GRANDMA'S REMEDIES

Banana & Cinnamon Tea for Deep & Calm Sleep

By bestfolkmedicine · 31/03/2019 · 2 min read



One thing is for sure- we have all experienced those unpleasant nights of constant tossing and turning and staring at the ceiling, unable to get a good night's sleep. And, the more we worry that we are not sleeping, the more does our mind work and soon, the sun is peeking through the windows and it is time to go to work. Oh, no!

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Insomnia can be triggered by a lot of contributing factors, including too much caffeine, stress, anxiety, hormonal imbalance, depression, etc. Moreover, chronic lack of sleep can cause a lot of other problems and we will feel exhausted during the day and unable to finish our chores.

But, after you learn about this DIY natural drink, you will no longer need to reach for those over-the-counter sleeping pills and harm your body additionally. It will help you get that needed slumber naturally. Plus, you just need only a couple of ingredients that you probably already have in your kitchen.

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Continue reading the article to learn how to prepare this powerful all-natural beverage and finally get quality sleep!

DIY Banana & Cinnamon Sleep Remedy

This organic and banana-infused natural cure is all you need to fight off poor sleep quality. Namely, the peels of bananas are rich in potassium and magnesium and they will work in unison to relax your muscles while the magnesium will encourage good sleep.

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The recipe is done in 10 minutes and the best time to consume it is before going to bed, half an hour or an hour before.

You will need the following ingredients:

One banana

A dash of cinnamon

A small pot of water

Preparation: Cut both ends of the banana and put it into the pot with water. Bring it to heat and boil it for 10 minutes. Use a colander to strain the content into a cup and then add the cinnamon. Mix and drink! Enjoy…

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Why You Should Stay Away from Sleeping Pills?

Though you may think otherwise, sleeping pills are nothing more than a short-term fix for your sleeping problems. These sedative hypnotics like Valium and Xanax are highly addictive and filled with all kinds of chemicals.

Sleeping pills come with a lot of unpleasant side effects, including stomach ache, dizziness, constipation, poor focus, uncontrollable shaking, slow breathing, etc.

Sources:

THE HEARTY SOUL

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