



SLEEP

Did you know unresolved sleep problems can lead to health related complications including diabetes, depression, high blood pressure, heart attack and stroke? One of the ways you can determine whether a family member or friend could benefit from homeopathy, is to evaluate their sleep quality. According to the American Academy of Sleep Medicine, more than 70 million people in the United States have a sleep condition and most are unaware they have a problem.

Different individuals require different amounts of sleep, thus insomnia does not depend on the number of hours one sleeps or by



how quickly one falls asleep. Rather, it depends on the quality of sleep, or how one feels after sleeping. If a person is feeling drowsy and fatigued during the day, or wakes up not feeling refreshed, they may be experiencing insomnia even if they are sleeping eight hours a night. Simply defined, insomnia is the inability to get high-quality sleep.

Poor sleep can leave you feeling tired and irritable during the day and can affect memory and concentration.

As stated earlier, studies have shown insomnia to be a precursor to depression. However, insomnia is also a very common symptom of depression, with an estimated 80% of depression sufferers reporting trouble sleeping.

Unfortunately, most disregard this early warning sign and suppress their sleep problems with sleeping pills, which, often cause a whole host of other symptoms and issues. On the contrary, homeopathy has proven to be very effective for sleep conditions, as homeopathic medicines are selected on the basis of symptoms, cause, family history and constitution of the person affected.

STRESS & ANXIETY

Homeopathy, because of its individualized treatment, is excellent for reducing stress levels! Each person reacts differently to stress. A healthy response to stress begins quickly; is appropriate in degree and in length; and can improve function, motivation, and productivity. An unhealthy response to stress is one in which the body stays in the stress mode for long periods of

HOW CAN I DETERMINE IF MY FRIENDS OR FAMILY CAN BENEFIT FROM HOMEOPATHY?

time. Here are some questions to evaluate stress levels:

1. When feeling agitated, do you quickly calm down?
2. How easily do you let go of your anger?
3. Are you seldom distracted or moody?
4. Do you worry a lot?

In response to a stressful situation, the brain first signals the adrenal gland to release hormones (e.g., adrenaline) that initiate the "fight-or-flight" response. Then, the brain triggers release of other hormones, (e.g. cortisol), to sustain this response. The effects of these hormones on the body include:

1. Changes in digestion including Obesity
2. Dilation of blood vessels
3. Increased breathing rate
4. Increased heart rate and blood pressure
5. Increased blood sugar levels...

The more the body's stress system is activated, the harder it is to shut off the "fight-or-flight" response, which, if left untreated, increases risk of high blood pressure, blood sugar levels, and obesity.

Many misunderstand stress, and think they can overcome it by sheer willpower. Unfortunately, wishing the symptoms away does not work. However, **there are thousands of homeopathic medicines shown to effectively help patients positively process stress.** I have practiced homeopathy for over 15 years and and I am most excited about the results homeopathy has to offer this common problem perplexing our society.

IMMUNE SYSTEM

Another area to pay attention to is the strength of the immune system. A good case of this is when you catch a cold or flu from a sick coworker, while others in the same environment remain unaffected. Only those with the immune system functioning below the norm have an increased risk of getting sick. Here are some questions to

help you in suggesting homeopathy to your friends or family:

1. Do they get sick often?
2. Do they have a symptom that is not getting better over time?
3. Are they taking regular prescription drugs?

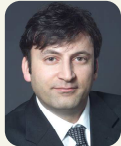
A strong immune system is essential for health, but to strengthen the immune system, one must address the needs of the whole body. For instance, a person is not balanced and cannot have a strong immune system, if they are not sleeping well or have issues with stress or anxiety! Homeopathy is an invaluable ally for treating both acute and chronic conditions. Homeopathy stimulates an accelerated immune system response, which releases underlying energetic blocks and trauma imprints, and provides a non-toxic, safe and natural system of healing. It is truly holistic as it takes into account the mind, emotions and the physical body.

From 2000 to 2006, American's spent \$12 billion to battle their conditions of heart attack and stroke! Today, these conditions are amongst the top three causes of death in America. Additionally, US alone accounts for 45% of total worldwide expenditures for drugs, although the US makes up less than 5% of the worldwide population.

One would assume we are becoming healthier with the amount of money we spend on drugs, but according to the World Health Organization, US is ranked amongst the world's unhealthiest nations. It ranked the US health care system 37th in overall performance and 72nd by overall level of health.

It is important to encourage your family and friends to take action before the signs of deteriorating health start to intensify. Not being proactive reduces your treatment options and can lead to more serious health conditions with life long medications and side effects. Homeopathy excels at restoring and maintaining your health. Always remember that "An ounce of prevention is worth a pound of cure!" We're here to help.

- Ben Ta'ati, CCH



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