

Wake-Up Call for Sleepless Nights

If you have the habit of popping sleeping pills or tranquilisers before you can get to sleep, it may be time for a wake-up call. Seek a cure in complementary medicine and alternative therapies at **Body with Soul Total Healthcare Network**, a holistic healthcare centre that offers stellar complementary treatments that will put you right to sleep.

General Practice

Common contributing factors of insomnia include stress, pain, depression, anxiety, hormonal imbalances resulting in hot flushes, nutritional deficiencies such as zinc and magnesium and abnormal diurnal rhythm or body clock. Dr James Read said, "All of these can be addressed with a natural approach."

"Effective management of insomnia requires a systematic and holistic approach towards assessing and addressing all contributing factors. Unfortunately the typical medical model approach is a prescription of potentially addictive sleeping pills in the absence of a comprehensive assessment."

Stress can be reduced with exercise, nutritional support, counselling and yoga. An abnormal body clock cycling can be addressed with increased exposure to early morning sunlight and a reduction in bright light in the evening.

Dr Read added, "So don't lose sleep stressing about your insomnia. Go through a comprehensive assessment and find the solution that will help you."

Traditional Chinese Medicine (TCM)

Acupuncture has come a long way – the earliest written record of acupuncture is the Chinese text *Shiji* – and, as more continue to embrace it, the face of acupuncture is changing.

Amy Neo said, "World Health Organisation has proven acupuncture is a successful treatment for insomnia." The main attraction of acupuncture is that it does not have side effects.

TCM practitioners believe that insomnia is a manifestation of an underlying problem such as liver stagnation, for which symptoms include difficulty going to sleep, headaches, constipation, reddening of the face and irritability. *Yin* deficiency which cause night sweats, palpitations, resulting in light sleep, could be another cause.

Neo explained, "TCM resolves sleep disturbances by addressing all factors and focus on bringing the entire body into balance. Noted benefits include deeper breathing, improved digestive abilities, better sleeping patterns, and a general sense of wellbeing."



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Homeopathy

Homeopathy is a system of medicine developed in Germany over 200 years ago that provides treatments based on genetic and personal health history, body type, and current physical, emotional, and mental symptoms. Treatments are therefore highly individualised.

Nadia Fuentes explained, "Homeopathic treatment of insomnia depends on the underlying condition. Many conditions cause insomnia and the homeopath endeavours to prescribe a remedy that best fits the individual and *their* underlying cause for *their* insomnia."

Cocculus (a climbing plant with woody vines) is an example of a homeopathic remedy that is helpful to those with disrupted sleep patterns – from taking care of an infant or someone who is ill, a disruptive work schedule, travel and jet lag, or chronic worry. It also benefits the elderly who often develops a reverse sleep pattern: drowsiness in the morning, sleep during the day and wakefulness at night.

Fuentes also recommends Bach Flower Essences, which can be safely administered to gently aid in restoring the balance between body and mind, and in so thus doing alleviate insomnia and restore restful sleep.



Nadia Fuentes
BSc (Hons) Osteopathic &
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Hypnotherapy

Hypnotherapy is another non-drug treatment for insomnia, especially if it is stress-related.

Shona Lowes said, "Work pressures, continuing demands from a growing family and the need to look after ourselves as well as constant exposure to modern-day technology are some factors that prevents us from 'switching off'."

According to Lowes, difficulties with sleep may include not being able to fall asleep

or waking during the night and being awake for long periods of time. Or worse, Lowes said, "Some people feel that it is almost like a habit, even saying things like 'I never sleep well', 'I always wake during the night and can't get back to sleep'."

Hypnotherapy can help break the non-sleeping habit by focusing on associating sleep time with a feeling of comfortable relaxation and with confidence that thoughts can be "switched off", allowing the person to drift easily into restful sleep.



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