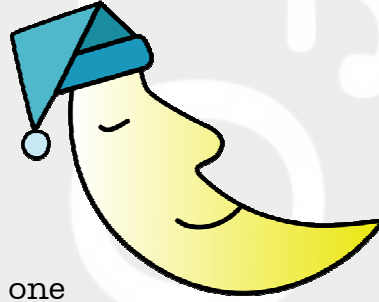


## Catch some Zzzzsssss!

In a study that followed more than 68,000 U.S. women for 16 years, researchers found that those who caught more zzz's each night tended to put on less weight during middle-age. What's more, women who typically clocked 5 hours of sleep were one third more likely than those who slept for 7 hours to have a substantial weight gain -- 33 pounds or more -- during the study period.



The findings, published in the American Journal of Epidemiology and presented earlier this year at a medical conference, add to evidence that sleep habits affect a person's weight.

There are many ways to get the zzzz's we're talking about. Biochem's Tension RX nighttime remedy may just be the ticket. It contains nutrients that support proper sleep patterns, which are vital for recovery and well-being. The calming effect reduces stress and mental fatigue, helps increase brain serotonin which normalizes sleep patterns. Tension RX also helps to increase daytime energy. Citicoline helps maintain cognitive function in mature adults and the Suntheanine (L-Theanine and GABA (gamma-aminobutyric acid) supports sleep patterns.

Human clinical research suggests that Suntheanine may have applications in improving the quality of sleep, diminishing normal symptoms of premenstrual syndrome (PMS), improving learning performance, heightening mental acuity, promoting concentration, reducing negative side effects of caffeine and supporting the immune system. Suntheanine is protected by over 40 U.S. and international patents for its various physiological efficacies and L-isomer specific production processes.

Those of all ages can benefit from lavender essential oil. Research indicates that the oil increases beta waves, resulting in greater relaxation and less depression. Lavender oil is one of the few oils that can be used directly on the skin. Apply a few drops to pulse points or the back of the neck for immediate relaxation. For children, you could add the oil to a diffuser or apply directly to skin.

Light stretching exercises before bed are okay to do. This will relax the muscles. Calming music like Peaceful Music for Sleep by Dr. Jeffrey Thompson's is a good CD. If for some reason you didn't get a good night's sleep you can do my favorite yoga pose. Legs up the wall for 10-20 minutes. You come down slowly and lay flat for a few minutes before getting up. With the increase of blood flow to the brain you will feel as if you had a nice long nap. This can help some headaches too. Have a great night's sleep!