

## Sleep & Weight Loss

I had problems with insomnia and water retention for decades. I'm now sleeping better and getting rid of the extra water.

### Sleep

I sleep much better since I started taking magnesium citrate capsules and drinking high potassium vegetable and fruit juices. Magnesium helps you get to sleep. Potassium helps you stay asleep or go back to sleep.

Start slowly with magnesium and work your way up to get the sleep results you want. Too much magnesium can cause diarrhea. Too much magnesium also made me feel sleepy all the next day. I read that if taking magnesium for weight loss, you should take a dose in the morning and a dose at night. I experimented with taking magnesium capsules twice a day and four times a day. Twice a day works well for me. Taking magnesium capsules less than three hours apart means more dreams and lighter sleep. I drink high potassium fruit and vegetable juices throughout the day. I also eat high potassium fruits and vegetables.

Read labels. I tried a magnesium tablet that did nothing for me. When I read the ingredients, I discovered the mixture included sodium. Now I take only capsules.

A friend of mine drinks this Sweet Dreams Smoothie containing magnesium, potassium, melatonin, and serotonin:

<http://www.healthysmoothiehq.com/sweet-dreams-smoothie>

I improve the quality of my sleep by listening to bird songs and river sounds in the late afternoon or early evening. Also on my sleep playlist is "Weightless" by Marconi Union. The song uses scientific theory to reduce anxiety. The playlist is more effective if I listen to it hours before bedtime. I listen while do other things, including watching television.

### Weight Loss

I lost more than 30 pounds of water weight by adding taurine to my daily diet. Taurine foods include chicken thighs, turkey thighs, clams, scallops, mussels, and sardines. Chicken thighs are most effective for me, but only if I eat them for dinner. Don't know why. I buy unbrined chicken thighs from a meat market. Experiment with the taurine foods you like because bodies are different.

"Huge" differences even though people ate the same foods  
Mary Brophy Marcus  
CBS News  
November 19, 2019

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<https://www.cbsnews.com/news/huge-differences-even-when-people-ate-the-same-foods/>

(You might have to search for this article by title. The link doesn't always work, for some reason.)

'Healthy' foods differ by individual

Cell Press

Science News

November 19, 2015

<https://www.sciencedaily.com/releases/2015/11/151119133230.htm>

Healthy foods are different depending on individual: study

Allison Vuchnich

Global News

November 19, 2015

[https://globalnews.ca/news/2350028/healthy-foods-are-different-depending-on-individual-](https://globalnews.ca/news/2350028/healthy-foods-are-different-depending-on-individual-study/beta/?utm_expid=.kz0UD5JkQOC06yMqxGqECg.1&utm_referrer=https%3A%2F%2Fglobalnews.ca%2Fnews%2F2350028%2Fhealthy-foods-are-different-depending-on-individual-study%2F)

[study/beta/?utm\\_expid=.kz0UD5JkQOC06yMqxGqECg.1&utm\\_referrer=https%3A%2F%2Fglobalnews.ca%2Fnews%2F2350028%2Fhealthy-foods-are-different-depending-on-individual-study%2F](https://globalnews.ca/news/2350028/healthy-foods-are-different-depending-on-individual-study/beta/?utm_expid=.kz0UD5JkQOC06yMqxGqECg.1&utm_referrer=https%3A%2F%2Fglobalnews.ca%2Fnews%2F2350028%2Fhealthy-foods-are-different-depending-on-individual-study%2F)

The articles present slightly different information from the same study. I recommend reading all of them.

My weight loss was slow, but the weight stayed off as long as I kept those three nutrients in my daily diet. All the time I've been losing water weight, I've eaten chocolate, butter, and ice cream. I used Redmond Real Salt every day and still lost water weight. I make most of my own foods from scratch, including mustard, catsup, barbecue sauce, and salad dressings. I find recipes close to store bought versions online.

Another way to reduce water retention is to drink dandelion leaf tea, a diuretic tea. Dandelion root tea can cause diarrhea. I drink only dandelion leaf tea. The dandelion leaf tea has me up and in the bathroom several times a night. I skip dandelion leaf tea the day before a long trip. I brew dandelion leaf in smaller amounts of water to reduce the amount of liquid I'm drinking. I'm still up several times a night with the dandelion leaf tea.

Experiment with amount you use for brewing. I brew 1/2 teaspoon of dandelion tea three times a day.

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### **Added Bonus: Eliminating Spider Veins**

Bilberry is good for hemorrhoids and varicose veins. In the summer of 2018, I decided I should stop wearing shorts because my legs were covered with red spider veins. In 2019 after a year of taking bilberry capsules, most of the spider veins had disappeared. I still have some varicose veins, but I'm hopeful that they will at least reduce in size. I wear shorts again.

Bilberry is also a laxative. Black tea can cause constipation, so I drink black tea when I take bilberry. They cancel each other out. I take one 60 mg bilberry capsule 3 times a day.

Experiment to discover what works best for your body.