

CAN'T SLEEP ?

by

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Trouble falling asleep, staying asleep, tossing and turning, waking and not being able to get back to sleep, awakened easily by minor noises, frequent nighttime urination? The problem may not be the bed, the prostate, the bladder or noise. Insomnia can be caused by a **nutritional deficiency!** If you are nutritionally deficient, your nervous system can get “edgy” and even minor disturbances will interrupt your sleep pattern.

If you are one of the million American's who suffer with insomnia, there may be a simple inexpensive solution for you that has been used by nutritional experts for years. A whole food supplement, processed from organic fields with no chemicals known as **Catalyn** is a micro-dose multiple vitamin, mineral and trace mineral food concentrate. Because it is in its “natural” state, it is more bio-available to the body. In addition to the Catalyn, another product named **Min-Tran** should be added to the protocol. This is a nutritional concentrate of alfalfa and kelp extract with calcium lactate and magnesium citrate. This formula provides for better absorption of the minerals. Taking the proper dosages of both these natural formulas before bedtime can provide you with that restful night sleep you've been missing.

If your insomnia is caused by nutritional deficiencies, you will be quickly amazed. You will wonder where all the aches and pains, tossing and turning and noises went. You may even find that those bathroom trips have virtually disappeared.

Both products are inexpensive and available at A Wellness Center & Spa 770-966-8000.