



Rest vs. Sleep

Rest is part of the body's design to restore its reserves and get many jobs done. A body survives best when it gets enough rest every day without fail.

In the past, doctors prescribed "bed rest" for most illnesses. Antibiotics were only prescribed for very severe infections or a condition not responding to rest.

A study of 24,000 Greek adults showed that people who take naps several times a day had a lower risk of heart disease. Napping also improves memory, cognitive function and mood. If you can't sleep right away, just close your eyes and have all the lights off and just relax. You'll be asleep in no time.

If you have trouble resting because your mind races, taking two or three Cataplex B, a product of standard process can help. If you're interested in Cataplex B, call our office at 508-583-2565.

Yours for health naturally,

Dr B

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