

HEALTH BULLETIN

Better Ways To Fall Asleep

(NAPSA)—A unique sleep-inducement system could help Americans catch some shut-eye, just when it seems many may need it most. According to a National Sleep Foundation study, one-third of Americans are losing sleep over the state of the economy and other personal and financial issues.

The system involves a unique type of music that a three-year National Institutes of Health study says significantly reduces a variety of symptoms associated with stress and anxiety—two leading causes of sleepless nights.



A music system may someday help U.S. soldiers fall asleep.

“It balances the body’s bioenergetic systems,” explains C. Norman Shealy, M.D., Ph.D.

American soldiers—as well as more than 500,000 National Institutes of Health patients—have already experienced the effects of the music, which composer and meditation teacher David Ison spent 30 years developing.

Today, Ison’s music is used by some of the most prestigious medical institutions in the country, including the Scripps Center for Integrative Medicine, Bethesda Naval Hospital and Children’s Hospital in San Diego.

For more information or to order CDs, call (800) 788-6670 or visit www.therelaxationcompany.com.