

We have come a long way since the ancient Egyptians used opium as a cure for insomnia. But the legacy of ancient civilisations is still reflected in our consumption of a range of herbal remedies, including some herbal teas, to cure what seems like a universal curse – sleeplessness.

These natural remedies gave way to synthetic solutions for insomnia in the early 20th century, when modern civilisations embraced the sedative effect of barbiturates. Since then, the nocturnal fate of mankind has been decided in the laboratories of drug manufacturers.

This predicament, sadly, benefits mainly drug makers because sleeping pills not only have serious side-effects, they also do not root out the basic problem. This means drug manufacturers have captive consumers!

There are many causes for a bad night's sleep, the most pervasive being anxiety and stress. Who hasn't tossed and turned in bed as our mind turned over issues that upset us through the day? But there are a substantial number of people who suffer from insomnia "for no apparent reason". No ill-health, no worries... So what's the problem?

A recent patient of mine told me life was good, touch wood. His only problems were mildly elevated uric acid levels and insomnia. I

Rest Assured

DID YOU KNOW THAT 'POSITIVE STRESS' CAN CAUSE INSOMNIA?

asked him what went through his mind as he lay awake all night and he said he couldn't stop thinking up ideas for his business. He couldn't turn off his creative mind!

Similarly, there was this other patient who had suffered serious problems in his business. They had been sorted out but he too was unable to stop thinking of the situation, even at night.

While the second patient had been through an anxious time, the first patient was suffering from overexcitement. Yes, there is such a thing. The scourge of today's times – excess, overexcitement and overstimulation from a variety of sources – is interpreted by the brain as 'stress' and it keeps the mind and body constantly alert and unable to switch off.

As if insomnia were not enough, a mind in 'excess mode' will eventually give way to ill-



health. Isn't a car that cannot drop speed after turning off the expressway bound to crash? So how do you put on the brakes? Sleeplessness is not just a by-product of illness; it is symptomatic of a deeper disturbance and a constitutional imbalance.

Homeopathy is the best course of treatment as it roots out all disturbance at its source and restores your mind and body to a state of health and calm. No insomnia, and no side effects!

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