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= Better Sleep

Banana peel contains potassium and magnesium which are both natural muscle relaxants. Magnesium is a powerful mineral because it also helps with hormone balance, stress support, detoxification and so much more. Plus, potassium and magnesium contains the amino acid L-tryptophan, which gets converted to something called 5-HTP in the brain. Then, yes I know a lot goes on internally which we are not aware of, our bodies are AMAZING!!!... Then 5-HTP in turn is converted to serotonin (a relaxing neurotransmitter) and melatonin” a needed sleep hormone.

You can use a fresh banana peel, or a peel that has been placed in the freezer until you need it, or peels that you chop and dehydrated to make a fancy loose tea.

Ingredients

- 1 **organic** (who wants to be drinking chemicals/preservatives...yuk) banana peel (ends trimmed off or 2 tablespoons dried banana peel)
- 1¼ cup water
- 1 cinnamon stick
- ¼ tsp vanilla extract

Instructions

1. Place peel and cinnamon stick (if using) in the water and bring to a boil. Cover, reduce heat and simmer on low for 8-10 minutes. Remove from heat and strain out peel. Add vanilla extract (if using) and sweetener (maybe stevia or organic maple syrup) if desired before serving. Then voila! Do some deep breathing as you brush your teeth and floss. Get ready for some good sleep.

Of course, as with all things it may not work the first time. Give it a good go before dismissing it all together and then consider trying another alternative your body will thank you for it, not only now, but in the long run.