

[IMAGE]

Insomniacs Have Alternative Choices

Tired of all the Lunesta and Ambient commercials keeping you up? Ads with glowing butterflies that are supposed to help you get a good night's rest, as long as you have a full eight hours to sleep and don't mind waking up groggy the next morning.

A recent study by the National Center for Complimentary and Alternative Medicine (NCCAM) shows that over 1.6 million Americans use some form of complementary or alternative treatment to help with insomnia. Some of the more commonly used therapies included dietary supplements such as melatonin and valerian, meditation, acupuncture and yoga.

If you are having trouble sleeping at night and want to stay clear of the all the new sleep aides on the market, be sure to ask your chiropractor about other options that are available, or visit www.chiroweb.com/find/tellmeabout/herbs.html.

Reference:

Pearson N, Johnson L, Nahin R. Insomnia, Trouble Sleeping, and Complementary and Alternative Medicine: Analysis of the 2002 National Health Interview Survey Data. *Archives of Internal Medicine*, 2006;166:1775-1782.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=837&no_paginate=true&no_b=true