



EDUCATION GUIDE

Sleep

Flower Essence + Cell Salt Homeopathic Remedy – Sugar, Dairy, Alcohol & Gluten Free



Difficulty Falling Asleep - Restless & Sleepless Agitated Sleep

- Sidda Sleep is NOT designed as a “knock-out” option like prescription sleeping pills. It has a gentle effect that increases with usage and time.
- Sidda Sleep is designed to help release the stress and anxiety that prevents many people from falling asleep naturally.
- The formula is designed to help the body find a balance between restful sleep and productive, non-groggy days.
- There may be a short period where the amount of stress being released causes some difficulty in falling asleep. If this condition persists, taking the formula in the morning may be more effective. This approach allows the body to release the stress that prevents it from naturally shifting into sleep at the end of the day.
- Taking Sidda Sleep in the middle of the day will not cause sudden drowsiness (unless substantial sleep deprivation is a factor). Rather it tends to encourage relaxation and calmness throughout the day.
- In the beginning, Sidda Sleep may sometimes cause one to wake up in the middle of the night. Another dose is usually all that is needed to fall back asleep.

Purpose (symptoms targeted)	Inactive Ingredients
<ul style="list-style-type: none"> • Occasional sleeplessness • Agitated sleep • Sleeplessness due to mental exertion • Drowsiness during day • Anxious dreams • Persistent unwanted thoughts <p>Indications are based on Homeopathic Materia Medica</p>	<p>Dandelion*, German Chamomile*, Licorice*, Lotus*, Natural Flavor, Polylysine, Purified and Structured Water, Sandalwood*, Valerian*, Ylang Ylang*</p> <p>*flower essence</p>

Siddha Flower Essences

- Begin with one or two remedies so your body gets a clear message.
- Stress Relief & Emotional Detox establish a foundation to support all the other remedies.
- Using Stress Relief or Emotional Detox in combination with other remedies can bring faster results.

Feeling stressed:

Stress from the “daily grind” -to help take the edge off	Use Stress Relief
Deep-seated or chronic stress	Use Emotional Detox
Thinking too much (brain chatter), worrying, over analyzing	Use Heart

Need help with weight loss issues:

Deep-seated stress, physical toxins contributing to weight gain	Use Emotional Detox + Stress Relief
Sweet/carb cravings, blood sugar issues	Use Blood Sugar + Emotional Detox
Sluggish/weak digestion	Use Digest + Emotional Detox
Sleep disorders (research has found a link between sleep issues and weight gain)	Use Sleep

Skin issues:

Lack of general skin health	Use Youthful Skin
Caused by hormonal imbalance	Use Female Balance
Caused by emotional or physical toxins	Use Emotional Detox + Stress Relief
Caused by nutrient-deficient food choices and digestive disorders	Use Digest + Emotional Detox

Need to feel more grounded and centered:

Digestion problems with feeling ungrounded	Use Digest + Stress Relief
General grounding for women	Use Female Balance + Stress Relief
General grounding for men	Use Male Virility + Stress Relief
General feelings of anxiety, malaise or depression	Use Stress Relief

Physical movement issues:

Lack of fluid motion, coordination, balance, and agility	Use Muscles & Joints
Lack of lung capacity for physical activity or athletics	Use Lung & Sinus
Musculoskeletal discomfort	Use Muscles & Joints

How Siddha Homeopathics work:

- Siddha Flower essences and cell salts are captured in the medium of water using traditional homeopathic techniques. The ingredients have been shown to resolve various forms of stress.
- Western medicine and herbs treat the chemical portion of the nervous system. In Eastern traditions, electrical messaging within the body is viewed as more important. Siddha Homeopathics work at this electrical level of the nervous system.
- Electromagnetic blockages can be understood as minute interference waves that prevent smooth electrical transmission within the nervous system. The result is a basic hindrance to well-being from within multiple systems.
- When Siddha remedies are introduced into the body, the nervous system is exposed to a combination of homeopathic ingredients and cell salts. Together, they initiate resolution for the obstructed field, ease electrical transmission and reduce detrimental interference.

