



DEEP SleepRx

Sleep Deep And Be Energized



WHAT IS DEEP SLEEP Rx?



Too little sleep is known as insomnia or hypersomnia. Insomnia has three patterns, difficulty falling asleep, waking up constantly through the period of attempted sleep, and early awakening. Chronic insomnia results in constant feeling of sleepiness and a dragged out feeling during the day. Eventually, this may undermine one's health through the weakening of the immune system, decreased mental

function, and disruptions of the endocrine system. Although insomnia can have a physical cause in the body such as from chronic pain, difficulty in sleeping may result in anxiety, stress, or depression. Ongoing these can cause depression, weight loss, or psychomotor agitation. These factors can greatly affect daily activity. Try Deep Sleep-Rx today to have restful sleep tonight!



What Can Deep Sleep-Rx Do For You?

- * Wake up refreshed.
- * Increased energy levels.
- * Counteract stress.
- * Improved metabolism.
- * Improved quality of sleep.
- * Calm mood.
- * Increased Growth Hormone levels.
- * Improved focus.
- * Improved immunity.

Health and Harmony Products LLC.

"Providing The Future Of Wellness, Today! Through Multidimensional Products."

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Stages Of Sleep

Since the entire sleep cycle repeats at least four, and sometimes as many as seven, times per night, it is therefore possible and even likely that the same person will experience several different dreams every night. During the first stage of sleep, the sleeper's eyes move back and forth in an erratic fashion. For this reason, this stage of sleep is referred to as REM, or rapid eye movement, sleep. This stage generally occurs from 90-100 minutes after the initial onset of sleep. During this period of sleep, the blood pressure rises and the heart rate and respiration speeds up and may become erratic as well.

This stage of sleep is the one in which the majority of dreaming occurs.

Stage two is a light sleep, and it is characterized by non rapid eye movements. During this stage of sleep the muscles are relaxed and the heart rate is slowed. This stage of sleep prepares the body for deeper sleep.

Stages three and four also feature non rapid eye movements. During stages three and four of the sleep cycle, the body enters into a deep sleep. You are completely asleep during both stages, but stage four is more intense than stage three.

DEEP SLEEP-RX FORMULA IS A CLINICALLY TESTED HERBAL EXTRACT DERIVED FROM BOTANICALS THAT HAVE NATURAL CALMING EFFECTS. WHEN COMBINED IN THE RIGHT AMOUNT, HELP TO INDUCE A DEEP, RESTFUL, AND RESTORING SLEEP.



INGREDIENTS: THE BREAK DOWN

Bupleurum falcatum contains saponins, known as saikosaponins, having strong sedative activity.

Polygala tenuifolia has sedative and tranquilizing effects, and is used for helping to treat insomnia, dream disturbed sleep and palpitations.

Zizyphus has hypnotic and tranquilizing effects, helps calm the nerves and is useful in insomnia and dream disturbed sleep.

Paeonia lactiflora contains a flavonoid paeoniflorin which has calming effects, anti-convulsing activity (muscle relaxant), and analgesic effects. The whole herb is known to inhibit the central nervous system and to have tranquilizing action.

Albizia julibrissin is used in treating agitation, depression, insomnia, irritability, restlessness, anxiety, and controlling pain.

Sophora alopecuroides/Agaricus muscarius has muscle relaxing effects, produces synergistic activity with sedative/hypnotic agents, and causes reductions in pain sensations.

Polygonum multiflorum is used for treating neurosis, neurasthenia and insomnia. A clinical study showed sleep improvement superior to Librium or Miltown in neurasthenic patients.

Natrum Muraticum has a muscle relaxing effect, calms nerves, and helps sleep.

Stachys Officinalis/Conoclinium Coelestinum is a tonic that nourishes the nerves and strengthens the central nervous system. It is mildly sedative, which helps allay excitement, induce relaxation, and is conducive to sleep.

Lycopus Europaeus Sedative, and mildly narcotic. It may safely be used where palpitations occur that are of nervous origin.

Standard products today only effect the physical aspect. Health and harmony created Multidimensional products to address not only physical, but spiritual, mental, and emotional levels as well.

Deepak Chopra said that the greatest pharmacy is between a person's two ears (the brain) and as such the inner intelligence of the body, which maintains equilibrium in all systems, can be influenced by thought, speech, beliefs, and attitudes. Higher vibrational thought such as thoughts about higher purposes in life, doing good to others, loving others is a spiritual aspect of vibration. When we live in an inner environment of love, grace, peace, and forgiveness, we will be healthier and happier. Multidimensional products encourage higher vibrational influences to aid the body, emotions, mind, spirit, and soul. The animating force of life, inner intelligence has an affinity for higher purposes and a desire to be in equilibrium or balance. Experience has shown that by addressing the inner-intelligence of the body, the healing effect is heightened with fewer complications. Our products work with the body to encourage its natural processes in the order that the body would like them to be addressed.

We at Health and Harmony work day and night in order to ensure that you wake up in a world where you never hear the words, "There is no cure."

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