

Title:

Chamomile - A Natural Sleeping Aid

Word Count:

528

Summary:

This article tackles the area of chamomile wherein it helps depress the hectic and stressfu

Keywords:

natural sleeping aid

Article Body:

There is no better feeling like ending a long hard day's work by lying down and crawling under

There can be a number of things that might interfere with one's sleep. Stress due to financia

So what are the alternatives to sleep aid medications?

One such alternative is trying an all-natural option called Chamomile Tea. This kind of tea is

There is a little disagreement within the scientific community as to whether chamomile provide

The best timing for a cup of chamomile would usually be a half-hour to an hour before one inte

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