

## Natural Insomnia Cure

Common sense is a good place to start when it comes to talking about foods and herbs for sleep. For example do not eat large heavy meal just before bedtime. This may lead to general feeling of discomfort, leading to increased energy production and in turn greater alertness. Many herbs, herbal teas and plants have a reputation for promoting sleep. Most of these products are not regulated by the FDA, so either use will always have risk for impurities and undefined side effect. Sleep promoting teas are available in most supermarkets and grocery stores. These are the most risk free of any herbal preparation design to induce sleep. My favorite tea is Sweet Dreamz (chamomile and spearmint). Of course, this tea is caffeine-free. Chamomile tea has high calcium content and sometimes works well on children. Chamomile is mild herbal beverage that only a small amount of herbs. Medicine teas use significantly larger amount of herbals and usually require drinking several cups of the tea each day and a larger amount at night to achieve the desired sleep inducing effect. Most herbalists believe that herbs can be used safely in small quantities, even over a long period of time. But some herbs may have significant cumulative effects when taken regularly. Kava-kava for example, may produce skin or liver problems if used over the long period of time. This occurs because it is stored in the liver and may lead to chemical hepatitis. Pregnant women or women considering pregnancy should avoid herbs because their effect upon the developing fetus has not been studied. A final caution concerns the exposure of plant to pesticides and chemical. Be as certain as possible that any herbs you take not been treated with pesticides or other chemical. Herbs that are believed to have sleep-promoting properties include:

## About the Author

Natural gas service provider for residential and commercial, home or business, throughout Georgia. Easy to use and informative.

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