



HEALTH & HEALING

Getting a good night's sleep

by **Mike Ventresca**
Vital Choice

Getting a good night's sleep is often easier said than done. Sometimes you spend hours just trying to fall asleep, while other nights you're out like a light only to awaken a few hours later hopelessly unable to fall back to sleep.



Mike Ventresca

As a result, many people turn to over-the-counter (OTC) or prescription sleep aids. Unfortunately like most medicines, OTC and prescription drugs have potential side effects ranging from a "sleep hangover" experienced the next day, to much more serious side effects like those associated with the drug Ambien®.

While the research is still inconclusive, it would appear Ambien® is associated with incidents of sleep walking, sleep eating, phone conversations, shoplifting and even driving — of which the subject has no memory! In fact, the famous actor Jack Nicholson has been quite outspoken about his sleep driving experience with Ambien.

So is there anything that can promote a good night's sleep without unwanted side effects? The answer is YES!

Herbal remedies have been used safely for centuries for insomnia. In modern herbal medicine, the leading herb for insomnia is

Valerian. Valerian root makes getting to sleep easier and increases deep sleep and dreaming. In one double-blind trial researchers found that Valerian extract is comparable in effectiveness to a commonly prescribed drug for insomnia called oxazepam (Serax®). Other herbal remedies commonly used for promoting sleep include Magnolia (historically revered for calming emotional turmoil), Lavender (used to combat occasional stress) and Passion Flower (now recognized by the prestigious German Commission E as an important herb to help counter restlessness).

If you are having difficulty getting a good night's sleep, I recommend **TRANQUILNITE™ Plus**. TRANQUILNITE™ Plus combines a highly effective preparation of Valerian root extract with a host of other sleep and calming remedies including Magnolia, Hops, Lavender, Passion Flower and Ginger (a source of naturally occurring melatonin).

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional. 00135663



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