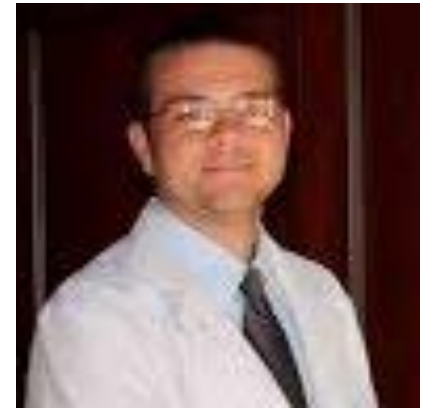




EAST AUSTIN MEDICINE SHOP
FAST, COURTEOUS, PERSONAL, AND PROFESSIONAL.



Chris' Top Picks

Sleep

- The first step to obtain restorative sleep is good sleep hygiene, or going to sleep at the same time without negative stimulus like light or TV.
 - While some people may need medication for sleep it is best to start with a natural solution.
 - Melatonin restores natural sleep rhythms. Reduced by SSRIs, NSAIDs (ibuprofen), and Beta Blockers.
 - Lemon Balm and Valerian naturally calm the body.
 - Magnesium reduces restlessness. Reduced by BP & heart meds, antibiotics, steroids, and birth control.
- Best: NoctoPlex combines everything for a non-habit forming restorative sleep without the hangover and morning drowsiness of other sleeping medications.