

Insomnia cures

In addition to walking and exercising, you can also use foods that help you sleep better.

For people with insomnia, taking medicine is only treating the top, it is necessary to find the right cause to treat the root, and at the same time maintain a moderate lifestyle in accordance with the natural law of sleeping day and night. The air is unstable, the body is tired.



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In addition to walking and exercising, you can also use foods that help you sleep. Some soups cooked from spinach, also known as coriander, pork, lotus seeds, pig heart. will help you to relieve depression because of insomnia, these are all very easy to make. Here are some soups that can cure insomnia.

first

Vegetable soup



Vegetable soup

1. Raw materials include young spinach, also known as coriander, young spring rolls, taro, water lily, shrimp or lean pork, ribs, . as you like.
2. Remove the old stems and white cotton outside the stem, leave the leaves, cut short. Taro, peeled and cut into pieces; Lotus root, water lily soaked in water to remove acrid, reduce plastic, thinly sliced, pour enough water to cook. Add shrimp, meat and seasoning. Finally, add young spinach and young leaves, only slightly cooked, delicious to eat.
3. If you want to sleep easily, use a lot of spinach and leaves. Leaves are only used in the first few days.

2

Pork heart stew dong quai



Pork heart stew dong quai

1. Pork heart 1 fruit, equivalent to 60g. Cut the pig's heart and insert the dong quai, add enough water, cook, remove the dong quai, add seasoning to taste.
2. It has the effect of treating insomnia with diabetes, nourishing blood, tonic yin, sedative.

3

Pork and oyster soup



Pork and oyster soup

1. 150g fresh oyster meat, 150g lean pork, just enough salt.
2. The pork is washed and cut into pieces, put in the pot with the oysters, just enough water, cook the soup, the meat is cooked, then add the seasoning. Eating does not depend on time.
3. Effective in treating insomnia, nervousness, heart palpitations.

4

Meat soup cooked with lotus seeds, unreal



Real defective seeds

1. Pork 200g, lotus seeds 50g, real food 50g. The meat is put in the pot with lotus seeds, cooked with enough water, cooked in soup, and seasoned.
2. Has sedative effect, cure insomnia, frequent urination at night, nervousness, anxiety. Can be used during the day.

Lotus seed soup



Lotus seed soup cures insomnia

1. Lotus seeds 30g, cooked with water into soup, salt to taste. Use 2 hours before bed.
2. Has the effect of concentration, sedative, suitable for people with diabetes, insomnia, spleen weakness, mental instability.

Apple onion soup



Apple onion soup

1. Onions 7 bulbs, jujube 20 fruits. Wash the apples, soak them in bloom, put the apples in the pot, just boil enough water for 20 minutes, then add the onions, cook for another 10 minutes. Use without time.
2. It has the effect of tranquilizing the mind, helping the mind, treating nervous weakness, insomnia, dreaming, poor memory.

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