

Different natural approaches for curing insomnia

Insomnia is the most common sleep disorder and can be defined as a difficulty in getting to sleep or in staying asleep, or sleep that is disturbed, restless or otherwise of poor quality.

Sleep is vital to replenish the body's yin energies. It is not merely rest in terms of cessation of activity. It is a different form of being. It is an entry into the world of yin, the world of feeling and intuition, said to be governed by the right brain. The daytime world is the domain of physical activity and the analytical mind, governed by the left brain.

In the modern world there is enormous emphasis on the development of the rational intellectual mind, and a pressure to maintain ceaseless stressful activity in the outside world. This leads to a mind that is rarely quite, rarely still, which leads to stress and tension. There are many natural and complementary therapies that can be used to treat insomnia.

In Chinese medicine, insomnia relates to disturbances of heart and spirit and is treated in a similar way to anxiety and palpitations (sensation of the heart beating or pounding in the chest). Acupuncture effectively identifies the causes of the individual's insomnia, and by selecting the correct acupuncture points, the insertion of fine needles helps the system to readjust imbalances.

Sometimes, the diaphragm is blocked and we can't breathe deeply. Craneosacral therapy works directly on the central nervous system, allowing tensions to dissipate, and the person to connect to a state of inner tranquility which is a necessary precursor to a good night's rest. This therapy is very effective for insomnia in children and babies.

Aroma therapy massage is the insomnia treatment per excellence. Massage relaxes and refreshes the muscles and nerves, and the specific essential oils chosen (sandalwood, neroli, ylang ylang or lavender) will encourage deeper breathing, release tensions and calm our bodies and minds.

Psychology addresses the problem of insomnia from the point of view of a learned behavioral pattern. Treatment is thus directed to identifying those habits that contribute to insomnia and acquiring others that help sleep, as well as breaking the association between going to bed and keeping an active mind.

Bach flowers are natural remedies that have no secondary effects but help to resolve different types of insomnia, for example, in cases where there is a lot of mental torture (things are dealt with over and over again in the mind), when there is shock/anxiety, in case of fear or panic, in case of tiredness, both physical and mental... Each treatment is adapted to each individual and his circumstances, and it maybe complementary to any other treatment, be it natural or medical.

These and other natural remedies are available at the Centro Terapéutico Mezquida in Jávea's Port area. More info at tel: 606164040 or www.terapiamezquida.com