

Natural Help 4...

Sleep Disorders



What is Sleep Disorders?

Sleep is a vital ingredient needed for the body and mind to function. Most of our lives will be spent in slumber, re-charging our batteries for the day ahead. Regardless of the cause, interrupted or **poor quality sleep can be extremely problematic**. The brain which functions as the 'battery' of your body, needs adequate sleep to be able to perform it's many functions correctly.

This includes things from handling emotion to regulating physical necessities such as body temperature, heartbeat and breathing. When **quality of sleep is compromised** and inadequate, the body cannot perform at its best, and many of the body's systems are negatively affected.

Examples of [sleep disorders](#) include:

- Sleep apnea (intermittent breathing during sleep due to an obstructed airway)
- Snoring
- Night terrors
- Narcolepsy
- Somnambulism (sleepwalking)
- Nocturnal myoclonus (unusual movement during sleep)
- Enuresis (bedwetting)
- Bad dreams and nightmares

Insomnia, the common problem of not being able to fall asleep, is a symptom - not an illness – and may be **linked to a variety of disorders and conditions** such as depression, anxiety, stress or even hypoglycemia. Insomnia is also a common side effect linked to the use of certain prescription drugs such as antidepressants and stimulants.

Lack of sleep can lead to irritability and a lack of focus. Lack of focus means that certain activities can become greatly impaired. Everyday activities such as driving can become dangerous. Operating dangerous equipment can also lead to accidents when a person has been **deprived of achieving restful sleep**. For this reason, [sleep disorders](#) can sometimes have severe and devastating consequences at home and in the workplace.

Furthermore, a lack of sleep can exacerbate many other disorders. For example, a child with ADHD or ADD who has had several restless nights will be more likely to misbehave or demonstrate hyperactive behavior which is the body's way of coping with lack of sleep. This symptom is often cited in childhood ADD/ADHD.

Some sleep problems may disappear on their own, while others develop into more

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

serious sleep disorders such as parasomnias, obstructive sleep apnea, narcolepsy, insomnia, sleep paralysis, snoring, and seasonal affective disorder if left untreated.

Diagnosing Sleep Disorders

Although lying awake night after night is difficult to miss, some people may not even be aware that they have a **sleep disorder**, especially **disorders like** sleep apnea. However, it is usually relatively easy to determine if you or your children suffer from a sleep disorder. Fatigue **and lack of** energy are usually the most prevalent signs that the body is not getting enough rest. You may notice that you or your child exhibits the following characteristics:

While awake:

- Excessive daytime sleepiness
- Frequent yawning (the brain trying to get more oxygen)
- Decreased speed at performing daily tasks
- Memory problems
- Lack of appetite

During sleep:

- Snoring
- Waking up often during the night
- Tossing and turning, feeling restless and unable to get 'comfortable'

Use of stimulant medications may create their own sleep problems. Stimulants are designed to do just that- stimulate. Stimulants then cause the brain and nervous system to work in overdrive, **increasing heartbeat and heightening senses** such as sight and sound. In this over-sensitive state, a person may try to fall asleep, but noises prove too distracting. This causes the brain to 'fight' its natural ability to become less active.

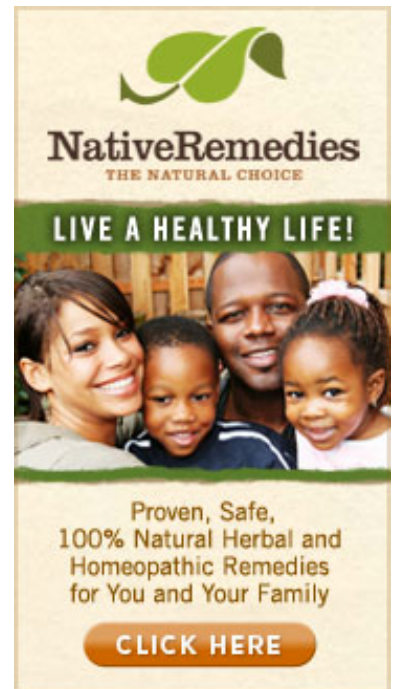
What Causes Sleep Disorders?

The existence underlying health conditions and symptoms can sometimes trigger **sleep disorders**. Common conditions that can cause **sleep disorders** include:

- Depression
- Pain
- Mood disorders
- Generalized anxiety disorder
- Alcohol withdrawal
- Thyrotoxicosis

Children who suffer from bad dreams and night terrors may not be **getting appropriate and restful sleep** and therefore develop a **sleep disorder**.

A diet that is high in caffeine, fat, or sugars may also affect sleep patterns and trigger **sleep disorders**.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Help for Sleep Disorders

Sleeping disorders are treated in a variety of ways, depending on the disorder. When insomnia **is linked to medication**, it may be necessary to change the medication or reduce the dosage.

Doctors may prescribe sleeping medication to cope with insomnia and to induce artificial sleep. Unfortunately many prescription sleeping medications are habit-forming and do not encourage the **re-establishment of sleep routines**, certain OTC drugs, including histamines, are also often used to induce drowsiness. However, their effectiveness decreases over time and there can be other unwanted side effects.

Natural Remedies

Natural remedies, especially herbs, have been used for thousands of years to **induce drowsiness and encourage peaceful sleep**. Even in today's world, many people use these natural alternatives. They do not contain stimulants and have the additional advantage of containing ingredients that actually help the brain to naturally make its transition into the peaceful phase of sleep!

Furthermore, they are completely safe, eliminating the need for sedative drugs like sleeping pills. Children often benefit from specific natural remedies that contain herbs such as Matricaria recutita and Passiflora incarnata – nature's very own sedatives!

Some herbs help to make you sleepy and can be taken when needed (e.g. Matricaria recutita, Valerian) while others work in the long term to **restore healthy sleep patterns** (e.g. St John's Wort). Remember that all natural remedies need to be in the correct therapeutic dosage to be effective. Be sure to source yours from a reputable company!

Bedtime Tips for Adults

Do:

- Exercise during the day since this will naturally relax muscles and tire the body
- Make dinner your lightest meal of the day
- Create a relaxing bedtime environment
- Make sure you sleep in pajamas that are appropriate for the temperature
- Go to bed at regular times each night

Don't:

- Stay up late or sleep too late in the mornings. This will upset your natural 'body clock'
- Drink caffeinated beverages
- Take stimulant medication before bed

Bedtime Tips for Children

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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Do:

- Encourage exercise and stimulating activities during the day
- Create a soothing and relaxing bedtime environment
- Read light-hearted stories before bedtime (Make sure the story is not a frightening one!)
- Use natural remedies with calmative properties to induce a natural state of slumber

Don't:

- Let children watch television or play on the computer directly before bedtime.
- Give your children large amounts of food or liquid before bedtime. Digestive troubles and a full bladder can lead to bad dreams, restless sleep and bedwetting.
- Give your child medications containing stimulants right before bedtime.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.


Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



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Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Related Natural Remedies:

Serenite Plus: Natural sleep tonic for a restful night

SerenitePlus is an herbal formula specially formulated by a Clinical Psychologist for teenagers and adults. The natural ingredients are chosen for their soothing properties to **assist with occasional routine restlessness at night and to wind down naturally** after a busy day. Being in tincture form, Serenite Plus is quickly absorbed and gets to work almost immediately as a **natural sleep tonic to support the maintenance of night time harmony and rest.**

SerenitePlus has been used safely and effectively for many years. Using up-to-date scientific knowledge of natural sleep patterns, SerenitePlus is a new and improved herbal formula.

SerenitePlus may also be combined with [Serenite-LT](#) for added benefits.

[Learn more about Serenite Plus](#)

Serenite Jr.: To promote healthy sleep patterns in children and babies

Serenite Jr. is a safe and effective herbal remedy specially formulated by our clinical psychologist to **promote junior night time harmony** and to assist parents in their task of naturally settling fussy little ones with occasional night time restlessness.

Serenite Jr. contains 100% natural herbal ingredients and can safely be used by all children and babies over the age of 6 months and is **gentle and non-addictive**. Together with consistent discipline, a regular routine and night time ritual and a loving home environment, Serenite Jr. can quickly help to **support healthy sleep patterns and restore peace to your home.**

Serenite Jr. is different because it is formulated especially for children and uses herbs in a natural tonic formula which is safe and effective. It is easy to administer in convenient drop form and may be used at night whenever needed. It may also be combined with our Triple Complex Sleep Tonic for every day use to promote ongoing sleep health.

[Learn more about Serenite Jr.](#)

Serenite-LT: Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

Many of our customers are already familiar with Native Remedies' SerenitePlus, which has been used safely for **evening support of healthy sleep.**

Due to ongoing product research and customer demand, it became obvious that there was a definite need for a remedy which could provide **ongoing, long-term support** of the sleep cycle. This led to the development of Serenite-LT - a unique herbal remedy with added nutrients, specially formulated to naturally support the sleep cycle and maintain healthy sleep patterns.

Using up-to-date scientific knowledge of **natural sleep patterns**, Serenite-LT



[Read more about the Native Remedies Full Spectrum Approach™](#)

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combines selected herbs and sleep-supporting nutrients in an effective formula, which will help provide support for a good night's rest on a regular basis.

[Learn more about Serenite-LT](#)

Bad Dream Sprinkles: Night-time comfort for young children in a child-safe supplement

Bad Dream Sprinkles is a 100% natural remedy **formulated especially for toddlers and children by a Clinical Psychologist**. The remedy contains a combination of gentle yet effective herbal ingredients traditionally used to maintain night time comfort and **support healthy sleep patterns**. Bad Dream Sprinkles may be used in the middle of the night, as well as just before bedtime.

Safe and easy to administer, the pleasant tasting granules of Bad Dream Sprinkles are simply sprinkled on the tongue and rapidly absorbed in the mouth – **making them easy to administer** to young children. The granules are sweet tasting and fine enough to be taken even by babies and small children, many of whom come to associate the taste with comfort and security.

Like all Native Remedies products, Bad Dream Sprinkles has been developed with care by our practicing Clinical Psychologist and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's health.

[Learn more about Bad Dream Sprinkles](#)

Read the testimonials for these quality products [here!](#)

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Alternative Healing Academy

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[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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Sales & Refund Policy

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