



SLEEP ON ITS OWN ISN'T RELAXING

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Do you regularly have a solid 7 or 8 hours sleep a night? Perhaps you have trouble falling asleep at night? Or do you wake up in the wee small hours and have trouble getting back to sleep?

There are so many factors that impact our sleep. What you may not be aware of is that sleep on its own isn't relaxing.

Restful, restorative sleep is result of calming down the body and the mind first. Our mind frequently takes us on detours that we don't need to go on. Rather than searching for a remedy outside of yourself, restful sleep is the result of having a quiet mind. And that the work takes place, internally.

To improve your sleep you must first ensure you arrive in bed feeling relaxed, settled and ready for sleep. If you're not relaxed before your head hits the pillow – you're stealing from your tomorrow. Good sleep hygiene begins with preparing for bedtime by relaxing in the evening.

One hour before bed, give yourself the ultimate five star turn down service. Your senses, body and mind will thank you.

Try these tips before bed and notice how you feel when you wake:

- Massage warm sesame oil onto your feet to help you relax before going to sleep. Put socks on after to not stain your sheets.
- Take a break from screens to allow your body to feel its fatigue and start to relax BEFORE you go to sleep.
- Go to sleep by 10pm. If you go to bed late, slowly wind back your bedtime until you feel consistently well-rested upon waking.
- Don't eat after 6pm – your digestion should rest while you sleep.

And don't give up! Quality sleep is crucial for you to put your best self forward every day – it's the foundation to everything else working well AND it is achievable for everyone.

Warming Sleep Tonic

If you're depleted or have trouble sleeping, here's a great sleep tonic recipe. It's a lovely alternative to hot chocolate that is nutritious and tasty AND helps improve sleep. Try this before bed for a week and observe the quality of your sleep.



Ingredients:

- 1 c of milk from nut, bean, grain or animal
- 2 medjool dates
- 3 almonds (preferably soaked overnight)
- 1 tbsp coconut flakes (optional)
- 1 tsp ghee
- pinch of saffron
- pinch of cardamom
- pinch of nutmeg

Method:

Warm milk in a saucepan. Blenderise all remaining ingredients and add to warmed milk. Stir. Do not boil. Turn off heat and allow to set for 10 minutes. Add black pepper + honey to taste.



Becs is a certified Ayurvedic Health Coach. She's the face behind [heartspace.co.nz](https://www.heartspace.co.nz) & GOOD CHANGE, a women's health coaching programme exploring Ayurveda, Behavioural Science, Nutrition & Mindset.

Boost vitality this winter



Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ LTD, Auckland, TAPS PP1103.



Wild Oregano

Oil of Oregano has traditionally been used by herbalists to help support the immune system and to maintain healthy intestinal flora. Wild Oregano oil has been found helpful to support respiratory mucous and may help with skin health.



Ashwagandha

Ashwagandha has been used for thousands of years in Ayurvedic, Indian, and Unani practice and has been described as "Indian ginseng." It is classified as an adaptogen, helping the body to manage and adapt to stress. Solgar® Ashwagandha Root Extract Vegetable Capsules are suitable for vegans.



Quercetin

Quercetin is a non-citrus bioflavonoid that works in synergy with Vitamin C. Bioflavonoids are naturally present in fruit, vegetables and herbs, and are a class of powerful phytochemicals. They help maximise the benefits of Vitamin C as they prevent the breakdown of this immune supporting vitamin in the body.

Supporting your kid's immune system naturally over the cooler months.

WORDS BY Catherine Garney, Registered Clinical Nutritionist & Natural Health Consultant at Gate Pa Health shop and Clinic in Tauranga.

It is that time of year when there are a lot of sniffles, coughs and sore throats going around at schools and day cares. There is not much we can do about the bacteria and viruses our kids are exposed to, but we can strengthen and support their immune systems naturally, which will offer a defence against these threats.

Here are 4 ways you can support the immune system over the cooler months:

1. Support their gut microbiome with an age-appropriate probiotic supplement as well as probiotic foods such as sauerkraut, kefir, and yoghurt. 80% of the immune system is in the digestive system so populating the gut with daily dose of beneficial bacteria can help to support a healthy immune system.

2. Vitamin C is one of the most important nutrients for supporting the immune system. Vitamin C is not only essential for neutrophils, the white blood cells in our front line of defence, but also supports the production of lymphocytes our white blood cells which are important in antibody production and cellular immune function. Because our bodies don't produce or store Vitamin C, it is important that we have plenty of it every day in our diet.

Good food sources are strawberries, capsicums, broccoli, potato, pineapple, kiwifruit, oranges, and kale. Supplementing with an age-appropriate vitamin C over the winter months can give extra support. There are many brands available at your local Community Health Store suitable for kids, even drops for infants from 6 months and up.

3. Encourage kids to get outside and play in the sunlight. Research shows that vitamin D, which is made when our skin is exposed to sunlight, plays a vital role in the production of white blood cells that protect the body from illness. Vitamin D is also available as a supplement suitable for infants and children.

4. Elderberry. This immune supporting berry has high levels of naturally occurring flavonoids that support our immune defences. Elderberry extract is found in many immune support formulas for adults and children. Elderberry is known to support recovery for ills and chills. A great remedy to always have in your pantry over the winter months for the whole family.

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