Evergreen Herb Formulas Help with Poor Sleep



Poor Sleep

Poor sleep patterns include difficulty in falling asleep, light sleep, waking up early, tense and dreamy sleep, waking unrefreshed in the morning. sleepiness.





Poor sleep and stomach acid imbalance associated with any of the following: Busy mind and hard to sleep; Tension, irritability, restlessness; Easily angered, frustrated; Ringing ears; Bloating, poor digestion; Bitter taste; Blood shot eyes.



Poor sleep associated with any of the following: Anxiousness; Dry mouth, lips or throat; Prone to dry stool; Fine ear ringing; Often lips, mouth and tongue breakouts; Shallow and/or tense, dreamy sleep with hot feeling: Low tolerance to heat.

Solution

with any of following: Hard to sleep, waking up early, with irritability; Sleeplessness; Dry mouth, lips or throat, easily thirsty.

