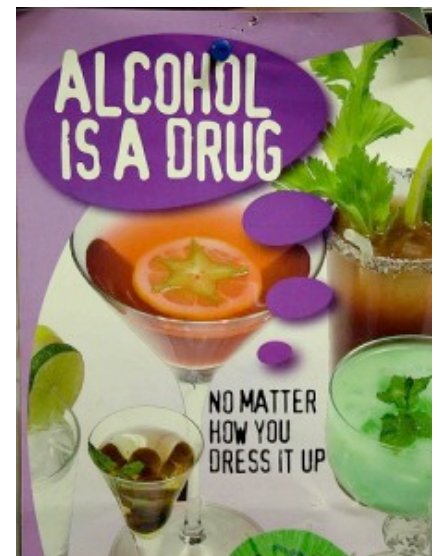
### 2. Carbs

Seems like we're always poo-pooing carbs...The truth is cutting down on them or avoiding them altogether during your waking hours should be the same during the night since your blood sugar management skills are compromised. Carbs spike blood sugar levels when you sleep, which can mean double trouble for you.

### 3. Alcohol

What? No nightcap? Alcohol may seem like a good idea. After all, it relaxes you, takes the edge off and makes you sleepy. But, those effects wear off and your brain can wake you up in the middle of the night. Once you're up, chances are you won't be getting back to sleep. You may wake up with a headache, dehydration or even having to go to the bathroom. Over time, alcohol induced sleep becomes even less restful. So, you'll be less and less focused and productive during your waking hours.

If you find yourself tossing and turning at night, your dinner could be to blame. Don't let these foods steal your sleep from tired and weary eyes.



## Be a champion sleeper

Don't take the fast and easy escape. Alternating between Riesling and Ambien to fight off sleeplessness will hinder sleep later and disturb dreaming once the drowsy buzz wears off. Instead, indulge in chamomile tea and a hot bath to fall asleep and stay asleep. A more [natural approach to slumber](#) will coax you mind and body to rest in your cozy bed. Your sleep pattern will improve with good quality-sleep and a peaceful mind – worth every second of shut-eye.

Soon, you'll doze off on cue, snooze soundly for seven hours, dream blissfully and always wake up rested.

Tomorrow is the 1st day of the rest of your life. Shouldn't you be alert and ready for it?

Anti-Aging  
Care



## Cause of Cancer Is Not Sleeping

*According to a new study carried out by Dr. Rachel Ben-Shlomo of the University of Haifa-Oranim and with Prof. Charalambos P. Kyriacou of the University of Leicester, just one "pulse" of artificial light at night disrupts circadian cell division.*

"Damage to cell division is characteristic of cancer, and it is therefore important to understand the causes of this damage," notes Dr. Ben-Shlomo.

The current research was carried out by placing lab mice into an environment where they were exposed to light for 12 hours and dark for 12 hours. During the dark hours, one group of mice was given artificial light for one hour. Changes in the expression of genes in the rodents' brain cells from sleep deprivation were then examined.

Earlier studies that Dr. Ben-Shlomo carried out found that the cells' biological clock is affected, and in the present research, she revealed that the mode of cell division is also harmed and that the transcription of a large number of genes is affected. She states it is important to note that those genes showing changes in their expression included genes connected to the formation of cancer as well as genes that assist in the fight against cancer.



### **Too Little Sleep Tied To Increase Cancer Risk**

I know how hard it is to remember even a fraction of what we read. So, here's reminder of some information and advice I about sleep.

Losing sleep for even part of one night can trigger the key cellular pathway that produces tissue-damaging inflammation. Your body perceives sleep deprivation as stress and responds by producing deadly stress chemicals. A single night of reduced sleep . As you add days, impairment becomes cumulative. Worse, you are often the last to notice or admit the signs:

- Increased mood swings, stress and irrationality
- Spike in your blood pressure
- Reduced your ability to adapt to change
- Impaired performance; sapped of your energy
- Slowed reactions
- Impaired memory, judgment and decision making no matter what you do.

These compromises in function from losing sleep have been clearly proven in clinical studies as well as in brain scans.

## What Losing Sleep Does To A Body

Even more alarming is, losing sleep contributes to diabetes, obesity, weakened immune system, depression, cancer, high blood pressure, heart disease and stroke. Also, a single night of sleeping just four, five or even six hours can impact your ability to think clearly. Sleep deprivation can cause changes in your brain activity similar to those experienced by people with psychiatric disorders.

So, lack of adequate sleep is definitely pro-aging. If that's not enough reason to get enough quality sleep, consider the fact that sleep deprivation makes you a less active lover.

The average person needs seven to eight hours of *quality* sleep a night. Some need more, and some need less. That means deep, undisturbed sleep.



## Helpful Hints For Deep, Rejuvenating Sleep:

- Get regular exercise, but do not exercise shortly before going to bed.
- Adopt a regular sleep schedule.
- Keep your TV out of your bedroom.
- Go to bed earlier and get up earlier, rather than going to bed later and getting up later.
- If you drink coffee or tea, drink them early in the day.
- Reduce interruptive noise, even if you need to use some type of white noise machine. Heavy drapes can also reduce noise.
- Keep your bedroom as dark as possible.
- If you normally get up during the night to urinate, stop drinking liquids late in the day, and urinate right before bedtime.
- If you drink, do not have more than one or two alcoholic beverages in the evening. Excess alcohol disturbs your sleep cycle.
- Take a warm bath before bed.
- Keep your bedroom cool, under 70° F.
- Use a deep relaxation technique, or listen to a deep relaxation audio right before sleep.
- Quit working at least an hour before turning in to give your mind time to unwind.
- Supplement with:
  - Melatonin (*Editor's Note: See our Melatonin Product Review for safe supplement choices*)
  - Sleep-inducing herbs such as kava, chamomile, [valerian](#) and/or ziziphus spinosa
  - 200–500 mg of [calcium citrate](#)
  - 200–400 mg of [magnesium citrate](#) right before bedtime

Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for

consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).

## [How well you sleep may determine how well your body fights cancer. Is a good night's sleep your weapon against cancer?](#)



David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: [www.MaxLife.org](http://www.MaxLife.org). David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Weight  
**LOSS**  
Corner

## Can't Sleep? Insomnia Cures That Work

Curing insomnia is simple with the right techniques

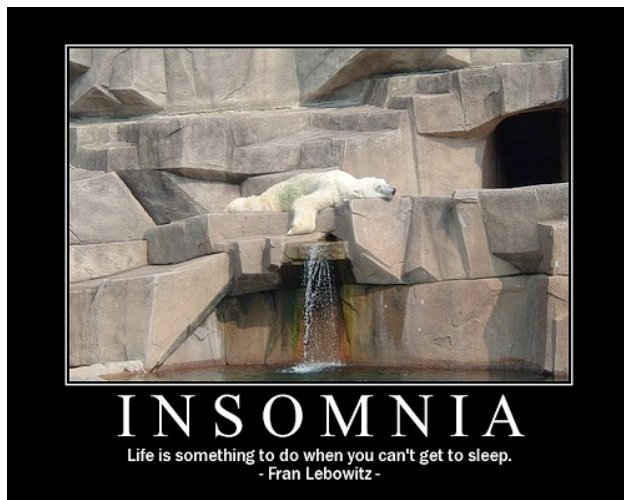
Ever lie in bed telling yourself to sleep, yet your body is tossing and turning with the energy you wish you had when the morning hours comes? If so, you are not alone. Millions others suffer with insomnia.

There are natural cures to insomnia. Most people need simple lifestyle changes - not addictive medications. For people who have difficulty going to sleep at night, several remedies may be tried.

### Sample bedtime snacks that promote sleep:

If you are hungry, then you have to eat, but what you eat before bed can affect the quality of sleep you get.

- Instead of a large evening meal, try eating a light non-fat snack before going to bed to help fall asleep.



- Some people find that a small glass of warm milk and half a turkey or peanut butter sandwich helps sleep arrive quicker.
- A light snack before of whole-grain, no or low-sugar cereal with low-fat milk or low-fat yogurt can help promote sleep.
- When you combine tryptophan-containing foods with carbohydrates, such as a cup of hot chamomile tea and half a banana, it promotes relaxation within your body and allows you to sleep quicker and better.

## Habits that can hinder with sleep:

- **Alcohol.** Alcohol reduces your sleep quality, waking you up in the night. To avoid this effect, stay away from alcohol in the hours before bed.
- **Caffeine.** Caffeine can cause sleep problems up to twelve hours after drinking it! Stop consuming caffeinated drinks like coffee, tea, sodas, as well as chocolate, after 5 P.M.
- **Smoking.** Nicotine is a stimulant, which disrupts sleep.
- **Too much liquid.** Drinking lots of fluid may result in frequent bathroom trips throughout the night therefore interrupting your sleep.
- **Too much food.** Especially fatty food. These take a lot of work for your stomach to digest and can keep you up. Acidic or spicy foods in the evening can cause stomach trouble and heartburn. Some people have experienced nightmares after consuming heavy meals before bedtime; it is not researched enough however.

## Tips to prepare your body for sleep:

- Low impact physical exercise early in the evening, such a leisurely walk, helps clear the mind of the day's worries and activities.
- A warm or cool bath promotes sleep for some.
- Repetitious thinking such as counting sheep or reciting positive affirmations works for some people to cure insomnia.
- Reading, praying and meditating can relax the mind allowing sleep to come.

## Stop midnight awakenings:

For people who awaken during the night and cannot return to sleep, several natural remedies may be tried.

- Avoid drinking fluids after the evening meal to reduce the need to go to the bathroom during the night or in the early morning hours.
- People who take diuretics should take them in the morning instead of the evening to prevent bathroom trips at night.



## Don't touch that SNOOZE button:

People suffering from early morning insomnia should attempt to go to bed earlier so that their rest is completed by their morning waking time. Rather than remaining in bed and perpetuating the focus on not sleeping. It is best to get up and do productive activity.

## Give yourself 3 hours:

Yes, 3 hours before going to bed. Do not consume anymore calories. As I mentioned before, your body starts to slow down as the day goes on and gets ready for sleep. You do not want to consume a lot of calories RIGHT before you go to bed, because you will end of potentially storing those calories as FAT!!!

Your body sometimes give you a false sense of being hungry as you bedtime nears. You get those 9pm cravings... And a lot of people end up hitting the refrigerator and over consuming right before bed time, which is not good for managing your weight and body fat percentage.

If you just can't resist the munchies, eat a few good high fat nuts like unsalted almonds with the skin-on (good for fiber) or a couple spoonfuls of no sugar added all natural peanut butter. Eating a good quality fat food will satisfy your craving and will keep you from bingeing on something with lots of bad carbohydrates or simple sugars, like ice cream, cake or cookies.



## Don't Stay Up Late:

The opposite would seem to make sense: If you stay up late, you burn more calories. Burn more calories, burn more fat. Right? Unfortunately, staying up late can set off a multi-pronged attack on your body composition.

First, sleep is vital for recovery. If you don't get enough sleep, your body won't build as much muscle mass – no matter how much time you spend in the gym in the morning. Less muscle mass = less fat burning power.

Next, if you are sleep-deprived, then you have increased levels of the stress hormone "cortisol." Insomnia has long been associated with poor health, including weight gain and even obesity. The connection between stress/cortisol and obesity is well established, but it gets worse. A recent study (Epel, Yale) shows that cortisol related fat storage tends to be around the vital organs – the worst possible place to store fat in your body. If that's not enough, lack of sleep is linked with glucose intolerance (diabetes), lower growth hormone levels, a weakened immune system, low energy, and more ...

This is NOT to be taken lightly! Get a full night's sleep (7 to 8 hours), but make sure your place of natural rest is peaceful and pitch dark. Your natural sleep hormone, melatonin, is suppressed when there is too much light.



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit:

[www.avtarwellness.com/](http://www.avtarwellness.com/)

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## **CELEBRITY HEALTH WATCH** Jimmy Kimmel - Late Night Narcoleptic

Ever fall asleep during a root canal? It might be nice to get a nap in. But, do you need a nap after sleeping all day? That's narcolepsy for you.

Jimmy Kimmel, host of *Jimmy Kimmel Live* suffers from narcolepsy.

"When I get on a flight to Vegas, I'll fall asleep before the plane takes off and wake-up after it's landed. I'm always very close to sleep. [Yawns.]"

Narcolepsy is a neurological sleep disorder in which the brain loses its ability to maintain normal sleep and wake states, causing excessive sleepiness and frequent daytime sleep attacks lasting from a few seconds to several minutes. In rare cases, sleep attacks extend for an hour or longer.

Other symptoms might include legs buckling, the face drooping and half the body becoming weak, or even paralyzed. Narcolepsy could also cause you to fall asleep in a car or drift during meetings.

Many are misdiagnosed as ADD/ADHD because of difficulty recalling the day before. But instead of taking the average 12 minutes to fall asleep, narcoleptics take 30 seconds to go from zero to zonked. Narcoleptics run to the couch before losing consciousness, become dead to the world around. Some experience cataplexy, which is involuntary loss of muscle control - paralyzing the body, but not the mind. Some narcoleptics never really feel like they read to the land of the living and awake and are in a constant state of sleepy stupor.



Narcolepsy is brought on by strong emotion -- positive or negative. If events becomes a storm that drains energy, then narcolepsy induces misery. It is treatable, though most rely on expensive stimulant medications to survive the day.

Sleep specialist suggest amphetamines, Provigil or Nuvigil, which are basically prescribed speed. They make work to a certain extent, but their long-term safety have not been determined. Other "newer" drugs are supposedly better, more concentrated in the brain to stimulate wakefulness. However, this just means your blood is carrying this concentrated drug everywhere inside your body, exposing it to toxicity - even before you "wake-up!"

There are no "quick fixes" for narcolepsy, especially since doctors don't truly understand narcolepsy - and therefore can't cure it. To alleviate the fatigue and drowsiness, try B-complex supplement in the morning and liquid B-complex when the sudden urge to fall asleep occurs. Vitamin D can also help regulate body's sleep rhythm.

Counter measures for narcoleptics include dietary changes and supplements:

- Avoid processed foods
- Avoid unnecessary dairy
- Avoid genetically modified fruits or veggies
- Avoid bleached sugar and high fructose corn syrup
- Maintain regular protein intake
- Juice for usable vitamins and enzymes
- Use filtered water
- Avoid large meals, instead choose 5 smaller meals through out the day
- Mix 1 tsp cayenne with juice to combat sleepiness
- Take about 2,000 mg of calcium everyday before you go to bed
- Take 500 mg of magnesium twice during the day and then once before bedtime

Additionally, regular sleep patterns on a fixed schedule reinforce restful sleep for narcoleptics. Wake-up and sleep at the same time every day, as well as eat at the same time. Reserve your bed for sleep only to condition your mind that being in bed means being asleep.

Jimmy Kimmel explains narcolepsy feels like "somebody's gently sitting on your brain. You have almost no focus. All you're thinking about is not falling asleep."

On that note, time to try to go back to bed.. \*YAWN\* Nighty-night!

Quotes taken from <http://www.jimmykimmel.net/articles/esquire0803.htm>





## Knock Yourself Out With Valerian Root

Valerian tastes like smelly feet.

It may be stinky, but it works well. If you want to fall asleep and sleep straight through the night, then valerian will do the job.

From the root Latin word "valere," valerian means "to be strong or healthy." Perhaps it is the odor that is strong, but the same reference could be used for valerian's potency.

This herb is widely used to promote sleep and calm. It's mildly sedative effect makes it a sleep aid, as well as being used to reduce daytime anxiety and stress. Other studies have shown improved sleep in post menopausal women suffering from insomnia.

While valerian is extremely cheap, it's quality can be highly compromised. Some valerian root supplements tested have had no trace of valerian substance, at all! Other valerian supplements tested contained heavy metals! Only 2 out of 11 valerian supplements on the market are safe for consumption.

Which would you like to take? How do you know which valerian supplement to buy off the shelf when you are standing in the store, desperate for some good shut eye?

Those that are compromised with potency and contamination are:

- A. Vogel Valerian Complex
- CVS Pharmacy Valerian
- Mason Natural Valerian Root
- Max-V Valerian Root
- Nature's Answer Valerian Root
- Solaray Valerian
- Genestra Brand Valerian

These are some straight from the pharmacy! So, which can you trust?

- Shaklee Gentle Sleep Complex
- [Solgar Standardized Valerian Root](#)

To treat insomnia, take 600 mg up to 2 hours before bedtime. Others recommendations range from 400- 900 mg, but traditionally lower doses are more effective for a sedative effect.

If you don't feel a different in full sleep-enhancement, continue dosage every night for several weeks to get valerian's full effects.



Valerian is a very powerful herb. It may smell funny, but it does the trick to help you fall asleep at night. Use as a stress buster to help you relax, too. If you are looking for something to use as a sleep aid, trust the high quality of Shaklee or [Solgar Valerian Root](#).

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## SerenitePlus for Natural Sleep

The perfect combination of rest, sleep and refreshed mornings is in a bottle. The effects of valerian, melatonin and 5-HTP is a harmony that naturally rings of healthy sleep.

You don't have to search for years to find something that supports ongoing sleep health, naturally. SerenitePlus is a

product that works:

- Reduces night-time restlessness
- Provides evening support of healthy sleep
- Maintains ongoing, long-term support of the sleep cycle
- Promote natural sleep patterns for a good night's sleep
- Maintain regular satisfying sleep, harmony and rest
- Reduces stress

The therapeutic effects of SerenitePlus from Native Remedies are attributed to these all-natural herbs:

- [Valerian root](#) for its soothing and calming properties and for its ability to encourage peaceful slumber.
- Melatonin to influence healthy sleep patterns and the quality of sleep.
- 5-HTP is important for a healthy sleep cycle, as well as for a balanced mood and feelings of well-being.
- Passion flower to soothe worry and support mental peace and harmony.

This remedy has been used safely and effectively for many years. The new and improved herbal formula is based on up-to-date scientific knowledge of natural sleep patterns.

Not only will you sleep better every night, but you will also feel fresher and with more energy in the day. You'll be grateful for the difference in your life a positive boost will make.

SerenitePlus for a good night's sleep.

**[SerenitePlus for you.](#)**

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# Free Remedy Report: Depression

What you need to cure depression might be more than what you put in your mouth. Vitamins and supplements can do wonders for the body and actually help you FEEL better.

But, if you are one of the 10% that suffer from depression in America, then the help you need to get yourself out of the pit is in this *Depression Remedy Report*. These 34 pages are absolutely crammed with the simple and honest truth about depression, what really causes it (and what really doesn't) and what you can do today to finally climb your way out of the well of sadness and learn to embrace the active life, sense of purpose and happiness you deserve.

Inside *The Depression Remedy Report* you will learn...

- The difference between depression and sadness... and how to tune up and refine your “depression radar” so you’ll know in an instant whether you’re just “having a bad day” or are in danger of falling into a dangerous and soul-killing bout of depression.
- 12 deadly depression danger signs... and what to do right away when you feel these symptoms coming on.
- The six most common types of depression... and how to identify what type you’re suffering from in surprisingly little time.
- Simple facts about hormones... and why women are twice as likely as men to suffer from depression.
- The devastating silence surrounding men’s depression... and how to help yourself (or the men in your life) to open up about their inner pain.
- The truth about bipolar disorder... and how to separate this “depression see-saw” from major depression.
- Simple facts about Seasonal Affective Disorder (SAD)... and ridiculously simple steps you can take to obliterate the winter blues.
- How to handle the devastating affects of postpartum depression... and what every soon to be mother needs to know about the “Baby Blues.”
- How to get off the drug train and say good-bye to Prozac, Zoloft, Paxil and other all-too-common depression-masking drugs for good.

And much, much more, all explained in simple, non-scientific language. The report is laid out to take away any confusion you might have and tell you exactly what you need to do to reclaim the happiness you’re entitled to. Start enjoying your life. [Download the report](#) and find out what the 1 (one!) vitamin you need is to start naturally healing yourself from depression.