

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Having trouble sleeping?

Sleep is essential for our health and wellbeing. It allows our body to rejuvenate and restore itself. Sleep deprivation is one of the biggest causes of aging. Chronic tiredness can increase your risk of depression and anxiety and also affects the way that you respond and react to the people around you.

It can also affect your cognitive ability and your ability to use your brain. This can cause you to be less constructive and creative. It can decrease your ability to think quickly which may impair your ability to drive or do daily tasks. There is no set amount of time that everyone needs to sleep, since it varies from person to person. Studies indicate that people are generally most effective when they sleep an average of seven hours, but people can find anywhere between five and seven hours okay for them.

Insomnia and stress can be caused by deficiencies in certain nutrients. The foods that we eat can help us to gain those nutrients and help us sleep. These seven simple foods can help us get a good night's sleep at last so that we can feel refreshed and energized in our daily life.

Bananas: Bananas are a delicious sleepy time fruit. They balance melatonin and serotonin levels, which are the neurotransmitters necessary for deep sleep. They also contain magnesium, which is a muscle relaxant.

Chamomile tea: Chamomile is a mild sedative that calms and relaxes, making it the perfect natural antidote for restless minds and bodies.

Honey (preferably raw honey): While sugar is stimulating, honey helps the brain to turn off because it contains orexin, a recently discovered neurotransmitter that's linked to alertness.

Potatoes: Potatoes contain tryptophan, which will ensure you get your ZZZZZZZs.

Oatmeal: Oats are a rich source of sleep inducing melatonin.

Almonds: A handful of almonds can help one relax and unwind because they contain the snooze-helping nutrients tryptophan and magnesium.

Flaxseeds: Flaxseeds are a rich source of omega-3 fatty acids, which make them a natural mood lifter. Many have found that switching from olive oil (low omega-3) to walnut oil (high omega-3) and flaxseed-oil capsules (very high omega-3) helped sleep, balance, and even moods to improve.