

SZSN Signing Contracts With Farmers To Fill Demand!

Shandong Zhouyuan Seed and Nursery Co., Ltd (SZSN)  
\$0.28 UP 16.6%

SZSN has already expanded their facility 45,000 sqft and installed an advanced processing system. Now they are signing new contracts with farmers to fulfill the demand. China is the second largest seed market in the world and growing at nearly 10% each year.

Read the news and get on SZSN first thing Monday!

Pediatricians recommend that children sleep on their backs because this reduces the risk of SIDS.

Researchers have also found that you remember facts and information better after sleeping.

It is possible that, through dreaming, a small detail or connection could be made in the memory that leads to a new understanding or insight.

SIDS and SleepSIDS - Sudden Infant Death Syndrome - is a mysterious cause of death for children under the age of one.

Try it for a few days and see if you can fall asleep faster.

Fact is, that is more urban legend than scientific fact.

What is Sleep Paralysis?

Anything that relieves stress and promotes calm will help you fall asleep faster and sleep through the night.

All About SnoringSnoring can disrupt the sleep of anyone near a snoring person.

Dreams and REM sleep are thought to be the time when most of these linkages are made.

Can one hormone help us to sleep better and make us younger?

Research in this area is new - but this study reinforces the need for elderly people to take sleep seriously and not simply accept that poor sleep is part of aging.

Click here to find out more about living a longer, healthier life.

'Spending orgies' must be reviewed: Ont.

Learn More About MelatoninAnd if you're having trouble sleeping, try these sleep tips.

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These people had sleep problems that were independent of depression.

Then enjoy drifting off to a gentle, well-scented sleep.

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Dreams of Biblical ProportionsDreaming has always been a fascinating part of sleep.

Check out any place that sells aromatherapy products and ask about sleep scents.

Your brain can take information from your short term, easily forgotten memory to your long-term memory.

All About SnoringSnoring can disrupt the sleep of anyone near a snoring person.

No one knows why people dream, but throughout history, dreams have been seen as prophecy and sources of insight.

You can help to make therapies for aging and life extension medicine a reality.

Lack of Sleep Linked to Suicide in the ElderlyThere is a myth that older people need less sleep.

What is true is that many older people get less sleep because of medications, health conditions and a lifestyle that does not include enough activity.

Click here to find out more about living a longer, healthier life.

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There is some evidence for this.

There are many scents on the market that are targeting falling asleep. It can also be a sign of sleep apnea - a potentially dangerous sleep disorder. Foods can help you sleep, but only if you use them in the right way. Pediatricians recommend that children sleep on their backs because this reduces the risk of SIDS.

There are also claims that by supplementing melatonin, some of the effects of aging can be reduced.

Compas, estamos en la recta final !

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Find out more on Foods and Sleep.

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If you dream you are running, your brain is actually signaling your body to run.

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Cholesterol ResourcesManage Your CholesterolWhich Fats Are Healthy?

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End Your Day Great for Better SleepComing up with a great and relaxing way to end your day can help you get more and better sleep.

Improve Your Memory - Sleep MoreResearchers believe that one of the functions of sleep is to consolidate memories.

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In modern times, dreams are used more for insight.

By choosing a calming scent that you can enjoy each night, you'll begin to associate falling asleep with a particular smell.

Click here to see how easy it is.

Use Scents to Sleep GreatScents can be a great way to induce sleep.

Activism and advocacy.

Getting enough sleep, therefore, is essential to understanding yourself, remembering information and making connections.

Anything that relieves stress and promotes calm will help you fall asleep faster and sleep through the night.

Click here to participate in improving your future health and longevity!

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The smell then reinforces your sleep habit.

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Food For SleepPeople believe that a substance in Turkey, called tryptophan, causes everyone to need a nap after Thanksgiving dinner.

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Tryptophan can cause you to fall asleep, but only if you eat it on an empty stomach - and stomachs are far from empty at Thanksgiving.

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Sleep paralysis prevents your legs from actually moving.

What happens is that the brain shuts down nerve signals to your legs and arms - effectively paralyzing you.

The "Back to Sleep" rule applies to naps as well as nighttime sleeping.

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Some things you can try is light exercise, music or just spending some time cleaning up the house each night.

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Yo se que se me van a cagar y van a basurear el foro, pero no hay nada.

A slice or two of turkey in the evening can help you fall asleep faster, but don't eat too much with it.

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Find a nighttime ritual that helps you put your day to rest and focus on relaxation and calm.

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, A part of The New York Times Company.

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Death is an Outrage Robert A.

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