



For this year's newsletter, I would like to send out to you a thought each month for your vital health. If you can make only 12 changes this year, you will feel more vital and alive each day. Save on sick days, doctor's bills, synthetic toxic meds etc. and take deep responsibility for your health...

Resolve to Sleep (January)

A good night's sleep is a requirement for a healthy body and immune system. Having a good night's sleep is entirely based on a healthful lifestyle throughout the day. Also, having a consistent evening routine will put you in the mood for sleep.

- A restorative night's sleep starts with a consistent morning routine (see our recommended **Ayurvedic morning routine**). Remember to unclutter the bedroom in the morning, so that the evening routine is peaceful (clear underneath the bed, make the bed, have only a few restful books by the bed).
- **Lunch should be your biggest meal of the day.** Our digestive fire is strongest at lunch; so this is the natural time to eat a large meal and not experience weight gain.
- **Dinner should be light and eaten early (between 5:30 and 7:00).** If your body is working hard to digest food, it can not settle down for sleep.
- **Moving, outside in nature clears the mind for sleep.** Nobody in our culture is so busy that they cannot walk 10 minutes in the morning, 10 minutes after lunch, and 10 minutes after dinner.
- **Resign to after 8:00 pm being the body's restorative time:** light reading, knitting, quiet board games, light house pick-up (no major projects). No, you do not get more done by doing projects at night; you will actually get less done by being sick more often or more tired throughout the productive part of the day, increasing your rate of mistakes and re-dos.
- **At 8:00 pm or so, prepare a warm drink.** Some healthful options: organic warm milk with a ½ teaspoon of nutmeg (relaxation) and ¼ teaspoon of cinnamon (blood sugar regulating, **Passiflora's Sanctuary tea** (2 teaspoons for 6 oz of water) or TAZO CALM (2 tea bags). Repeat the same drink at 9:00 pm if you so desire.
- **Remember that the TV set in the bedroom is toxic to your health and well-being.**
- **At about 9:00 pm, prepare a relaxing bath with Epsom salts (removes toxins, puts in magnesium) or take a warm shower.** After the shower apply sesame oil to base of your feet. Choose a favorite essential oil to apply to your feet and heart area: Wisdom of the Earth Lavender (Fine), White Spruce, Rhododendron or Sandalwood.
- **Get into your bed in your uncluttered bedroom by 10 pm** (If we stay awake until 11 pm you enter the fiery time of the night and want to stay up until 1:00 am. Unfortunately your immune system will pay the price.)
- **Remember to take 400 mg of magnesium a day. Take it at night if you are prone to lack of sleep.** Magnesium does over 300 functions, including allowing our muscles to relax, and many of us are magnesium deficient. This is one of the reasons the Epsom salt baths are so important to your sleep.
- We would be glad to prepare you a safe, gentle herbal sleep tincture containing plants that have been used for over 2000 years, such as Chamomile, Catnip, Lemon Balm, Passiflora, California Poppy, and Hops, under your guidance.

Our best wishes for your health in 2007.