

Remedies to Help You Sleep by Kumu Jeana Iwalani Naluai

AWA

One of the herbs that has been used throughout Polynesia for insomnia is Kava. We call it Awa in Hawaiian language. Awa is a pain reliever and muscle relaxant so it can enhance sleep quality simply by making you more comfortable in your body. It also full of Kavalactones which calms the mind, dispelling fear and anxiety while enhancing the overall feeling that everything is going to be "OK".

NONI LEAF

Noni is one of the feel good herbs in our Medicine basket. When you are feeling stressed one of your essential enzymes is depleted. This enzyme is called xeronine. Your body actually secretes xeronine naturally when you are joyful, singing, hugging, playing with puppies and is in high concentration in Noni leaf.

OLENA

Olena is Hawaiian turmeric. This root a natural anti-inflammatory and stimulates mood enhancing chemicals in the brain. So Tumeric both helps keep you uplifted and decreases pain in addition to a host of other benefits

LILIKOI

Liliko'i or passionfruit is rich in magnesium which is one of the minerals that decreases stress and alleviate anxiety. The fruit, the leaf and the flower can all be used as a mild sedative. One study even showed that Passionfruit was as effective as one of the common sleep drugs you'll find in your local pharmacy called Ambien.

I don't know about you, but I'd much rather use a natural remedy than have to go to a doctor's office. Most of us are trying to stay as far away from the hospital as possible right now.

In addition to all of the wonderful healing properties these plants have, they also carry spiritual mana-life force or power. When we combine this mana with prayerful intention, gather with gratitude and reverence, and believe in the possibility of healing, these gifts from Papa Honua-mother earth can be exponentially more potent.

In this time of "Great Stillness" we can look to the medicine at our feet and ancient practice of La'au Lapa'au to move through this time more grounded and empowered so that we are rested and ready to be the epidemic of Aloha that our world needs right now.