

Achieve Better Health Through Better Living Wellness Lecture Series

Dr. Patrick Falkowski, a West Bend doctor and member of the ***Foundation for Wellness Professionals***, a national non-profit organization to promote wellness and disease prevention, will present a series of **FREE WELLNESS LECTURES** providing current research and practical advice on today's critical health topics.

Natural Solutions to Sleep "Disorders"

**West Bend Community Library Meeting Room
630 Poplar Street West Bend, WI
Wednesday, October 7, 2009 at 6:30-7:30 p.m.**

**Call 262-338-0300 NOW
to register for this FREE LECTURE!**

At least 40 million Americans suffer each year from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems. These disorders and the resulting sleep deprivation interfere with work, driving, and social activities. They also account for an estimated \$16 billion in medical costs each year, while the indirect costs due to lost productivity and other factors are probably much greater.

- Sleep problems include insomnia, restless leg syndrome, and sleep apnea.
- Sleep disorders can weaken the immune system, cause disease, cardiac problems, high blood pressure, stress, and mental health issues.
- Dr. Falkowski will discuss 4 natural remedies to treat the causes of sleeping problems: adrenal function support, nutrition, exercises, and ways to alleviate pain that interferes with sleep.

Future Lectures include:

Natural Solutions to Headache Pain, November 12, 2009

Five Secrets to Permanent Weight Loss/Diabetes Control, December 9, 2009