

## A Natural Calm

Consume wholesome plant foods rich in antioxidants and phytochemicals to boost immune function and promote good sleep.

### Huang-Qin

Huang-Qin has protective effects on the immune system. It also has cooling, anti-bacterial, anti-viral, anti-allergenic, anti-inflammatory, antioxidant, and anti-tumor effects. It soothes feelings of anxiety and helps to reduce blood cholesterol. Rich in natural melatonin, Huang-Qin helps to regulate sleep and overcome obstacles to sleep. This wholesome melatonin occurs in low levels, making it more effective in promoting sleep.



### Lavender

Lavender is an herb used for insomnia, and is ideal for replacing drugs that reduce anxiety. It relieves stress, reduces nervousness and promotes immune system health. Lavender can counter stress-related symptoms such as tension headaches, migraines, heart palpitations and insomnia.

### Passion Fruit

Passion fruit tranquilizes without disrupting memory processes, unlike tranquilizers which may result in memory loss. It is rich in flavonoids and alkaloids; alkaloids are known for their sedative yet non-addictive properties. Passion fruit also contains serotonin, which can promote quality sleep.



### Chrysanthemum

Chrysanthemum can aid sleep by relieving stress. It alleviates headaches, colds, dizziness and chest tightness resulting from anxiety. It can also preserve eyesight and improve detoxification and vitality. It has antioxidant, anti-tumor and anti-inflammatory effects.

## Good Night

Natural wholesome plant foods such as Huang-Qin, lavender, passion fruit and chrysanthemum help to promote good health and reduce anxiety. They let you relax and sleep with peace of mind. Sleep well for your physical and emotional health!



# Quality Sleep Sweet Dreams For Good Health



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# Quality Sleep for Mind and Body

*Be sound asleep with nutritious and wholesome plant foods!*

## Sweet Slumber for Good Health

One third of a person's life is spent sleeping. However, according to 2010 statistics from Shanghai Institution of Traditional Chinese Medicine for Sleep Disorders, 38.2% of Shanghai adults suffer from insomnia. That means among its 19 million people, around 7.26 million have difficulty sleeping. Adults, including the elderly, need around six to eight hours of sleep daily. Children need even more sleep. Infants and young children require at least 15 hours of sleep daily.

Women who sleep less than six hours daily raise their breast cancer risk by 60%. Irregular sleep patterns can disrupt the body's secretion of melatonin, a hormone that contributes to cancer prevention and has immunity regulating and anti-aging effects.

Sleep is a biological need and important for good health. However, today's stressful lifestyles have deteriorated sleep quality. Restoring sleep quality confers many health benefits.

### Protects the Nervous System

Quality sleep restores the health of the central nervous system, which affects organ functions. Adequate quality sleep helps to reduce the risk of type 2 diabetes.

### Keeps the Heart Healthy

Scientists have concluded that women sleeping four hours or less would be more likely to die from heart disease. Lack of sleep increases the risk of calcium clogging up the coronary arteries, which is a precursor for heart disease.

### Maintains Healthy Weight

Insufficient sleep is linked to less leptin, a hunger-suppressing hormone, and more ghrelin, an appetite-stimulating hormone. Lack of sleep may increase hunger pangs, increasing food intake and resulting in obesity. Studies show that those who sleep less are more likely to have higher body mass indices (BMI).



## Sleep Well for a Healthy Immune System

The immune system is the body's first line of defense against disease. It is the best doctor and closely related to sleep. Research shows that losing even two to three hours of sleep for a week can impair the immune system.

After the body drifts off to sleep, various immunity boosting effects take place. Adequate sleep aids immune system function. Those with poor sleep quality have less immune cells than those with adequate sleep.

Quality sleep promotes production of various immune substances including:

### Cytokines

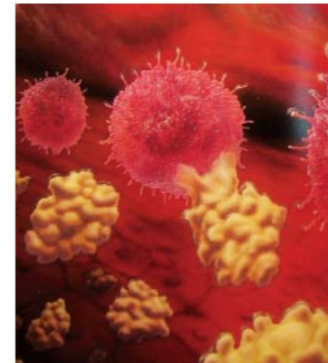
When invaders attack, the body secretes cytokines to stimulate white blood cell production, and promote immune system response against invading pathogens. Inadequate sleep causes low secretion of cytokines when bacteria, viruses and other invaders attack, leading to lowered immunity and higher risk of disease.

### Natural Killer Cells

Natural killer (NK) cells kill enemy cells swiftly and are the bane of cancer cells. Long-term lack of sleep reduces NK cells, increasing cancer risk. A healthy balance of NK cells in the body allows the immune system to easily defeat enemies.

### Antibodies

Antibodies enable immune cells to engulf, kill or eliminate invaders. The body needs adequate sleep to produce enough antibodies to boost immunity.



## No Rest for the Weary

What causes lack of sleep?

When we feel stressed, the body raises cortisol levels, causing sleeplessness. Sleeping is also difficult in an uncomfortable environment that is too noisy, bright, hot, cold, or has televisions, computers, poor bedding, or bed partners with sleep problems.

Foods high in spice, fat and acid are inappropriate for sleep, as are alcohol and caffeine in foods such as coffee, tea, cola or guarana. People with sleep apnea cannot sleep well because they stop breathing or have shallow breaths for brief periods while sleeping.



## Dangers of Sleeping Pills

Many people take anti-depressants, tranquilizers or sedatives to help them fall asleep. Some even self-medicate without identifying the causes of their insomnia. These drugs have severe side effects on the body. Here are some common side effects of anti-depressants, tranquilizers and sedatives.

Type	Common Side Effects
<b>Anti-depressants</b> Wellbutrin SR Cipram Zactin Faverin Zoloft Prozac	<ul style="list-style-type: none"> <li>• Confusion, nervousness</li> <li>• Weight gain</li> <li>• Headaches</li> <li>• Glaucoma; blurred vision</li> <li>• Decrease in sexual function</li> <li>• Nausea; diarrhea</li> </ul>
<b>Sedatives</b> Benadryl Vistaril Miltown Imidazopyridine Halcion Dalmane	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Short-term memory loss</li> <li>• Liver damage</li> <li>• Breathing problems</li> <li>• Addictive</li> <li>• Resistance to medication after 2-4 weeks</li> </ul>
<b>Tranquilizers</b> Valium Librium Trilafon Lithicarb Lexotan	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Short-term memory loss</li> <li>• Liver damage</li> <li>• Breathing problems</li> <li>• Addictive</li> <li>• Resistance to medication after less than 4 months</li> </ul>