

Zzzzz

Zzzz's Remedies:

- Green leafy vegetables, pumpkin seeds, nuts, edamame, and bananas are rich in Mg, helping muscles relax and induces a sleepy state.
- Some varieties of red grapes have high levels of melatonin which helps us go to sleep.
- Vitamin D and Omega 3
- Valerian Root is native to Asia and Europe. It has been used to promote relaxation and sleep since ancient times and contains the antioxidants hesperidin and linarin which appear to have sedative & sleep enhancing properties.
- Chamomile is commonly regarded as a mild tranquilizer, decreases anxiety & initiate sleep.
- Lavender originated in the Mediterranean and has research showing it helps to relax, settle the nerves and sleep.
- Lemon Balm leaves are dried to make tea used as a sleep aid since the middle ages.
- Passionflower improves sleep & when combined with valerian root helps to reduce anxiety.
- Magnolia bark is a flowering plant that has been around for 100 million years. A tea from this consists of the dried buds and stems and is used to promote sleep, relaxation, to treat allergies & asthma, to ease anxiety, and more.

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