



Tart Cherries & You

By Donald Kendig

- Sleep Better
- Feel Better



Introduction

- Sleep Problems
- Sleep Solutions



Sleep Better

- Too Much Light
- Technology
- Stress
- Not Enough Light
- Sleeping Pills: habit forming and lose effectiveness



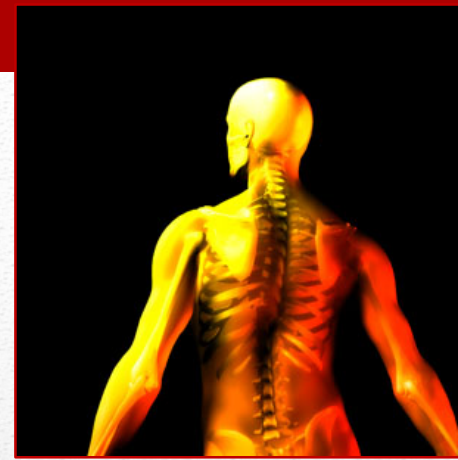
Sleep Problems

- Turn Off
- Disconnect
- Go Outside
- Day Light
- Tart Cherry Extract
 - Juice, Capsules, Tablets, Dried
 - Melatonin
 - Testimonial – Quick, Rested, Alert



Sleep Solutions

- Pain, Inflammation, Stress
- Natural Pain, Inflammation, & Stress Reducers



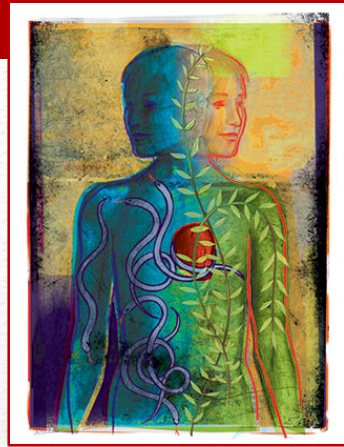
Feel Better

- Which came first?
- Vicious cycle.
- Stress can cause inflammation & pain
- Inflammation can cause pain, stress & heart disease
- Pain can cause stress & inflammation.
- Other Factors: diet, job, injuries



Pain, Inflammation, Stress

- Good Diet & Exercise
- Meditation
- Gratitude
- Tart Cherry Extract
 - Testimonial – Benzo Withdrawal, Surgery, Broken Elbow



Natural Pain, Inflammation,
& Stress Reducers

- I dare you.
- Life can be...
a bowl full of cherries.



Sleep & Feel Better
