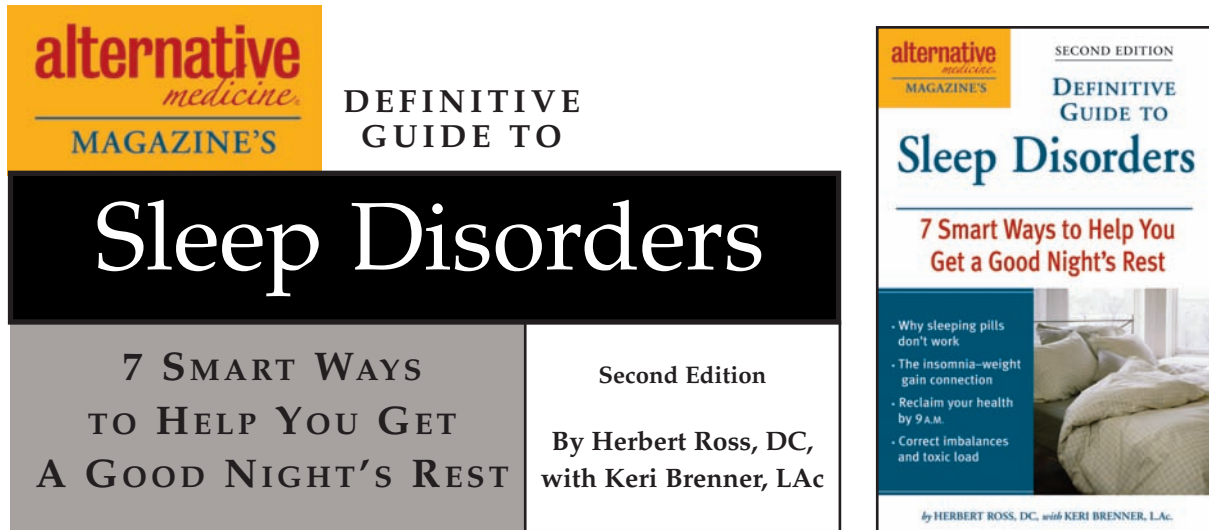


Publicity Contact: Ingrid Hawkinson—Ext. 3065, ihawkinson@tenspeed.com



Every year 60 million Americans suffer from sleep disorders, and the vast majority of chronically ill people are poor sleepers. Since a lack of sleep can devastate one's physical and emotional health, many desperate sufferers turn to pharmaceuticals. Unfortunately, these drugs can be dangerous and often prompt a host of disabling side effects.

Fully updated with the latest research, *Alternative Medicine Magazine's Definitive Guide to Sleep Disorders* reveals why sleeping pills don't work and shares effective natural therapies for 14 common sleep disorders such as insomnia, restless leg syndrome, sleep apnea, and more. It even includes all-new information on the insomnia-weight gain connection, as well as a new introduction outlining a healthy sleeping plan to ensure success. Instead of merely prescribing narcotics to temporarily alleviate symptoms, the book tackles the often-ignored underlying causes of sleep disorders, providing natural and healthy solutions for a good night's rest.

In seven easy steps, readers discover how to get the rest they need by:

- ❖ improving diet and eliminating food allergies
- ❖ detoxifying the colon and liver
- ❖ resetting the body clock
- ❖ correcting physical disharmonies in the body
- ❖ resolving emotional issues
- ❖ restoring harmony to the home
- ❖ balancing hormones

Alternative Medicine Magazine's Definitive Guide To Sleep Disorders enables readers to reclaim their health and become actively involved in their own diagnoses and treatments with tried-and-true methods of assessment, a variety of easy-to-read charts and lists, and inspiring real-life success stories. With this comprehensive guide, everyone can achieve the right emotional, mental, and spiritual balance to get a good night's sleep.



Herbert Ross, DC, is an authority on alternative solutions to sleep disorders and founder of the Aspen Sleep Institute in Aspen, Colorado. He's also a certified acupuncturist and a neuroemotional therapist. Dr. Ross lives in Miami Beach, Florida.

Keri Brenner, LAc, is a licensed acupuncturist and writer who earned her MA at the Oregon College of Oriental Medicine. She lives in Fairfax, California.

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This book is the newest addition to an authoritative series published by Celestial Arts with the editors of *Alternative Medicine* magazine. Other subjects include cancer, weight loss, arthritis, headaches, heart disease, and allergies. Please visit www.alternativemedicine.com or www.tenspeed.com.