

# Advanced Melatonin



I don't have to tell you that if you don't sleep well, health deteriorates. Good sleep is an integral part of good health. If you step back, like Archimedes, step way back away from the planet and have a look at the earth rotating on its axis. Now use your imagination and watch the rotation of the earth as each continent, each country around the globe falls away from the sun and is engulfed in the great shadow we call Night. Now picture the population of each country climbing into their beds for the night. Why is it that we humans all need to sleep? All of us? We can examine that question on many different levels. All six billion of us have to sleep and sleep for many, many hours. Most of us would like to sleep for 8 hours per 24- - hour cycle. Not everyone can do that but it's the ideal biologically. For one thing, it makes me feel a little safer knowing that evil dictators and maniacal megalomaniacs HAVE to sleep too. We humans are so smart we know how to kill off our species in awesome ways. Thank God, everyone needs to take a break and sleep. So it's kind of a cosmic relief that humans HAVE to sleep. Sleep gives us as individuals pause in our lives, time to reflect, time to dream. It's a time to reset the algorithms, recharge the batteries. It's a time to renew and refresh. Some tips for you try if you have trouble sleeping eight hours a night:

**1. Make sure** your bedroom is dark. Blinking lights from cell phones on the charger need to be hidden. Turn your bedside clock away from you. Close the shades and drapes. **2. Do not look at** computer screens, the TV or other light sources directly before going to bed. For your last waking hour, conversation with your mate, your kids or reading a book is better for your circadian rhythm. **3. If you job allows** it sleep during the night, not the day. **4. As you prepare to sleep** and you lay there, it's a great time for reflection, rumination and especially gratitude. **5. If there is a perplexing problem** going on in your life, this is the perfect time to frame the question and trust that your subconscious, Source, God or whatever belief system you ascribe to, can help bring an answer. This is not a time to worry about the problem but to seeking guidance. Those who don't believe in a higher source can be assured that 90% of your brain can help find solutions while you sleep. **6. Upon awaking, find gratitude and pay attention** to whatever answers come to you. The answers to my questions usually are waiting for me in the morning as I awake. Be conscious of the fact that those answers are always brilliant.

**Affirmation: I sleep restfully and peacefully at least 7 or 8 hours every night.**



Smile!

Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

**Garey's Signature Guarantee:** I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!** Thank you!

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