



"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" 3 John 1:2.

3 Easy Nutritional Ways to Create Restful Sleep

- Dr. Paulette Sedlak

1. Cut down on caffeine.

On average the effect of caffeine lasts 4-6 hours. Caffeine is metabolized by the liver. If you are taking anti-depression medications, or hormonal contraceptives, or other medications, you will have a longer clearance time for caffeine in your body. Therefore, the stimulating effects of caffeine will last longer.

Women are far more sensitive to caffeine than men. Their bodies take much longer to metabolize and detoxify caffeine in the liver and recover from its stimulating effects. Caffeine affects women's hormonal levels by increasing female hormones and decreasing available testosterone.

2. Don't eat before you go to bed.

It takes your stomach 3-4 hours to empty. If your body is in digestion mode it is not producing the hormones and other substances it needs to create proper sleep and well-being.

3. Eat foods high in tryptophan.

Tryptophan is an amino acid that creates relaxation in the brain. Foods that contain tryptophan and other calming substances include:

1. Bananas
2. Buckwheat
3. Cherries
4. Dark chocolate
5. Eggs
6. Flaxseed
7. Turkey
8. Whey protein
9. Wild fish and Seafood

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