

“Poor sleep is a tough problem because it is not easy to find an effective solution...”, that doesn’t mean there aren’t any effective solutions...

If you are suffering from sleeping problems, and trying hard to look for a solution, then this is may be the most important message for you. Take the first step with us now – Evergreen Herb Team, on getting the solution!

Key words: Natural solution, Hard to fall in sleep, Wake up early, Light sleep, Tense/dreamy sleep, Unrefreshing sleep

Hello there, welcome to Evergreen Herb specialists team.

We all want a good night’s sleep and the feeling of being recharged in the morning. Unfortunately, we witnessed in our daily practice that many people are desperately seeking a solution for their sleeping problems. Working together with our clients, they have shared with us their frustrations of poor sleeping – which all seem to relate with one another:

- ◆ After a busy day, they finally hit the bed, tired, but just can’t seem to fall asleep.
- ◆ They are rarely in deep sleep. Many are aware of their surroundings and any little disturbance can wake them, so they wake up often during the night.
- ◆ After a bad night’s sleep or even a forced sleep by taking sleeping pills, they feel their head and body are heavy and their mind is cloudy.
- ◆ As a result, it’s hard to concentrate at times. This is frustrating because even little things like remembering to pick groceries can be surprisingly challenging.
- ◆ Sometimes they are frustrated because they *need* a good night’s rest in order to get up early in the morning. However, the harder they think about falling asleep, the more stressed they are.

We deeply understand our clients’ situations and their expectations. They all wanted the same things despite their differences in career, background, family and personality:

- ✓ A good night’s sleep. They could fall into a deep sleep naturally and not be easily affected by the disturbances around them.
- ✓ They want to wake up refreshed and energised, in a positive mood and ready to take on daily challenges.
- ✓ They want to feel that they are performing to their best with a clear mind, even during stressful and busy situations.



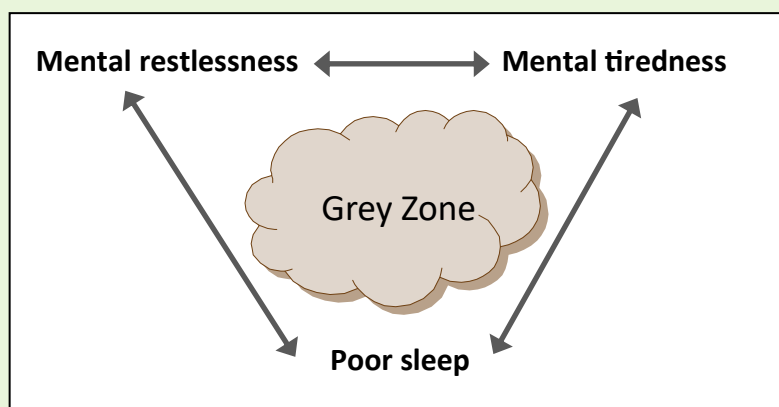
Many people may have tried various remedies for good sleep, but in most cases they are disappointed. **The sad thing is many suffering from poor sleep have given up on trying to seek a solution, they simply accept it as a part of stressful daily life.**

Everyone is different in terms of his/her body constitution, living environment and response to stress, therefore the causes and results of poor sleep for each individual are different too. To find out the specific type of body constitution is critical in choosing the right formula which will work well. Evergreen Herb provides four different **Good Sleep (I - IV)** formulas, covering most cases of poor sleep. Most of the clients have had great benefit in combating their sleeping problems by using these formulas, despite their differences in their body constitution and living environment.



Evergreen Herb is unique

Sleeping problems do not develop overnight. It has a lot to do with when we are alert and for how long. Most of my clients have an idea of the causes themselves. They all have a similar habit of constantly thinking too much (which is hard to stop), sometimes to the point where it detracts from their concentration. Their mind is constantly switched on in a mentally restless state, while at the same time they are mentally tired from not getting quality recovery time from sleep.



Most of our clients used to live in the "Grey Zone", trapped in such a bad cycle. They never performed optimally, never completely switched off either and often, did not enjoy a deep rest. They were always in a sub-par state, both mentally and physically. These all contribute to the long-term sleep problems that we discussed above.

If you or your loved ones have noticed that your sleeping problems are having a negative impact on your life... then it's time for you to take the first step towards the solution - finding an effective way of Evergreen Herb unique formulations that target sleeping problems holistically.

A note on well-being and holistic health care...

In our point of view, health is not simply an absence of illness. Our philosophy on health and of our practice is that health is a state of both mental and physical well-being.

Our modified herbal formulas aim to restore the internal imbalances of the body which result in illness and target both symptoms and root causes. This ensures holistic health care and results that actually last!