

3 Juices to Help Cure Your Frustrating Insomnia

If you need better sleep, try these three juices:

1. **Lettuce** – Eat lettuce in the evening and juice some up before you go to bed. Lettuce contains lactucarium, which has sedative properties and affects the brain similarly to opium. You can also try this brew. Simmer three to four large lettuce leaves in a cup of water for 15 minutes. Remove from the heat, add a few sprigs of mint, and sip just before you go to bed.
2. **Kale, spinach, and parsley** – Dark green leafy vegetables like kale are loaded with calcium, which helps the brain use tryptophan to manufacture melatonin. Spinach and parsley are other good options.
3. **Celery** – The minerals and oils in celery juice have a calming effect on the nervous system, making it beneficial for relaxing sleep. Celery is high in magnesium, which helps people relax into a soothing, restful sleep. You need to drink eight ounces before bedtime to get sleepy.

- 2 romaine lettuce leaves
- 1 small handful parsley
- 1/2 cucumber, peeled
- 3 carrots, scrubbed well, tops removed, ends trimmed
- 1 rib celery

Bunch up the parsley and roll in a romaine leaf. Juice the cucumber and turn off the machine. Add the romaine and parsley, turn the machine back on and tap it through with a carrot and the celery. Stir and enjoy! {eo}

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books, including her latest book *The Juice Lady's Guide to Fasting*. She and her husband offer juice-cleanse retreats throughout the year, *30-Day Detox* online and *Garden's Best Juice Powder*. "What You Can Do When Your Healing Doesn't Come" is one point from her teaching *"7 Keys to Your Supernatural Healing."* You can connect with Cherie at .

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