

## **POTIONS, TEAS, VITAMINS, DRINKS, MASSAGES AND HERBAL BATHS HELPFUL IN INDUCING A GOOD NIGHT'S SLEEP**

1. A herbal bath can soothe your nerves and relieve insomnia. Boil 2 ounces of Balm leaves in water for a few minutes, then let steep for 20 minutes. Strain and add to your bath water. Your bath water should be warm, but not hot, as the latter could stimulate rather than soothe.
  
2. Make a tea out of one or several of the following herbs: Catnip, Cowslip, German Chamomile, Hops, Passion flower, Valerian, Balm, Linden and Melissa. Drink several times a day if possible.
  
3. Inositol, one of the B vitamins, as well as pantothenic acid, both help induce sleep. Try one or even both together. Inositol: 1 to 3 grams an hour before bedtime. Pantothenic Acid: 1/2 to 2 grams an hour before bedtime.
  
4. Tryptophan is a natural amino acid which induces sleep. Combined with calcium it can be even more effective. Try the following program:
  - (a) 3 tryptophan tablets half an hour before bedtime.
  - (b) 1 chelated calcium and magnesium tablet 3 times a day and 3 tablets half an hour before bedtime.
  
5. Turkey is an excellent source of tryptophan and milk of calcium; therefore, a turkey sandwich with a cup of warm milk at bedtime might cure your sleeplessness. A cheese sandwich would also help, as cheese (as well as milk) contains both tryptophan and calcium.
  
6. Make an effective sleeping potion:
  - (a) Combine 1 tbsp. tincture of Valerian (from a pharmacy), 1-1/2 tsp. of apple cider vinegar, 3 tbsp. of honey and 2 tbsp. of gin or vodka in a cup. Stir.
  - (b) Add 2 tbsp. or more of hot milk and stir again.

Drink this mixture warm or hot half an hour before bedtime. If you are not asleep within an hour, repeat the dose. Do not drink more than 2 doses in an evening.

7. Massage the soles of your feet with mustard oil at bedtime.