



Our adrenals begin to repair between 10pm and midnight. This is a critical time for sleep. As we age our pineal gland begins to make less melatonin and sleep can become an issue. Hormone changes in menopause can also affect sleep. Without sleep everything begins to fall apart.

*"Sleep is a beautiful thing, I just wish I could get some every now and then"*

I will work with you to help figure out your sleep issue and the right supplement plan to get you back to sleeping. Reach out to me for help, just let me know sleep is your main issue.

-The Balanced Pharmacist