

## **SUPER FOOD HONEY AS NATURAL INSOMINIA CURE**

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### **ABSTRACT**

Effective Non Drug Treatment for Insomnia and Sleep Disorder

#### **Key words:**

Effective Honey, Cure Insomnia

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### **INTRODUCTION**

Sleep Can Be Induced by Consuming Food Rich in a Nutrient Called Tryptophan, As Well As Foods That Contribute to the Body's Natural Production of Tryptophan and Serotonin, A Hormone Which Promotes Relaxation by Signaling the Brain Its Time to Sleep.

#### **Benefits**

1. Ensures Adequate Liver Glucogen Store For Eight Hours of Sleep [This Prevents or Limits The Early Morning Release of Two Stress Hormones, Cortisol And Adrenaline].
2. Stablizes Blood Sugar Levels.
3. Contributes To The Release of Melatonin, The Hormone Required For Both The Recovery And Rebuilding of Body Tissues During Rest.

#### **Mechanism of the Process**

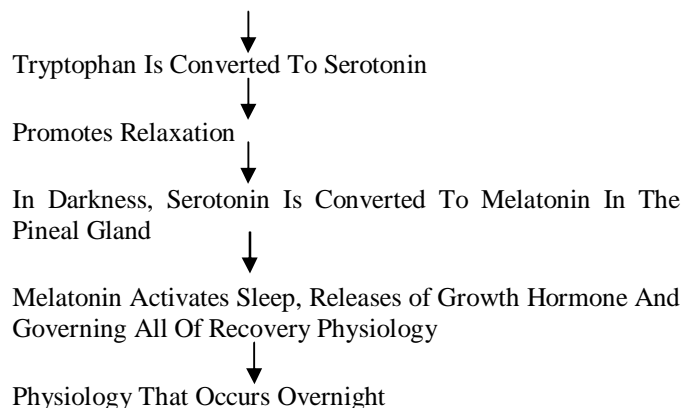
The Glucose Moiety [Portion] of Honey Passes From The Gut, Through The Liver Circulation And Into The General Circulation Producing A Mild Glucose Spike



The Mild Elevation of Blood Sugar [From Glucose] Prompts A Controlled Release Of Insulin From The Pancreas



The Presenceof Insulin inthe General Circulation Drives Tryptophan intothe Brain.



#### **Home Remedies**

- Add One Teaspoon of Honey To Cup Of Warm Milk Drink Before Bedtime.
- Prepare One-Half Glass of Orange Juice Diluted With An Equal Amount Of Lukewarm Water. Add Two Teaspoon of Honey And Drink Just Before Bedtime.
- Add one Teaspoon of Honey To A Cup of Warm Peppermint Tea
- or You Can Simply Take A Spoonful of Honey Before Going To Sleep.

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