

Mindful



Health

Newsletter

Vol. 2 • Issue #3

Sleep deprived? Do you have trouble falling asleep? Do you have difficulty staying asleep? One in 10 Americans suffer from insomnia and rely on sleep aids such as Ambien and Tylenol PM each night. Did you know that over-the-counter sleep aids can cause confusion, depression, dry mouth, and a worsening of symptoms? They also can be addictive. Instead of taking a pill let's find the cause of why you can't sleep.

POSSIBLE REASONS FOR INSOMNIA:

- 1- Caffeine. How recently did you drink coffee, tea, or soda? Did you just have chocolate?
- 2- Do you exercise less than three hours before bed? Exercise will revive your system so make sure you avoid it three hours before bed.
- 3- Restless leg syndrome. Do your legs jerk, cramp, twitch or kick involuntarily? This can cause sleeplessness and can be linked to a lack of magnesium.
- 4- High blood pressure.
- 5- Hypoglycemia: Try to have a small snack with a balance of fat, protein and carbohydrates about an hour before bed. This will help to balance your blood sugar.
- 6- Sleep apnea. This can cause irregular breathing and snoring and it affects the oxygen levels that reach the brain.
- 7- High cortisol levels. This can be caused from a wide array of issues including psychological stress, and physical stress on the body.

HOW CAN YOU SLEEP SOUNDLY?

- 1- Eat foods with tryptophan such as turkey, figs, bananas, whole grains, yogurt and dates before you go to bed. Tryptophan promotes sleep.
- 2- Avoid alcohol because it can disrupt sleep cycles.
- 3- Avoid caffeine after lunch.
- 4- Take a hot bath.
- 5- Try Valerian tea.
- 6- Take a calcium/magnesium supplement.
- 7- Exercise in the late afternoon.
- 8- Come in for a scan and let me check your hormones, and your allergies to find out if this is the cause of your problems!



Come visit my website at
www.mindfulhealth.biz
for more information.

Confused about all of the health theories that are out there? Looking for some answers?
Do you want to have a unique program tailored to your lifestyle and needs? Why not consider
a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629
for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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RECIPE FOR A BETTER NIGHT'S SLEEP:

Turkey Burgers

"Eat Right for your Type"

- One pound ground turkey
- 2 slices of spelt or Ezekiel bread
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 eggs
- Handful of chopped fresh parsley
- Pinch of salt
- Oil for frying



Place ground turkey in a large bowl and shred the bread over the meat. In a skillet, heat oil over medium heat. Add onion and sauté until soft and golden; add to bowl. Beat eggs in a small bowl until light and pour into bowl with turkey. Add chopped parsley and salt. With your hands, mix the ingredients gently but completely, using a very light touch. Do not condense the mixture; keep it fluffy. When ingredients are well mixed, shape them into 5 or 6 patties and cook in olive oil over medium heat until brown, about 5 minutes. Turn and continue to cook another 5 minutes. Cover pan, reduce heat, and let them steam just a little, until the juices run clear. This also keeps the turkey burgers moist. Serves 6.

UPCOMING EVENTS:

September 12 : "Balance your Hormones Naturally" Sept 12, 2005 6:30-8:00. 1133 Broadway Suite 1023. **Call 212-956-7629 to RSVP.**

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