

Boost Your Digestion with “Bitters”

Have you noticed moments of burping or heartburn after lunch or dinner? Or even just a sense of excessive fullness that extends beyond the end of the meal? Digestive Bitters just might be an answer to your condition.

When a small amount of a bitter herb or green is available at the start of a meal, in about fifteen minutes, salivation has increased, and the digestive tract is preparing itself for dinner. In the stomach, bitters help by triggering the production of HCl, pepsin, and intrinsic factor, so that you can absorb the B-12, calcium, and proteins from your foods.

Bitters also work to contract the esophageal sphincter, preventing the movement of stomach acids upward. Let's follow the example of Europeans, who use bitters at the start of every meal, rather than depending on pharmaceutical drugs with their negative bone-threatening side effects.

Our bitters feature **Licorice, Dandelion, Gentian, and Angelica**, it will aid those with GERD by ensuring that the stomach contents are moved downward rather than allowed to reflux back up and out of the stomach. Bitters also act to heal any damage done to the lining of the intestines.

Reclaim Your Healing Sleep

According to the May/June issue of the Well Being Journal, “eight hours of deep, restful sleep a night will reverse adrenal exhaustion quickly (p. 16).” However, for many, that goal is easier said than done. Restless wakeful sleep is the unfortunate norm for many adults and children.

One question worth considering in the quest for a good night’s sleep: Are one’s needs for Omega-3 fatty acids being met? **Omega 3’s** are a main component of brain tissue, and are known for their calming effects, especially over time. **Cod Liver Oil** is now lemon-flavored, and works quickly to restore healthy omega-3 levels in the nervous and immune systems. **Carlson’s Cod Liver Oil** comes in two sizes, for your convenience.

Melatonin, Chamomile, Hops, Valerian, and Passionflower have helped many seekers for natural assistance in their sleep habits. Gaia’s **Sleep Thru** has become very popular, as customers return for their second box. With Ashwagandha, Magnolia, Passionflower, and Jujube date fruit, it has powerful anti-stress effects, supports the adrenals and thyroid, and is anti-oxidant and anti-inflammatory, thus reducing vague aches and pains that might stimulate us to waken.

Suma root is a morning herb, providing energy and mental focus while reducing stress. Called *para todo*, it is a regenerative tonic herb for the nervous and digestive systems, and works well in conditions of stress and fatigue. Instead of a cup of adrenal-depleting coffee, it is the ideal “morning after insomnia” supplement, to create a great new day!

Last but not least, a **Magnesium** deficiency is common among many insomniacs, especially with those who exercise regularly. Tight muscles and leg cramps, as well as soreness in shoulder muscles and in the lower back, all signal a lack of the relaxing mineral, **magnesium**. The **gel**, used topically at bedtime, helps relax muscles locally, and helps us to drift off to a peaceful sleep.