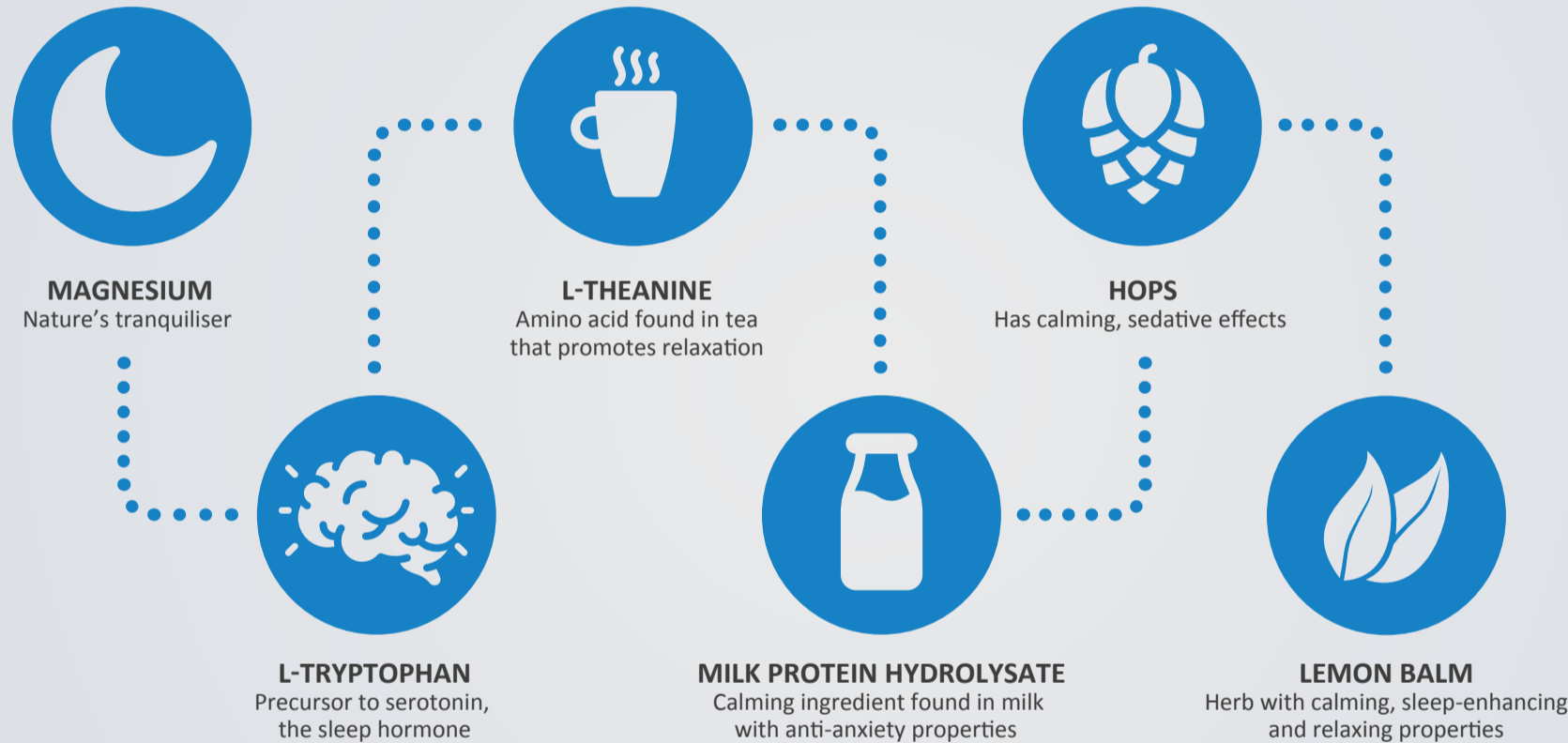


HOW TO SLEEP WELL

LIFESTYLE



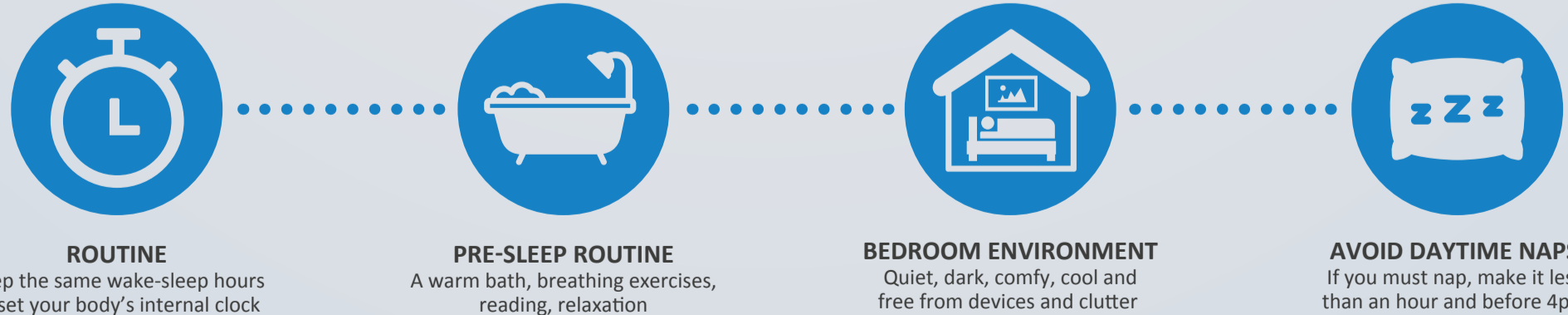
NATURAL SLEEP AIDS



FOOD & DRINK



SLEEP HYGIENE



*www.nutriadvanced.co.uk/news/tops-tips-for-blood-sugar-balance/