

Dave's Sleep Formula

- **Sleep support**
- **Nerve and muscle support**

Sleep Formula is a combination of relaxing herbs designed to support nerve and cardiovascular function along with herbs high in minerals for muscle and joint health (relaxing too).

In our modern world of non-stop hustle and stress, over-stimulation may prevent a good night's sleep. Renowned herb Valerian is widely known to promote relaxation. Furthermore, Oat Straw (rich in calcium) and Lemon Balm leaf facilitate a healthy nervous system.

Sleep problems are one of the most talked about subjects. The medical field has long sought to remedy sleep situations with anti-histamines (making you drowsy). Other drugs create dependencies and have side effects such as feeling hung over in the morning. Some people can't live without them.

The Chinese see sleep this way: Your spirit resides in your heart. When the heart is disturbed, it sends vapors to the brain and the mind talks and you can't sleep. Chinese medicine also observed that each of the body's organs is active at certain times of the day. Modern science bears this out with a recognition that the liver detoxifies around 3 am. Waking at 3 am may indicate a liver imbalance.

Other factors may include digestive problems from eating too late or nervous conditions from stress. I look at the body like a business office which closes down in the evening. Somewhat later the cleaners and janitors arrive to put the building into good shape. Our body is similar. As our conscious mind sleeps, our organs are working to rejuvenate our body. In the morning we can wake up refreshed. Modern drugs diminish our organ activity during the night and we often wake up less-than-ready for a new day.

Every culture with a written herbal history uses heart herbs to help people sleep. My Sleep Formula is designed to support healthy functions of the digestive, nervous, and muscle and joints, and your body is able to rest.

Formula includes: Valerian, Eyebright, Oat straw, Melissa (Lemon balm), and Wild lettuce.



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Herbal Formula

Eyebright has been used traditionally to support healthy eyes. Chinese traditional medicine believes eyesight is linked to liver health. It is also supportive for normal gastrointestinal function (hard to sleep with digestive problems) and respiratory support.

Melissa (Lemon balm) has been used as a relaxant and cardiovascular tonic as well as promoting restful sleep. It assists in normal muscle function and a healthy digestive tract. Melissa helps to support symptoms of stress and also symptoms of uncomfortable periods.

Oat straw is rich in calcium and silica and adds mineral support for healthy muscle and joint function (including relaxation).

Valerian is herbal support for the nervous system. It is described as a sedative and has been used as a hypnotic in other cultures. Valerian naturally contains the amino acid responsible for calming; it is called GABA. It alleviates nervous tension. It also calms a nervous heart rate, uterine cramps, gas, and bloating.

Wild Lettuce It has been used historically for its sedative qualities. It has been used to help relax the muscles of the body.

More Testimonials:

Yeah! Finally something that works! Thank you! – *Gwen C*

I have had trouble sleeping for many years. Dave's Sleep has been a real help to me. Thanks Dave. – *Elaine P*

I have Fibromyalgia and sometimes have trouble staying asleep. This helped me so I wasn't waking up 2 to 3 times a night. – *Richaile P*

Love how it relaxes and puts me to sleep without feeling groggy. I love that my un-herbally educated friend (still hooked on her cokes) was the one who raved about it to me. – *Noni D*

Between Dave's Energy and Sleep Formulas, I am getting more accomplished. – *Miriam Z*

Traditional herbal uses

- Digestive support
- Eye health
- Heart tonic
- Immune system
- **Muscle & Joint support**
- **Sedative**
- **Sleep support**
- **Stress symptoms support**
- **Tension**