

# Are you Struggling To Fall Asleep ? Try This Remedy!

It's been said that a great number of people throughout the world are suffering from insomnia and its aftermaths, every single night. Hence, billions of dollars are spent on bussiness sleep aids and remedies with no remarkable effects. Basically, the lack of sleep caused by insomnia doesn't only give birth to some serious health problems such as stroke, hypertension, and a heart disease but also affects the quality of your life, which leads in turn to irritations, anxiety, and poor health.

Always remember, getting enough sleep encourages the body to function properly, and therefore; many health issues will be avoidable.

In this article, an effective alternative natural remedy is suggested for you just to aid you get back to sleep sooner! It is completely safe, and simple, and contains only two ingredients.

## **Ingredients:**

- 1 teaspoon pink Himalayan salt
- 5 teaspoon raw honey

## **Method of Preparation:**

Mix all the ingredients together and stir them well, then pour the remedy into a sealed jar.

**For Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends**

## **How to Use It :**

To try this recipe, you should take half a teaspoon of the remedy or 3/4 teaspoon every night before going to bed. It's better to place the remedy under the tongue so that it will be absorbed at once.

If you like, you can also add it to a glass of warm water and drink it like tea.

The properties of the Himalayan pink salt is directly the reason behind the incredible effects of this sleeping remedy. Actually, it is completely natural and unprocessed, so it does not include any harsh chemicals.

It contains 84 essential minerals, and no pollutants or toxins. It has remained in its purest form for millions of years and is absorbed by the body with its full capacity.

Not to mention, the levels of serotonin and melatonin in the body would be regulated by taking this incredible natural salt, which may ensure a healthy sleep, and also reduce blood pressure.