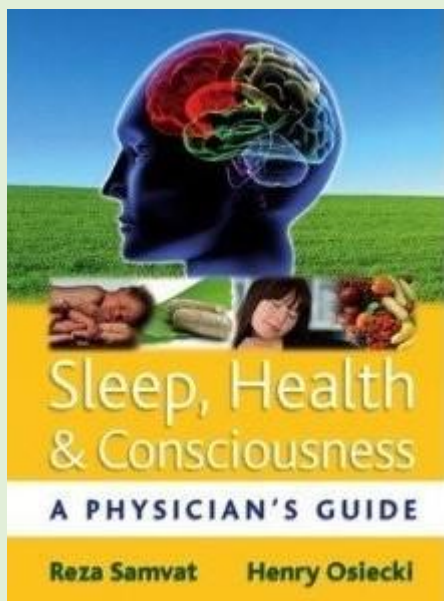


# **“Sleep, Health & Consciousness – A Physician’s Guide” by Dr Reza Samvat and Henry Osiecki**



**A ground-breaking text by Dr Reza Samvat (Chiropractor)  
& leading Clinical Nutritionist Henry Osiecki**

*Sleep, Health & Consciousness – A Physician's Guide* extensively covers all aspects of sleep – from Consciousness & Dreaming to the impact of sleep on the Immune System. Comprehensively discussing common sleep disorders, it also offers practical nutritional recommendations.

## **It is an invaluable text containing comprehensive information on:**

- What happens during sleep, when & why?
- Dreaming – Physiological aspects & Meaning of Dreams
- Women & Sleep including: Pregnancy, Menopause & overall lifestyle
- Sleep Disorders – from Infants to Adolescence
- The Role of Sleep in the detoxification of the body
- Sleep, Meditation & Hypnosis
- The Influence of Drugs on Sleep

## ***Sleep, Health & Consciousness – A Physician's Guide:***

- Offers Practical Sleeping Protocols for Initiating Sleep & Specific Sleeping Protocols for common disorders such as Insomnia, Nightmares & Sleep Apnoea
- Outlines numerous vital Exercise and Breathing Techniques to reduce the symptoms of sleep disorders
- Discusses the effects of common diets on sleep & provides a comprehensive list of recommended herbs to improve sleep
- Includes chiropractic approaches to sleep problems