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**When we sleep, we grow & heal**

Sleep is so important for healing that we have decided to dedicate a whole newsletter to it. You have all heard us say that the hours of sleep before 11 pm are twice as restful as sleep after 11 pm. So how do we do that? Here we have outlined some basic sleep hygiene tips, nutrients to assist sleep, and helpful tips to shut off your mind and go right to sleep.

Our growth hormone rises at night not only to promote growth but to heal our cells and organs. This is why babies and teenagers need so much sleep; they are going through a period of tremendous development! Sleep is essential to make sure growth hormone rises. As we age this hormone naturally decreases.

During sleep our bones remodel. This means that any thin parts are thickened, and damaged parts are repaired. Thus sleep is very important for bone strength and health.

While we are sleeping our liver detoxifies hormones, medication, supplements and other toxins produced by our body. This happens between 1:00am to 3:00am. If you find yourself waking between these hours, it may be time for a liver supportive cleanse.



**Sleep and Traditional Chinese Medicine (TCM)**

In TCM, our balance of yin and yang in the body needs to be optimal to allow for adequate sleep. Today in North American society we tend to be fast paced and dominated by “yang activities”. We need to ensure we have balanced this with an appropriate number of “yin” activities. These include gentle stretching, sea salt baths, yoga, meditation, sleep, and various other quiet activities such as walking in the forest, listening to quiet music, enjoying a cup of herbal tea on your patio, journaling, etc. Yin can also be nourished by consuming foods that are red, black, or blue in colour or that contain high water content such as berries, watermelon, dark leafy greens, meats, molasses, seaweeds, and water.



**You Actually Are “Falling” Asleep...**

A clue that you are on your way to sleep is that your thoughts begin to become abstract, disconnected, or dream like. You may also experience a hypnagogic jerk or sleep start. This is an involuntary whole body twitch or muscle contraction, often accompanied by a falling sensation. You need to embrace these beginning stages of sleep as you are literally feeling yourself “falling” right to sleep!

**Additional Treatment for Insomnia**

If you’ve tried many suggestions for your sleep woes, but still experience insomnia, maybe it is time to try a therapy specifically for your insomnia. These may include Cognitive Behavioural Therapy (CBT), Reiki or Acupuncture.

**TURKEY PASTA**

- 1 Tbsp extra-virgin olive oil
- 4 carrots, thinly chopped
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 zucchini
- 1 lb chopped mushrooms
- 1 red pepper, chopped
- 4 stalks celery, chopped
- ½ cup water
- 2 Tbsp tamari
- 1 tsp sea salt
- 2 cups cooked, chopped turkey
- 1 pkg. brown rice pasta
- 1 3” wakame piece

Sauté onion in extra-virgin olive oil over medium heat. After two minutes, add garlic, carrots, red pepper, celery, zucchini and mushrooms. Cook until tender. Add water, turkey and seasonings. While this is cooking, boil water and add wakame. Cook pasta until al dente. Remove wakame and chop finely, add to turkey mixture. Pour turkey mixture over pasta and serve.



**Clinic News**

New office hours for Dr. Grant & Dr. Tabrizi:

Laura Grant:

- Mon: 9:30am – 2:30pm
- Tues: 1:00pm – 8:00pm
- Thurs: 9:30am – 2:30pm
- Fri: 9:30am – 2:30pm

Lisa Tabrizi:

- Mon: 12:00pm – 4:00pm
- Tues: 8:00am – 1:00pm
- Wed: 8:00am – 4:00pm
- Thurs: 3:00pm – 8:00pm

Dr. Peters’ hours are remaining the same

Lori Goldblatt is available for Reiki and Hot stone relaxation treatments  
Wednesdays 2pm-8pm  
Fridays 8am-12pm

Sylvie Hebert is available for CranioSacral therapy Tuesdays from 11am-5pm.



**10 Tips for a Restful Sleep**

1. **Shut off screens** This means TV, computer, cell phone, etc. The fast moving and bright lights on these devices stimulates the brain.
2. **Turn down the lights** Light shining into the eyes inhibits the pineal gland from producing melatonin, our sleep inducing hormone. This also means night lights, if needed should be red.
3. **Keep your bedroom for sleep only** Take your desk and TV out of the bedroom.
4. **Do not eat for 3 hours before bed** Digestion warms the body; the body needs to be a couple of degrees cooler to have a restful sleep.
5. **Listen to nature sounds or music without words** Try to avoid listening to the news before bed. The subject of your dreams will be more peaceful.
6. **Meditate** It helps to relax the body and clear the mind.
7. **Sip herbal tea in the evening** Teas made from any of the herbs below help to calm the mind and promote sleep.
8. **Relax your muscles** Relax your muscles progressing from your toes to your head – it is like counting sheep.
9. **Maintain a regular sleep schedule** Go to bed at the same time and wake at the same time daily, weekdays and weekends, winter and summer.
10. **Breathe deeply** Inhale to raise your belly and inflate your lungs for 4 counts, exhale your belly to your core for 6 or 7 counts

**Nutrients & Foods for Sleep**

**Tryptophan** – 5-hydroxy-tryptophan is the precursor for serotonin in our brains. Serotonin is the neurotransmitter that helps us to feel good and calm. Taking B6 with tryptophan enhances its effects. Foods rich in tryptophan include turkey, oats, cheese, bananas, hazelnuts, and pumpkin, sesame and sunflower seeds.

**Magnesium** – relaxes the muscles, lowers blood pressure and eases tension. Found abundantly in organic dark green leafy vegetables such as kale, collards, chard, spinach, rapini, broccoli, and sea vegetables.

**Potassium** – vital to the functioning of the body's cells, organs and fluids, including the heart and digestive organs. Low levels of potassium can cause muscle spasms and contractions that interrupt sleep. Good sources of potassium include bananas, avocados, tomatoes, potatoes, lima beans, salmon and chicken.

**Upcoming Events and Workshops**

**Reiki Info Nights:**

Lori Goldblatt, traditional Reiki Master, will be presenting an informational session discussing Reiki, what it is, its uses & who can benefit from it.  
 Thursday, Sept. 15<sup>th</sup>  
 Monday, Sept. 19<sup>th</sup>  
 6:30-7:30pm

**4-Week Meditation Workshop with Lori Goldblatt:**

Beginning Wednesday, Sept 14<sup>th</sup>  
 5:45-6:45pm

**Transformative Mindfulness Techniques with Lori Goldblatt:**

A 4-week course to deepen the understanding and awareness of ourselves through Transformational Self Healing.  
 Beginning Wednesday, Sept. 14<sup>th</sup>  
 7-8:30pm

**Limited availability – contact the office for more details or to register**

**Herbs for Sleep**

**Valerian** – *Valeriana officinalis* has strong sedative and pain-relieving effects. The root can be steeped as a tea before bed.

**Catnip** – *Nepeta cataria* supports the nervous system, providing stress and pain relief. Though it stimulates cats, it is sedative for people and is an excellent herb for children.

**Passionflower** – *Passiflora incarnata* has a strong sedative and nerve calming effect. Use from organic grower as wild populations are at risk of depletion.

**Scullcap** – *Scutellaria lateriflora* is known for its excellent nerve calming effects. It is a sedative that relieves stress, anxiety and pain while nourishing the nervous system.

**Chamomile** - *Matricaria recutita* has mild calming and soothing effects for the nerves. It can be consumed as a tea before bedtime.

**Ashwagandha** - *Withania somnifera* helps our body's ability to cope with stress and has sedative effects which benefits insomnia.



Naturopathic Perspectives  
 Dr. Caralei Peters, ND  
 Dr. Laura Grant, ND  
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