

Real, Lasting Help for Insomnia

Insomnia is a lack of sleep, or restless or poor quality sleep. You may have difficulty in going to sleep, or you may wake up frequently and restlessly during the night. Insomnia is not a disease, but rather a symptom of an underlying cause.

Description

Restorative sleep gives your body the chance to recuperate and regenerate. Without it your body and mind become weary and easily malfunction. Illnesses and viral or bacterial infections result, giving rise to severe illness and general malaise.

Insomnia can affect you at any age, although you become more susceptible to it as you get older.

Insomnia can be divided into two categories:

- **Sleep Onset Insomnia and Sleep Maintenance Insomnia.**
- Sleep Onset Insomnia is shown as an inability to fall asleep.

Sleep Maintenance Insomnia is shown as an inability to stay asleep, or to wake frequently.

It is possible for you to suffer both sleep onset insomnia and sleep maintenance insomnia, leading to chronic sleep deficiency.

There are varying degrees of insomnia in both duration and severity:

- **Temporary insomnia lasts from one night to a few weeks. It has a known cause and is an interruption to your body clock, e.g. when you are suffering from jetlag.**
- Short-term insomnia can last from two to three weeks and again has a known emotional or psychological cause, e.g. stress over a particular factor, like work.
- **Intermittent insomnia is more difficult and vague. It is unpredictable in terms of the number of episodes and their duration, and can be attributable to both emotional and physical causes.**

Finally, chronic insomnia can take place on most nights and may last indefinitely.

Sign up for our
Email Newsletter
for Even More
Natural Health
Information!



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Native Remedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!

Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[CLICK HERE](#)

Statistics

- **49% of adults worldwide report brief periods of difficult sleep.**
- 10% of adults claim they have had insomnia lasting at least two weeks.
- **Over 100 million Americans are estimated to have sleep problems. 1 in 6 of these have chronic insomnia at a serious level.**
- Insomnia and untreated sleep disorders cost Americans \$15 billion in health care expenses annually and \$50 billion in lost productivity.
- **Globally, 25% of elderly people and about 15% of the general population suffer from varying degrees of insomnia.**

Causes

Insomnia can be caused by physical, emotional and psychological factors, with stress being a major contributor.

Other factors include:

- **Depression, anxiety and other mood disorders.**
- Medical illness, e.g. heart disease, respiratory disease, or disorders of the digestive system that cause physical discomfort or psychological stress or anxiety, resulting in sleep disturbance.
- **Heartburn, menopause, diabetes and arthritis.**
- Periodic limb movement disorder – a frequent involuntary leg movement - or restless leg syndrome with a tickling or aching sensation in the muscles of the legs.
- **Lifestyle factors - caffeine, alcohol, drug use, work patterns and prescription medications.**

Biological factors are also a consideration as sleep may become lighter and more disjointed as you age. Your inbuilt biological sleep regulator can malfunction, encouraging you to remain awake longer, but also sleep longer, or to sleep earlier but rise early too.

Psycho physiologic ("Learned") insomnia is also more common than perhaps first thought. This is an inability to sleep through the worry of being unable to sleep!

Conventional Treatments

The prescribing of sleeping pills is the most common conventional

Great Health Sites

[Natural Holistic Health Blog](#)

[Respiratory Disease & Infection Guide](#)

[PetAlive Natural Pet Remedies](#)

[Native Remedies](#)

[Health or High Water](#)

[Remedies4 - Free Natural Health Ebooks](#)



**Monthly
Specials**

**Up to 25%
Savings!**

CLICK HERE!



NativeRemedies
The Psychologist's
Natural Choice

**Proven Products.
Excellent Service
and Delivery**

means of treating insomnia.

These have a sedative effect from active ingredients diphenhydramine and doxylamine. This is thought to be a result of their initial purpose, which is the antagonism of the central histamine H. They can easily be found in over-the-counter sleep aids.

Antihistamines

- **Nytol**
- Benadryl

Benzodiazepines

- **Temazepam (Restoril)**
- Estazolam (ProSom)
- **Flurazepam (Dalmane)**
- Triazolam (Halcion)

These are members of the Valium family and have been prescribed as a sleep aid since the 70s. They work by suppressing the reticular activating system of the brain, the system that regulates brain activity, by increasing the action of Gamma-Aminobutyric Acid (GABA), a chemical that helps to slow the transmission of nerve signals in the brain.

Barbiturates

- **Phenobarbital (Luminal, Solfoton)**
- Secobarbital (Seconal)

These work by more powerfully reducing the amount of activity in the brain and central nervous system. They can be lethal drugs and easily overdosed.

Because of their danger they are much less prescribed now compared to antihistamines and benzodiazepines above, but are still used in the treatment of seizures and to induce anaesthesia.

It is known that Benzodiazepines and Barbiturates may deplete or interfere with the absorption and function of natural substances such as Biotin, Calcium, L-Carnitine, Vitamin A, B6, B9 (folic acid), B12, Vitamin D and K.

All of the above drugs have serious side effects and can be extremely addictive if taken for more than a couple of weeks.

Side effects include the following:

- **Poor coordination**
- Reduced reaction times



Find More Great Health Ebooks at Remedies4.com

- **Impairment of memory**
- All-day drowsiness
- **Skin irritation Irritation to the mucous membranes**
- Stomach problems
- **Vision problems**
- Nightmares
- **Vomiting**
- Diarrhea
- **Nausea**
- Headaches
- **Loss of sexual pleasure (especially women taking antihistamines)**
- General malaise Possible heart muscle damage

Natural Treatments

Insomnia does have the potential to destroy your health. It is important to correct medical imbalances causing the problem. We now know that this is possible to do naturally!

In addition to good dietary practices, regular sleep patterns and exercise, it is necessary to correct nutrient deficiencies and to rebalance your body's natural chemical structure.

There are a number of natural substances known to help achieve this without side effects:

5-Hydroxytryptophan (5-HTP)	A neurotransmitter used to regulate serotonin levels in the brain and central nervous system. It is the quickest and most effective overall treatment for insomnia, with the added benefit of improving the quality of sleep. In clinical trials by Brain Research, 5-HTP show an increase in REM sleep by more than 25%, whilst increasing deep sleep stages 3 and 4 by shortening the time spent in sleep stages 1 and 2.
Choline Bitartrate	An essential nutrient needed by the peripheral nervous system for the proper transmission of nerve impulses from nerve endings to target organs. It helps maintain sleep by strengthening the 'stimulus barrier', enabling you to sleep through minor noises and disturbances.
	A major constituent of Lecithin, essential for forming acetylcholine. It belongs to a category of

Phosphatidyl Choline	fat-soluble substances called phospholipids. In a study on the effects of phosphorylcholine affects were seen on neuronal mechanisms relating to paradoxical sleep, possibly caused by fatty acid residues.
SAMe (S-Adenosyl-Methionine)	is a natural substance found in every cell of the body. It reduces symptoms of major depression and produces a similar sedative effect to conventional antidepressants but without the side effects. It alters the brain's responses and improving the quality of sleep. Note: This nutrient is only effective if included in an enteric coated tablet.
D-Phenylalanine	D-phenylalanine (DPA) is an amino acid with antidepressant properties. It influences chemicals in the brain that relate to mood sensation and elevation. It relieves depression and the underlying cause of insomnia, producing relaxation, effective in treating sleep disturbances.
Hops	An extract known to cause sedation and sleepiness by the action of its volatile oils. In a study by the Institut fur Psychosomatik, a double-blind clinical trial shows Hops and Valerian as a good alternative to benzodiazepines for the treatment of non-psychiatric sleep disturbance.
Valerian Extract (Root)	An anxiolytic (reduces anxiety) for restlessness and sleeping disorders. It has hypotensive properties attributed to its volatile oils and other constituents, along with sedative-hypnotic effects. It works by increasing amounts of gamma aminobutyric acid (GABA) – an inhibitory neurotransmitter – and by its Valerenic acid inhibiting the enzyme that destroys GAMA. It also decreases benzodiazepine withdrawal.
	The dried flower heads of either <i>Anthemis nobilis</i> or <i>Matricaria chamomilla</i> . Used as a counterirritant and carminative. It acts as a muscle relaxant and mild sedative hypnotic. It

Chamomile	contains substances that act on the same parts of the brain and nervous system as anti-anxiety drugs. It contains the amino acid Tryptophan and appreciable amounts of calcium, together giving a soporific effect.
Passion Flower	A mild natural sedative that's isolated multiple flavonoids exhibit sedative effects. Studies reveal that Passion Flower extract is an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep.

These herbs and nutrients, along with many other individual substances are well known for their abilities to relax and aid sleep and some are readily available in shops and other retail outlets.

On their own they will provide you with a certain amount of relief and relaxation. This is extremely limited however and does not tackle your essential need to rebalance your chemical and hormonal discrepancies.

Experts know that if these ingredients could be combined to work together to enhance each other's individual components, it may enable a product to be produced that will be potent enough to achieve results.

Xtend-Life scientists have managed to do this by combining such ingredients in an advanced and balanced formula. The result of this is [Xtend-Life Neuro-Natural Sleep](#).

Recommended Products

Option 1:

The first step on the way to a sound sleep is to focus on ensuring that your body has the all the nutrients needed to function properly. Sometime an unknown deficiency can had far reaching implications including sleep. For that reason we would suggest that you first try option 1 for a couple of months and then expand to option 2 if more help is needed.

Product	Quantity Per Day	You Need
Total Balance	Variable	Variable
Omega 3 DHA/Fish oil	2 soft gels per day	1 bottle per month

Option 2:

For a more intensive attempt to resolve insomnia problems naturally

Product	Quantity Per Day	You Need
<u>Neuro-Natural Sleep</u>	6 tablets per day	2 bottles per month
<u>Total Balance</u>	Variable	Variable
<u>Omega 3 DHA/Fish oil Premium</u>	2 soft gels per day	1 bottle per month

NB: For the Neuro-Natural Sleep. 1st dose: 1-2 hours before evening meal
2nd dose: 2 hours before bedtime.

HOME STUDY



[Home](#)
[Contact](#)
[Color/Crystal Reflex.](#)
[Basic Anatomy](#)
[Reflexology Pract.](#)
[Adv. Reflexologist](#)
[Aromatherapy Pract.](#)
[Adv. Aromatherapist](#)
[Color/Crystal Therapist](#)
[ReflexAromatherapist](#)
[Mini Courses](#)
[Affiliates](#)



[REMEDIES4...FREE HEALTH EBOOKS](#) | [NATURAL HOLISTIC HEALTH BLOG](#) | [HEALTH OR HIGH WATER](#)

Alternative Healing Academy

[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](#)

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/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.