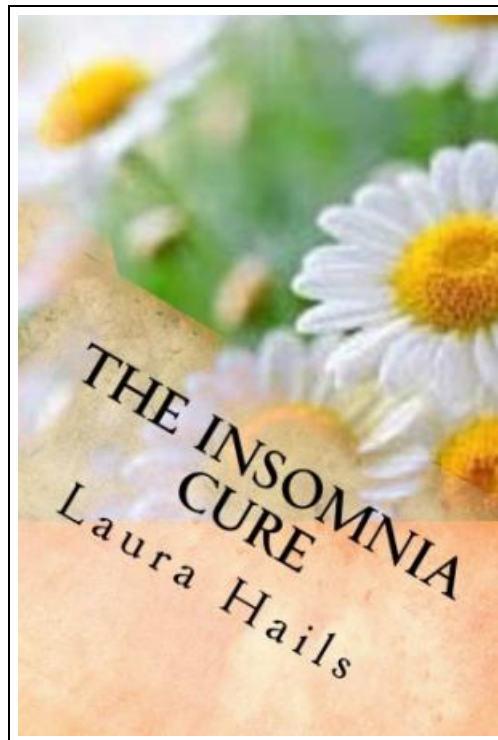


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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Insomnia is a very common problem that takes a toll on your energy, mood, and ability to function during the day. Chronic insomnia can even contribute to serious health problems. It is estimated that as many as 30 percent of adults suffer from some form of insomnia and many turn to medication in an attempt to solve the problem. But you don t have to resign yourself to sleepless nights. The good news is that most cases of insomnia can be cured with changes you can make on your own, just a few tweaks in your diet may be all that is needed to end insomnia for good. Common vitamins and minerals found in certain foods have been shown to improve both the quality and duration of sleep. By addressing the underlying causes and making simple changes to your sleep environment and your diet you can put a stop to the frustration of insomnia and finally get a good night s sleep. The food we eat creates the person that we become, eat healthy, nutritious food and you will look radiant, have more energy, become more active, sleep more soundly, lose excess weight and ultimately, achieve more. This book will explain what a nutritious diet should look like, tips on how to introduce a healthy diet into your life coupled with an explanation of the specific foods that you should be consuming more of to help you banish insomnia from your life for good and to finally reap the benefits of a regular good night s sleep.



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