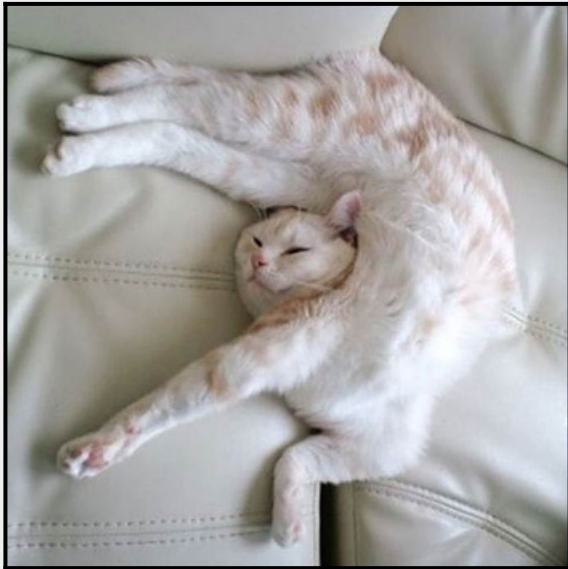


## Cures for Insomnia

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Ever seen a cat with a sleep disorder? They close their eyes and straight off fall asleep. Now if cats could talk and share their secret we'll all no doubt will be purring with delight as we drift off to sleep, but that's not going to happen.

Rumour has it that our predecessors slept longer than we do today, but then Thomas Edison invented the light bulb and the rest is history.

Ironically, Insomnia is a big nightmare. You hit the sack, exhausted and bleary eyed, but find yourself more wired and with-it than you've been all day. You roll and scratch and follow all the insomnia rules, still sleep evades you.

So what is the solution?

Medication? Not always the best option. It often causes dependency and can even worsen the problem. Known side effects are daytime sleepiness, dizziness, sleep-walking and memory lapses. Insomnia is a sign of one or more medical conditions that can range from depression, to too much caffeine, to a mineral deficiency and taking prescription drugs only suppresses the symptoms but does not pinpoint the root cause.

Acclaimed health researchers Joan and Lydia Wilen are the authors of *Chicken Soup and Other Folk Remedies*. It's taken the internet by storm and one of their claims to fame is a strange home remedy that many swears is a winner.



If you follow the instructions you are sure to be blowing z's within 15 minutes.

The miracle cure, believe it or not, is an onion and the instructions are easy as 1,2,3.

First peel then cut the onion into chunks, place in a jar with a lid and next time you can't sleep simply take 4 or 5 deep whiffs and wait for Mr. Sandman.

How does it work? Best not to ask because nobody knows. Insomnia is a common ailment in the celebrity community and sniffing onion is a solution many of them swear by. The only criteria is it must be of the 'yellow' variety which is the one most commonly used and can be easily identified by the brown outer skin.

## **Apple Cider Vinegar (ACV)**

While there is no clear scientific explanation, there are 1000's testimonials from people claiming that *raw unprocessed Apple Cider Vinegar* not only cured their insomnia, it actually helps them stay asleep. As ACV is also known for its energy boosting capabilities its not advisable to take it to close to bedtime.

After much research I found this 'insomnia busting' recipe that many claim knocks them out for the count.

**1 HOUR BEFORE BEDTIME** enjoy a cup of decaffeinated tea, like chamomile. Add 1-2 tablespoons ACV and some natural raw honey. ***It's essential that you combine all 3 ingredients***, even if you normally do not take any from of sweetener with your tea or coffee. They all contain sleep inducing properties and together it's said to be a powerful 'sleep' cocktail.

**OCEAN'S Apple Cider Vinegar** is just what you're looking for. Made from fresh, crushed, organically grown apples it is left to ferment and mature in its own time, a process that can take months. The real McCoy ACV, like **OCEAN'S** contains a cloudy bacterial substance called "mother" that is normally not found in the over-processed commercial varieties and is said to be a complex structure of beneficial acids that are crammed with health benefits.



## OCEAN'S Apple Cider Vinegar

No preservatives added



**RAW & UNFILTERED**  
**WITH THE MOTHER**

For more info or to buy  
Yvonne 082 300 8624

Here's to lots of good sleep.

and if you have the time, I'd love to have your comments.

Steve

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