

Honey & Salt: A Magical Mix For Sleep & More.

Do You often find it difficult to fall into a deep, restorative sleep, and also remain rested all through the night ?

Does the thought of going to bed bring on mild anxiety that you may lie awake for hours drifting in and out of light sleep, but rarely reaching the highly sought after delta state ?

Sleepless nights can be particularly common if enduring a stressful or anxious period, even if entered into sleep, but waking through the night and feeling the adrenalin circulating through your body, without knowing why. ?

Do you then struggle to rebalance your hormone levels enough to drift back into a sleep ?

Well researching a little further , a few biological and physiological reasons are explained why this may be happening.

Disturbances in sleep are most often linked to biochemical reactions due to a high level of stress hormones that flush through our system between approximately 2 a.m. to 4 a.m. The spike in our hormones dramatically affects our ability to remain calm, which is why it interrupts our sleep.

What was also found was a lack in sodium. Many believe they should be consuming a low sodium diet, NOT SO (unless is it typical supermarket salt, not the real deal of RAW SALT) .

Dr. Vitiello, director of the University of Washington in Seattle, carried out research that found low levels of sodium cause blood volume to decrease and the sympathetic nervous system responds by activating to compensate. The sympathetic nervous system activates adrenalin and triggers the fight or flight response that then makes it difficult to get to sleep, and also remain asleep.

Sleep had long been a nemesis of many peeps, however if making up a magical little potion, which consists simply of honey and salt, it may well be a resolution.

Mix together one teaspoon of pink Himalayan rock salt (or other pure unrefined sea or lake salt), which contains around 80 minerals and elements that aide our bodies with recovery, added with five teaspoons of organic raw honey that supplies the cells in our bodies with energy. Keep the mixture in a small glass jar by the side of your bed.

Approximately 20 minutes before wanting to enter sleep , put a small amount of the mixture underneath your tongue and allow it dissolve naturally.

The mixture of honey and salt allows the body and mind to de-stress naturally by regulating hormones, so that by the time you are ready to sleep you are already in a peaceful, harmonious and restful state. They also both work to sustain the body so that You do not wake up hungry during the night.

Honey provides a stable amount of liver glycogen to the brain, which aids healthy sleeping. If we do not have enough liver glycogen stored, our adrenal glands are

triggered to respond by pumping out adrenalin and cortisol, which are both stress hormones.

Did you know

Honey is believed to be a remedy that has been used to promote sleep for thousands of years. The reason honey is so beneficial is that it contains tryptophan which produces serotonin, which promotes relaxation. When we are in the dark serotonin converts to melatonin, which promotes restorative sleep.....YEP !!!

Melatonin assists with our sleep/wake cycle as it works in schedule with darkness and light. When our melatonin levels are balanced we will fall into sleep easily and stay asleep naturally during the dark and wake when light gradually enters the room.

There is also no known proof that eating late at night causes weight gain, which is one reason many of us are deterred from consuming a bedtime snack.

Although many of us believe that salt isn't good for us, the right salt and a healthy balance of it provides us with a vital nutrient that stabilizes our metabolism. Our metabolism needs to be healthy to ensure that it is able to absorb fuel and transform it to energy. Salt has anti-stress and anti-excitatory qualities, therefore a healthy supply of salt helps us to remain calm and balanced as it reduces our stress levels.

We often crave salt without realising that it eases anxiety and promotes our overall well-being, though unfortunately we reach out for processed quick fix products that contain table salts which offer little or adverse health benefits. When we replace refined salts with unrefined salts such as Himalayan, Celtic or organic Rock or lake salt, we will immediately notice an increase in energy levels, a reduction in stress levels and a clearer emotional and mental state.

Evidence also shows that a late night snack helps us to remain asleep as when we are hungry our brain activates the adrenal stress hormones, which can then put us on a high state of alert, known as fight or flight.

Take a spoon of HONEY & SALT !

"The salt and sugar mixture is an absolute must for night time stress events. For wake ups between 2-4 a.m., accompanied by a feeling of excess adrenaline circulating through your system (adrenaline peaks at this time), salt and sugar under the tongue is the only way to go. You don't want to be chewing anything, wandering around the house looking for food, opening the fridge and looking at bright lights when hoping to fall back asleep, and so forth. You want to remain as unstimulated as possible. Keep the sugar/salt mixture by the bedside for easy and thoughtless access until you stop having middle-of-the-night wake-ups."

Real results :

Since I have been consuming honey and salt at bedtime, sleep deprivation has become a thing of the past. I now sleep straight through the night, waking up refreshed and energized and I am less likely to have a dip in energy throughout the day. Most of all, though, I look forward to bedtime knowing that within moments I will very quickly drift and remain in a smooth, sound sleep. Now, not only do I sleep longer, but the quality of the sleep I am getting has dramatically improved. 🙌

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