

wellbeing escapes

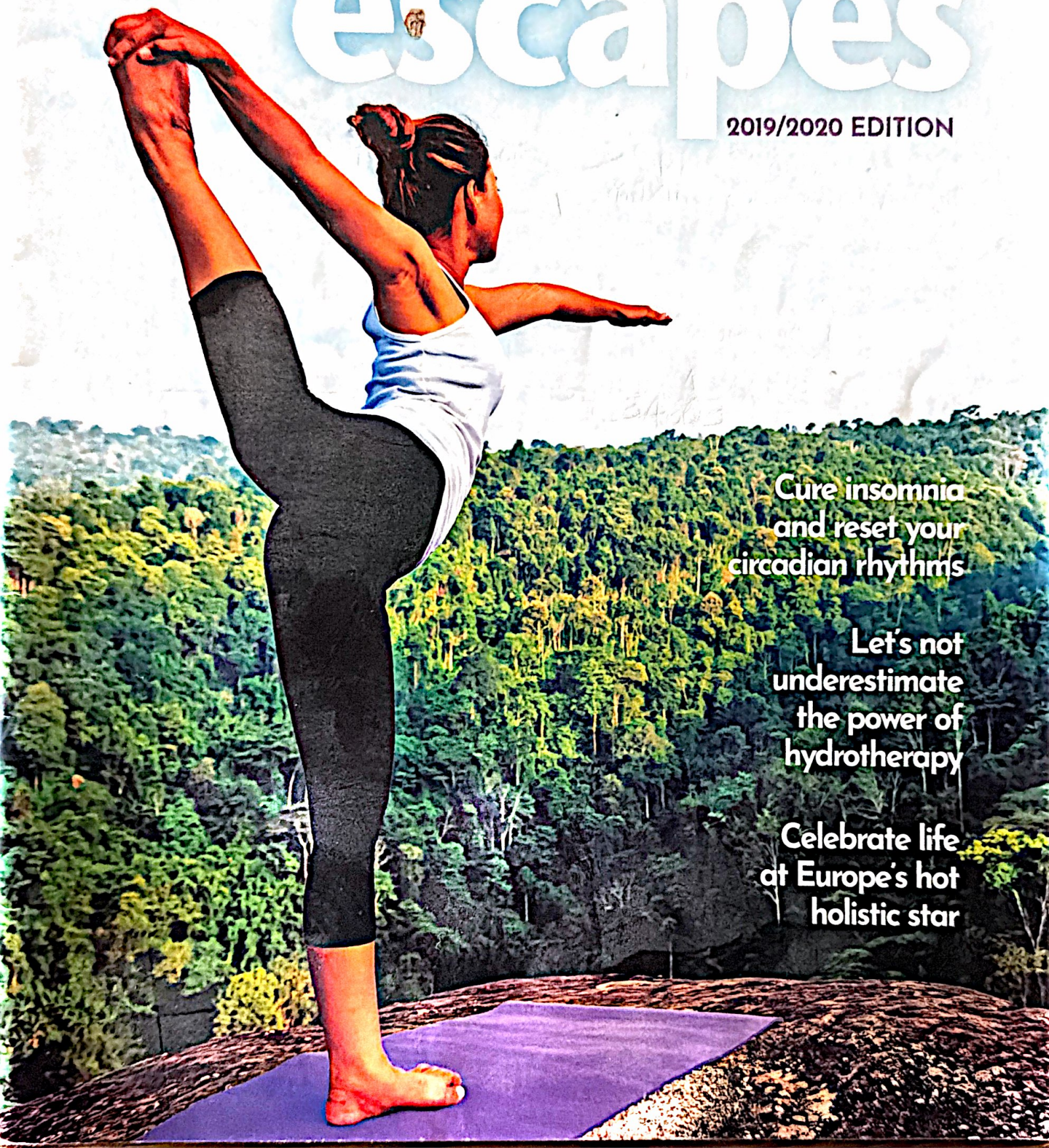
THE MAGAZINE FOR THE BEST HEALTH AND WELLNESS LIFESTYLE CHOICES

2019/2020 EDITION

Cure insomnia
and reset your
circadian rhythms

Let's not
underestimate
the power of
hydrotherapy

Celebrate life
at Europe's hot
holistic star



7 classical mistakes of the Insomniac

Ayurvedic Coach Alison Francis tells us how to sleep better

1 Not resting efficiently

Resting is not just sitting on the sofa watching Netflix. Efficient relaxation involves letting go of all muscular, mental and emotional tension. This usually means doing absolutely nothing at all.

2 Not giving holistic healing enough time to work

Most of us live our lives at one speed, and that's fast. We've got used to the way drugs such as sleeping pills work, and we've forgotten that nature needs a little time. Holistic healing needs approximately three months before you start seeing a difference. Give it a chance.

3 Doing things the wrong way round

According to Ayurveda the most potent cause of disease is the mind and emotions. You have to look to the mind before the body in order to deal with a sleep issue. Once the mind is more settled, one can go about physical cleansing and nourishment, not the other way round.

4 Keep pushing through

Your body will give you signs way before you actually develop a problem. That little headache, or just feeling a little off colour, is a message. Mostly we ignore those, have a glass of wine or just sit down in front of a movie. Instead, we need to stop and pay attention.

5 Think that gadgets are the key

We've all been sucked into promises that gadgets and apps will cure a sleep problem. The only thing that will cure a sleep problem is sorting out the cause of the problem. Do some yoga, have some quiet time or go for a nice walk instead. Only a quiet mind will sleep at night.

6 Think that drugs are the answer

The NHS gives out 10 million prescriptions for sleep medication per year. That's a lot of medication. Sleep deprivation will cause headaches, high stress levels and digestive issues, just to name a few. Taking pills will only mask the real issues.

7 Loss of spiritual connection

Ayurveda places a lot of importance on our spiritual connection, whatever that is for you. Losing that connection makes us unhappy, greedy, needy and selfish. Develop a spiritual practice in your life to release stress and connect you to your inner wisdom.

Ayurvedic Coach Alison Francis, aka Anandi, is a sleep guru specialising in sleep and stress. Find out more at: www.thesleepguru.co.uk.