



**Best Herbal Medicine & Healing Food  
From Nature to Prevent Insomnia  
Plus Make Sleep Better**

English Edition

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BEST HERBAL MEDICINE AND HEALING FOOD FROM NATURE  
TO PREVENT INSOMNIA PLUS MAKE SLEEP BETTER ENGLISH  
EDITION

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# 1. Valerian Root



Valerian (*Valeriana officinalis*) is a herbal home remedy, brewed as a tea or taken as a supplement, that is commonly used to reduce anxiety, improve sleep quality, and act as a sedative. Clinical trials of valerian have had inconsistent results for insomnia.

Studies measuring sleep quality have found no difference between people taking valerian and those taking a placebo. However, a sizable number of people in the studies anecdotally reported that their sleep quality improved with valerian.

Valerian is thought to affect levels of one of the calming neurotransmitters in the body, gamma-aminobutyric acid (GABA). It also relieves muscle spasms and is thought to help alleviate menstrual period pain.

## 2. Lemon Balm



*Melissa officinalis* (Lemon balm) is a tea and herbal supplement that is said to relieve anxiety and calm the nerves. It may be seen in supplements that also include valerian.

Drink lemon balm tea at night to make sleep better and natural.

### 3. Chamomile Tea



Chamomile is an herb traditionally used to reduce muscle tension, soothe digestion, and reduce anxiety, which may help induce sleep.

Sip a cup of hot chamomile tea after dinner. But don't drink it too close to the bed or you may have to get up in the middle of the night to go to the bathroom.

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