

Asleep in your pajamas eating chocolate cake. *Funny!*
Asleep in your pajamas driving your car. *Not so funny!*



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Sleepless in America

There's nothing unusual about eating chocolate cake, right? For me, not really! What about eating half a chocolate cake alone in your kitchen at midnight, in your pajamas? Now, add in the fact that you are actually asleep and we have a funny story.



At least I may have thought it was funny last week -- now I'm a little more informed! During this past week, every time I turned on the tv or the radio, or browsed through my online news, I found another report about the strange and serious side effects of prescription sleep medications – eating and driving while asleep are just a couple on that list.

Based on the latest studies, we know about 30 percent of Americans are dealing with some sort of sleep problem. Knowing that I would be writing this newsletter soon, I started thinking about how this would apply to all of our readers – not just 30 percent of them.

Then it hit me. Given that we are such an overmedicated society, we are all dealing with the side effects of conventional medicine; whether it's from sleep aids or drugs for other diseases or ailments.

treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Now that's an informative topic that has wide appeal.

So, there it is – our topic for this ebook. I hope you find the articles that follow - *What's Keeping You Up at Night? & Prescription Meds – Are the Potential Side Effects worth the Risk?* - both interesting and informative. Read on for helpful information and tips to help you get a good night's sleep!

What's Keeping You Up At Night?

Thousands of men and women in America suffer from sleep problems that include trouble falling asleep, difficulty staying asleep or just not getting enough sound sleep. This rest deprivation is wreaking such havoc in their schedules that they are turning to prescription medications to alleviate the problem.



Nearly one-third of the population is tormented with insomnia and last year, doctors wrote almost 50 million prescriptions for sleep medications. Although these drugs are proven to facilitate the quality and quantity of sleep while they are being used, they are not a cure.

In a large percentage of cases, insomnia is just a resulting symptom of an underlying issue. It would be more beneficial in the long term to determine the causal factor of the sleep problem and treat that instead.

Although almost any condition can result in difficulty sleeping, some ailments are much more likely to provoke it. Here's what we found to be some of the most common causes of sleep problems.

- **Stress & Anxiety**

- [MindSoothe](#)
- [PureCalm](#)
- [Mood Tonic](#)

- **Menopause**

- [Don Quai](#)
- [MellowPause](#)
- [Mens-Reduce](#)

- **Restless Leg Syndrome**

- [LegCalm](#)



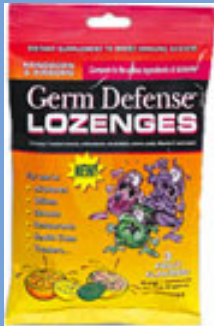
Zenergize Immunity, Citrus

Getting sick (or at least pretending to) was sort of fun back in the old da



VRL-X

Overall health can often occur naturally if the body receives the proper nu



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Germ Defense Lozenges are dietary supplements used to boost your immune sys



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o Nerve Tonic

. **Heartburn/Indigestion/Gas**

- o DigestAssist
- o Gasolve
- o Gastronic Dr.

. **Allergies & Breathing Difficulties**

- o BioVent
- o BronchoSoothe
- o AllergiClear
- o SOS HistaDrops

If you have treated the possible underlying ailments and are still suffering from insomnia, it is not necessary to resort to conventional OTC (over-the-counter) and prescription medications because there are alternative treatment options available.

Even making simple changes in sleep, hygiene and routine can help or trying more involved approaches like incorporating relaxation therapies ranging from guided imagery, to meditation techniques and yoga. You can also consider trying some of the herbal and homeopathic remedies that are available to help alleviate recurring sleepless and restless nights.

- . Serenite
- . Serenite Lite
- . Sleep Tonic

"Michael had been prescribed sleeping tablets by his doctor a year prior to consulting me. At that time he had been struggling with marital and financial problems and could not sleep properly. Now that his life was in order again, he found that he could not fall asleep without taking his sleeping tablets, and he realized that he had become addicted to them. We decided to slowly reduce his sleeping medication and substitute it with Serenite. At the same time, I instructed him to take up jogging, something that he had enjoyed before, and helped him to develop a routine in the evenings which would assist him to 'reset' his body clock to fall asleep at a particular time at night. Although the first few nights were a little difficult, within a week Michael was sleeping soundly again without needing to take any more prescription sleeping tablets."

- Michele Carelse, Clinical Psychologist
Feelgood Counseling

Prescription Meds – Are the



Great Health Sites

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[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Bowtrol Colon Cleanse](#)

[Herbal Health Buy](#)

Potential Side Effects Worth the Risk?

Family medicine cabinets are crammed full of prescription medications. With nearly one in three people taking a prescription medication for sleep problems, you can only imagine how many people are taking at least one prescription for some type of ailment.



The U.S. Department of Health and Human Services' annual check-up on America's Health reports that the statistic is actually a staggering fifty percent, with one in six people taking three or more prescription medications at once.

The recent reports of strange and dangerous side effects associated with leading conventional sleep medications have awakened Americans to the risks of prescription and OTC (over-the-counter) drugs.

Drugmakers are now revising the labels on Ambien, Lunesta, and other popular sleep aids to warn that the pills might result in driving, eating, and having sex while sleeping, health officials said last week.

People are now more likely to consider the possibility of drug interactions and the high risk of side effects each time they contemplate using an OTC or prescription drug. Recent increased interest in the areas of complementary and alternative medicine shows it is virtually risk free and has a wide range of treatment options worth exploring.

There are many unconventional options available to try in conjunction with, or in place of conventional OTC or prescription drugs. These are just a few: acupuncture and massage, chiropractic, relaxation and meditation, and herbal and homeopathic remedies.

Natural remedies – like herbal and homeopathic products – are used to treat a wide variety of ailments from emotional and psychological issues to kidney, liver and respiratory ailments.

• **Mood Support**

- [MindSoothe](#)
- [PureCalm](#)
- [Mood Tonic](#)

• **Menopause**

- [Don Quai](#)
- [MellowPause](#)
- [Mens-Reduce](#)

• **Stress & Anxiety**

- [MindSoothe](#)
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 - [High-Rite](#)

The good news is that these products are virtually free of any of the major side effects that are plaguing prescription and OTC medications. With these options available, Americans can now rest easy knowing that there really are viable alternatives to conventional medicine.

"I purchased PureCalm with the hope of dealing with panic attacks. I was doubtful if it would work at first, but at this point I was open to trying something new.

I have used prescription medication for several years to deal with panic attacks, but found it gave me bad headaches after it wore off. I waited to use the PureCalm in the situations where I would usually experience panic attacks and I was so excited to find that it worked for me.

There were no side effects at all after taking it, and it began to work in about 15 minutes. I felt very calm and relaxed, and I had no anticipatory anxiety and therefore no panic attacks. I think PureCalm would also work very well for someone trying to overcome panic attacks on their own and who just need a bit of help while they make progress. Hope this helps someone else to give PureCalm a try. It was money well spent."

- Keri, Canada

"Thank you for your work and research in the field of herbal products to improve health and general well being. I was diagnosed with mild hypertension last year and since that time I have been on many different medications with very bothering side effects.

The last medication I was on was a diuretic, namely, triamterene/HCTZ. This medication resulted in giving me side effects such as more water retention especially if I do not take the next pill on time as well as digestive problems along with possible hair loss. I am a very active 42 year old who works out at a gym and stay very active with my career.

I did not consider myself to have any significant health problems prior to mild hypertension 130/90 and a heart murmur. I started to



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[Xtend-Life - Natural Health Products](#)



develop significant bothering side effects after taking many synthetic medications. I got tired of getting sick when I was feeling healthy prior to these medications. I decided to do my own exploration as I often read on herbal products.

I contacted your web-site and decided to give Aqua-Rite a try, and I was pleasantly pleased. It has been almost two weeks since I have taken this herbal remedy. I have less water retention and have more normal urination. I am also taking some Hawthorne on my own at night. I took my blood pressure this morning and received a reading of 127/82. This is significant. I have also resumed watching my diet again. I think I used to take good health for granted. I am sure that with your natural remedies, exercise and moderation with food I will be feeling like I used to feel. Thank you so much for your research. Thank you greatly and God bless you."

- Veronica, Unknown

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