

WEEK OF AUGUST.10.2020



WELLNESS WEEKLY

THE WEEKLY NEWSLETTER



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Sleep: The Magic Potion

If you are looking for a way to lower your risk for disease, improve intellect, reduce stress, and feel happier, then go to sleep!

Sleep is a preventative medicine for conditions that are related to mental, emotional, and physical health. Sleep is the time for our bodies to heal and repair itself from the performance of daily functions.

A lack of sleep ultimately affects how we feel during the day. It also impairs our immune system function, which plays a major role in protecting us from common viral illnesses.

Falling into a sleep routine is the best thing to do to ensure that the proper amount of sleep is achieved.

Some benefits from a proper sleep routine include:

- assistance in maintaining a healthy weight
- mental health support
- supports immune system.



Losing Sleep at Nights? This could be Why.

Sleep has so many health benefits; reduced stress, depression, anxiety, as well as improved cognitive function, immunity and bodily repairs.

What happens when the opportunity for sleep is missed?

More than likely you are experiencing the feelings of daytime fatigue, irritability, as well as frequent yawning. So what is keeping you up at nights?

Insomnia is the difficulty of falling asleep or staying asleep. It is normally linked to stress, and the trauma of our daily experiences. Those with insomnia have difficulty turning off their thoughts at bedtime. Insomnia could also be due to depression. Having a low mood as well as low energy can bring on naps during the daytime, which in turn make it harder to sleep at nights. Other triggers of this sleep disorder are over-consuming caffeine or alcohol, as well as screen time before bed. Consuming such beverages inhibit the body from achieving REM, which is the most restorative stage of sleep. The blue lights produced from the screens you look at tell your brain to stop producing melatonin, which is the sleep hormone.

Sleep deprivation is when a person is not getting enough sleep. The occurrence of sleep deprivation may take part for many reasons. Sleep disorders, such as sleep apnea, restless leg syndrome, or narcolepsy is a major reason of sleep deprivation. Older adults, aged 65+ experience trouble sleeping due to aging, medications, or medical issues. Sleep deprivation is common with many illnesses such as schizophrenia, cancer, chronic pains, adrenal fatigue, Parkinson's and Alzheimer's disease. A great way to combat sleep deprivation is maintaining a regular sleep-wake schedule: Try to sleep at the same time each night, as well as wake up at the same time each morning, while gaining at least 8 hours of sleep in between.

When sleep is continuously missed, there could be an underlying issue. It is best to seek the proper naturopathic integrative therapies to get a clearer view of what is occurring, and how to overcome it.

At Natural Medical Solutions Wellness Center, we take pride in treating various underlying issues the natural way. Take the first step toward a better nights sleep by scheduling for a consultation.



Food Worth Trying For Better Sleep At Nights

Almonds:

Eating a handful of almonds helps to boost sleep quality, as they have a large content of melatonin, the sleep hormone. Almonds also contain magnesium which is another great aid for improving sleep quality.

Kiwi:

This low calorie fruit contains traces of serotonin, which is a chemical of the brain which regulates the sleep cycle.

(Chamomile, Lavender, Valerian Root, and Passion Flower) Tea:

All of these teas are great go-to's when trying to get yourself to sleep. With the fact being that they are herbal teas, they come with great herbal benefits. For sleep's sake, these teas contain apigenin, which is an antioxidant which binds to specific brain receptors to promote sleep.

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