

Natural Healing Express Weekly

Column Volume 7

Sleep Issues Part Two – Nutrition for Sleeping

This week, we'll jump right into nutrition and how it applies to your sleep habits. Once again, knowing your Bio-Individuality is the key. I am sensing we have harped enough about this in prior columns, so let's move forward agreeing that the best healer for yourself is going to BE you and self-knowledge is critical.

Let's take a look at the do's and don'ts regarding nutritional consumption pertaining to getting a good night's sleep. First off – Caffeine. Having a cup or two of caffeinated coffee, tea, soda or cocoa in the morning or early afternoon is probably not going to create a huge deterrent for dreamland. If you are suffering from insomnia, however, this is the first place to look. If you are having two or more cups of anything caffeinated later than 1pm and your normal sleeping hours are 10pm- 6am, look first and foremost to eliminating to 1 cup and going for it earlier in the day. This modification alone solves a high percentage of those drinking caffeinated beverages and experiencing insomnia.

To help modify, we recommend herbal teas and at least 6 -8 glasses of water daily. Regarding insomnia, many people decide to move to decaffeinated or diet. Please don't even get me started on diet sodas and Aspartame. Almost anyone who has visited us at Natural Healing Express can tell you my number one RANT is consumption of Aspartame which is prevalent in most diet sodas. It is now the leading carcinogen in the country. Yes, carcinogen means cancer forming. Look it up, do the research or stop by for a complimentary rant. And, I am not judging, but what is really the point of drinking decaffeinated coffee? It gives you no caffeine rush or "pick me up" as it is called and has no nutritional value for the body. Is it just habit? If so, how about a lovely tea which may have healing benefits? Choices, choices, choices.

However, back to sleep and nutrition. Eating less in the evening is also key for a restful night's sleep. Many people, believe it or not, are having trouble sleeping because of digestive issues. In a word, GAS. Solution- eating less gaseous foods prior to slumber. Here's a quick list of gas formers that you may not have realized were such: apples, avocados, uh, BEANS, broccoli, Brussels sprouts, cabbage, cantaloupe, cauliflower, corn, cucumbers, green peppers, melon, kohlrabi, leeks, lentils, onions, peas, pimientos, radishes, rutabagas, sauerkraut, scallions, shallots, soybeans, and turnips. If you have no gas issues, eat away, but if you are still up when the infomercials begin, think about the last thing you ate.

Also, it is preferred to eat your bigger meals earlier in the day. As your body is being called to do more work and be more alert, it will require more nutrients. So, bigger meals, earlier in the day and as you prepare for sleep, also remember to prepare your digestive organs for sleep as well by giving them less food to absorb.

Sleep promoting nutrients include: chamomile tea, valerian tea, a nice cup of warm milk, a banana, or even toast and jam. These higher carbohydrate, lower protein snacks maximize the tryptophan effect, which is your body's self-regulating mechanism designed to raise levels of serotonin helping to sleep.

As always, we look forward to your questions and comments. To schedule an appointment to have your nutrient levels checked please contact us at Natural Healing Express 815 990 8732, [Susan@naturalhealingexpress.com](mailto:Susan@naturalhealingexpress.com) or stop by at 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Susan Schafer or like Natural Healing Express