

When struggling with INSOMNIA:

I have one product which I can recommend:

- ▶ Insomnia serum
- ▶ Ashwaganda capsules
- ▶ Tulsi capsules

Apply afternoon and night.

For the best results apply to the navel.

Otherwise you can apply behind ears, throat, bends of arms and knees.

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### **Some other good advice:**

Please take note: SHOULD you be suffering from chronic or occasional INSOMNIA, please read below:

In the modern day there are certain activities that increase your chances to suffer from INSOMNIA:

1. Internet browsing after 17h00
2. Mobile phone activities (such as whatsapp) after 17h00
3. Eating spicy foods
4. Drinking alcohol excessively
5. Eating sweets and chocolates after 17h00
6. Drinking too much water after 17h00 (you over stimulate your bladder)
7. Unhealthy eating habits (any eating after 18h30)
8. Health issues, such as arthritis, asthma, chronic pain
9. Doing office work after 17h00.
10. taking naps in afternoon
11. Working irregular hours (shifts)
12. Worries, anxiety
13. Drinking caffeine after 17h00
14. Don't work in your bed, reserve your bed for sleeping.
15. Make sure you are tired when going to bed.
16. The biggest cause of Insomnia is the anxiety related to Insomnia. The mind which is flooded with negative sleeping thoughts, and negative sleeping behaviour.  
(to name a few)

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For any other question, kindly WhatsApp 074 111 0315 / email
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