

Natural Healing Express Weekly

Column 213 Secrets of Longevity – An 8 week program, Part Two –Sleep

Last week we began a series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration".

According to Shing Ni, sleeplessness affects almost two out of three Americans. Prolonged sleeplessness begins to affect your energy and mental clarity during the day. This condition is called insomnia and includes difficulty falling asleep, staying asleep, early morning awakening with difficulty resuming sleep and unrefreshing sleep.

Those with insomnia usually suffer from memory problems, lack of concentration, depression and inability to be effective at work. When this becomes chronic, insomnia may increase to cardiovascular disease, gastroesophageal reflux disease (GERD) chronic pain, stress. Anxiety, depression and has a factor in increased alcohol and drug abuse.

From the Chinese perspective, it is labelled "ying" time which is traditionally associated with the body taking care of itself. Proper sleep is required for your body to repair itself and regenerate. To reach deep, restful sleep, your spirit and heart must be calm. Easier said than done for most Americans these days with so much on the go. At Natural Healing Express we carry a great tincture called Sleep Support. We have had zero complaints and as I look on the shelf right now, I can see we are sold out. Don't worry, we will replenish next week.

Here are five new habits for restorative sleep:

- 1.) Cut Back on Coffee! Seems pretty obvious, but for those wondering about this, caffeine is the key ingredient and acts as a central nervous system stimulant. This will cause you to experience stress, anxiety, a racing mind and yes, you guessed it, insomnia.
- 2.) Imbibe in Herbs to Sleep Tight- Natural Herbs such as passionflower and valerian are two great herbs that help to insure a good night's sleep. Sleep Support contains both of these.
- 3.) Create a Peaceful Place for Sleep- Your sleeping environment is critical to how well you sleep. First, it should be quiet. Lighting should be dim; colors should be in the blue, green or gray. Watching tv or reading should be completed about 30 minutes before bedtime. If you are like me, the worst habit is to put down that Cell Phone approximately 30 minutes before bed.
- 4.) Stretch yourself to Sleep – Breathe deep and rotate your head gently from left to right. Pull one knee into your torso, alternating left and right knees. Raise your arms above your head and realllly stretch.
- 5.) Practice Sleep Friendly Meditations- This is a common practice in the East as well as California. One simply lies on their back and becomes conscious of their breathing. Bring focus to the top of the head and utter the word "Calm". Repeat the process from head to toe through the torso. It

is almost impossible to not be calm and sleepy by the end of this process with done without interruption.

Sleep is a huge topic and I have written other articles on the topic which can be found at www.naturalhealingexpress.com, click on the Newsletters Icon and search for “sleep”.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

