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Recipe for Natural Sleep Aid

Dr. Axe, July 25 2016.

Bedtime Kefir with Turmeric and Cinnamon

INGREDIENTS:

- 1 cup goat's milk kefir
- ½ teaspoon ground turmeric
- Dash of cinnamon to taste
- Dash of nutmeg to taste

DIRECTIONS:

1. Place the kefir in a mug.
2. Add the turmeric and blend well.
3. Top with cinnamon and nutmeg.
4. Sip before bedtime.

If you decide to warm the kefir, make sure you don't boil it. Regardless, heating it causes loss of useful probiotics, but it won't cause the loss of the natural sleep aids magnesium and calcium.

Precautions with Natural Sleep Aids

Always make sure you start with small amounts of any new food, herb or essential oil, as different people have different reactions to certain foods. If you notice anything unusually, stop the treatment immediately. Also, if you have been on prescription medication for sleep or any other medication, please consult your doctor first.

Final Thoughts on Natural Sleep Aids

Sleep is a crucial part of our health and healing. Take it seriously, and seek out the help of a functional medicine practitioner if you can't get your sleep under control. Stay away from synthetics and stimulants, and try the following natural sleep aids instead:

Tryptophan and serotonin foods, Calcium, Magnesium, Essential oils, Passion flower, Valerian root, St. John's wort.

In addition, consider using a journal to track the results so you can better determine what works for you, and make sure you get a good night's sleep every night. Your health

depends on it.