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...building better balance one body at a time
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Tired of Not Sleeping?

According to an article written by Dr. Lara Macart, our society, in general, is not getting enough sleep. We can short-change our sleep now and then, but if we deprive ourselves of sleep over the long term, our health may become compromised. Lack of sleep negatively affects hormones which are the body's regulators. Circadian Rhythms, which are what give you your sense of day and night, are also affected. Our bodies react to sleep deprivation the same way they react to stress by secreting hormones like Adrenalin and Cortical accordingly. Long term complications of Cortical secretion can include weight gain, depression, poor cognitive function and fatigue. Electric lights, watching TV and working at our computers in the evening have negative effects on the secretion of Melatonin, which is a hormone secreted only in the dark. Extended hours of artificial light exposure lowers Melatonin levels, which can put you at risk for many diseases, including cancer. Benefits of natural levels of Melatonin have proven to reduce breast cancer by suppressing estradiol and by reducing circulating estrogens. Estrogen-sensitive tumors could thereby be inhibited by adequate Melatonin. As Melatonin levels deplete with age, it may be advisable to take it in supplemental form. Another use for Melatonin is as a natural sleeping aid.

Regulating blood sugar and one's metabolism is also effective in improving sleep. This is especially true for those who have no trouble falling asleep but find themselves wide awake at 2 or 3 am. The body will send a message to the brain causing a wake-up reflex when its energy supply is getting too low. This type of late-night insomnia can be corrected by ensuring your daily protein intake is adequate and by avoiding loading up on carbohydrates at meals. Some people find having a protein snack before bed-time prevents such restlessness.

Finally, another method for relieving restless nights is to try taking a Magnesium or Magnesium/Calcium supplement. Because of the importance to your overall health by getting adequate sleep it's best to search for the root cause of your restless nights. If it becomes chronic you should seek help from a Physician. Some people think sleeping pills are a good short term fix but finding and using natural remedies to access the body's natural ability to find sleep is usually the best solution.

Quick Tips

Make-up users…….time to toss it out!!
Avoid using makeup when it has expired!
Mascara every 3 months
Foundation every 12 months
Eye Shadow/liner every 18 months
Lipstick and Gloss every 18 months

Protein power

Although the opinions of experts vary greatly as to how much protein we should consume on a daily basis, the generally accepted figure is one gram of protein per 2.2 pounds of body weight. Therefore, a 180-pound man should get about 82 grams of protein in his diet each day.

Beef jerky
Believe it or not, this old classic is actually a healthy choice. On average, one ounce contains about 70 calories and one gram of fat, but delivers 11 grams of protein. However, the brands sold in convenience stores are often high in salt. If you'd like beef jerky to be one of your high-protein snack options, look for healthier versions in health food stores.

Egg whites
One egg white has only 15 calories, is fat- and cholesterol-free and contains four grams of protein. Throw two or three in a pan (with some peppers and onions if you want to make an omelet) for a quick, nutritious mini-meal.

Cottage cheese and fruit
A half cup of 2% cottage cheese contains on average 16 grams of protein, yet only has 102 calories and two grams of fat (as opposed to other types of cheese, which can be extremely high in fat). If high protein isn't your ideal goal, then mix it with some fresh fruit for a fast, healthy snack.

Tuna
Tuna is a great source of protein with approximately 25 grams per can. Plus, one can of tuna in water contains approximately 111 calories and is fat-free. And hey, go easy on the mayonnaise if you're making a sandwich -- it's full of fat.

Power Shake
You can also make your own high-protein shake without protein powder. Blend the following ingredients:

- 2 cups natural soy milk (Make sure it doesn't have any added sugar. The only ingredients should be soy and distilled water.)
- 3 egg whites
- 1 banana (Or another fruit of your choice.)
- 1 tbsp natural peanut butter (It only contains peanuts and oil -- no preservatives -- available in health food stores and some grocery stores.)
- 2 tbsps flax powder (Or 2 tsps flax seed oil.)
- 1/3 cup rolled oats

Lentils
Although they may not seem appetizing on their own, putting a handful of them in your soup or salad will give your snack a protein boost. One cup of lentils has about 230 calories, one gram of fat and 18 grams of protein.

Peanut butter
If you loved peanut butter and jelly sandwiches as a kid, you're in luck: one tablespoon contains about four grams of protein, eight grams of fat and 95 calories. spread it on a slice of whole-wheat bread (60 calories and one gram of fat) and top it with banana slices.