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RUDE HEALTH

Natural health at your fingertips – supported by Health Stores Ireland

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Amanda Byram

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HOLISTIC HEALING

I get off to sleep quickly but often wake in the small hours and struggle to get back off to sleep until it's nearly time to get up! What can I do about this?



Rosie Weston, Nutritional Therapist, CNM graduate answers for CNM
(College of Naturopathic Medicine)

Your sleep can be affected by much more than the food you eat. What you do in the few hours before bedtime can negatively or positively affect your sleep cycle. Alcohol, caffeine, temperature, electronics, pollution and noise are all known sleep disruptors. Best to drink caffeine in the morning and not after 2pm and save alcohol for the weekends. Electronic devices emit blue light which affects melatonin production (our sleep-regulating hormone). Try not to use these the few hours before bed or wear blue light-blocking glasses. Make sure your bedroom is cool and dark as this creates the best environment for deep sleep.

Magnesium is required in melatonin production; increase magnesium-rich foods like organic almonds, leafy green veg and white beans or try taking a good quality supplement which includes magnesium malate or bisglycinate before bed; 300mg is the RDA, but individual requirements need a nutritional therapist's advice.

Tryptophan-rich foods such as bananas, turkey, nuts, seeds and dairy also support serotonin production - a hormone very much involved in the sleep-wake cycle, so aim to eat these in your evening meals.

Opt for balanced meals throughout the day and especially in the evening. These keep blood sugar stable through the night and will stop you from waking up when your blood sugar levels drop.

If you continue to have broken or disturbed sleep, seek the services of a nutritional therapist who will be able to support you with personalised recommendations.



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Health Stores Ireland Product Awards Winners 2020

Despite not being able to meet as a sector at the annual Vitality show this year, Health Stores Ireland has awarded Best in Category and Highly Commended awards to a range of favourite natural health products. Nominees were short-listed from Tried and Tested articles in *Rude Health* magazine over the last 12 months and winners were voted for by secret ballot by Health Stores Ireland members.

Health Stores Ireland Chairperson, Martha Brennan, commented that it was heartening to see so many Irish-based brands feature strongly in the awards. She hopes the announcements will bring some cheer and encouragement to the hardworking people behind the brands.

Retailer Choice Best Food Product Award

Winner: Spoonful Botanical Fermented Fruit & Spices. **Highly Commended:** Highbank Orchards Apple Cider Vinegar with Mother, Holo Kombucha Original, Salba Chia Seeds, The Cultured Food Company Raw Kimchi.

Retailer Choice Best Supplement Product Award

Winner: BetterYou DLux 3000 Vitamin D Oral Spray. **Highly Commended:** Macánta Multi-Complex with Co-Q10, One Nutrition Joint Factor, Viridian High Potency Magnesium with B6, Wiley's Finest Catch Free Omega, Full Spectrum Softgel.

Retailer Choice Best Bodycare Product Award

Winner: Atlantic Aromatics Organic Rosehip Seed Oil. **Highly Commended:** Dublin Herbalists Everyday Cleansing Gel, Dr Bronner's Pure Castille Soap, Palm Free Irish Soaps Shampoo Bars, Trilogy Age Proof Multi Defence Moisturiser SPF15.

Retailer Choice Best Environmental Product Award

Winner: Palm Free Irish Soap Laundry Dish-Washing Bar. **Highly Commended:** If You Care Firelighters, Ecover Refill Washing-Up Liquid Lemon & Aloe Vera, Ecozone Ecoballs 1000, Huski Home Travel Cup.