

## REM Sleep: What it is and what you can do to support it

An abundance of "sleep aid" products flood the market today, including both prescription and herbal types. And they all have one thing in common: they are only designed to help you fall asleep. But what about the ever-so-crucial REM sleep phase? This is the full restorative stage that the body needs to regenerate and re-energize. If you are sleeping restlessly, getting up frequently, or rising in the morning still tired, then it is likely you are not getting enough REM sleep.

[Continue reading to learn more about the REM phase and what you can do to support it.](#)

## Sarsaparilla Root, the cowboy and Indian medicine

If you're thinking root beer, you'd be right. Kinda. A version of what we call root beer, made primarily from the root of the sarsaparilla (or 'sasparilla') plant, was introduced during the American Colonial era, along with other social drinks, or tonics, such as birch beer and ginger beer. Sometimes these tasty homemade concoctions were slightly alcoholic, adding a little zip to the occasion. But long before American early settlers, other people had found a variety of medicinal as well as pleasure uses for the versatile sarsaparilla root.

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## Ron Paul's health choice bills are crucial to our future

With all the rhetoric flying around these days calling for more regulation in the nutritional supplement industry, is there any politician who is working to guarantee our freedom of choice when it comes to not only supplements, but all facets of our health? Yes, Congressman Ron Paul of Texas. He has introduced the Health Freedom Protection Act, HR 2117, to ensure Americans can receive truthful information about supplements, natural remedies and the medicinal benefits of traditional foods and herbs. This bill prevents the FDA from prohibiting the distribution of scientific articles regarding the role of nutrients in protecting against disease. He also supports the Access to Medical Treatment Act, HR 2717, which expands the ability of Americans to use alternative medicines and new treatments.

[Click to continue reading our full editorial on this important subject.](#)

## Could that holiday meal actually be GOOD for you?

The holiday season is upon us, and it's the time of year when most people don't pay too much attention to how healthy their food choices are. But you can actually enjoy all the

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typical holiday meals, and, with a few slight modifications, still keep it on the healthy side. Most of these easy modifications are as simple as selecting a different way to heat your food or using a different kind of sweetener. With this 6-page holiday cooking suggestion list you can not only make your meals more nutritious, but you'll also avoid putting on those unwanted extra holiday pounds!

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