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**LIA Lifestyle Instruction Aid**

**abc6. Sleep**

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In the early phases of sleep Human Growth Hormone is produced by the pituitary gland in the centre of the head. As we get older there is less and less Growth Hormone produced. By avoiding food after 7:30 pm you will be encouraging your body to produce Growth Hormone when you sleep. Learning to take naps when you feel the need is another good way to help the body get adequate rest.

If you have a sleep problem that is interfering with your lifestyle, you can ensure that you are getting 8 to 8.5 hours of sleep a night. If you are unable to get that much sleep and are fatigued all the time then put yourself on the Pain Relief Diet to clear poison foods from your system.

If this does not improve things to your satisfaction, and the tips found here do not help, then see your medical doctor for a referral to a sleep clinic. There are melatonin medications that can help reset your biological clock and get you into a healthy routine again.

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