

NEWSLETTER December 2020

From all of us at **SomaLife**
Season's Greetings



"When I Wake Up, I am Reborn" – Mahatma Gandhi



Imagine, if you woke up every morning and felt *"Reborn!"*

I am certain by now, as a committed SomaLife customer, you are already experiencing many of the valuable advantages of nourishing your body and mind with SomaLife nutritional supplements, including the essential amino acid blend in **Youth Formula**.

Improved sleep, increased energy, and an overall sense of well-being are just a few of the many positive health benefits attributed to proper balances of nutritional amino acids.

- Deeper restorative sleep
- Improved skin, hair, and nails
- Reduced body fat (especially with exercise)
- Diminished sense of stress
- Enhanced mood

This conversation is about the healing, invigorating and soothing gifts of sleep

Has anyone ever told you, *"Go to bed, you'll feel better tomorrow?"* This is the human version of

"Did you try turning it off and turning it on again," to reset. Sleep allows us to "reset" ourselves at the cellular level.

Scientists have gone to great lengths to fully understand the benefits of sleep. Their research studies have shown a full and restful night's sleep:

- Boosts your immune system
- Helps prevent weight gain
- Strengthens your heart
- Improves your mood
- Increases productivity and enjoyment in daily tasks
- Enhances physical and exercise performance
- Sharpens learning and memory
- Steadies blood sugar levels
- And more...

What role does nutrition, particularly a balance of essential amino acids, play in achieving the deep restorative level of sleep we need? Amino acids are the building blocks of cells and thus cellular rejuvenation.

There are two types of sleep: REM sleep, which is more of a physical sleep, and non-REM sleep, which is more of a mental sleep. The deepest stage of non-REM sleep is called slow-wave sleep (SWS). Two very important mechanisms occur at the cellular level during slow-wave sleep; the amount of glucose in your blood drops and your body actively secretes growth hormone to heal muscles and skin. Amino acids support and balance both of these processes in your cells, making it easier and quicker to reach this deep level of sleep. Thus, improving the quality and quantity of restorative sleep. During waking hours, glucose is readily available to enter your blood stream and power your day. Many doctors believe this process affects glucose metabolism and type 2 diabetes.

Here are some tips for a good sleep ritual

- Sleep 7–9 hours each night
- Take a hot shower or soak in a bath before bed
- Stretch while your muscles are still warm from your shower or bath
- Darken your room as much as possible
- Set your technologies; phones, iPads, etc. out of your reach to avoid the temptation to check messages, the news, weather, or social media
- Reflect on a few things in your life that you are grateful for or bring you joy

So, the next time you hear notions like, *"you can sleep when you are dead,"* or *"snooze you lose,"* be assured they have no credence. They are a contradiction to the contemporary science of sleep. Facts warn poor sleep will shorten your life, diminish your cognitive strength, and trigger anger or despair.

*Happy Dreams
and Happy Holidays!*

Dr. Charlyn Belluzzo
MBA, PhD, ScMD



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Announcements



We are proud to announce the
NEW SomaLife Website
launched

NOVEMBER 11, 2020
"A day to Remember".

Some of you may have already seen the new and improved website which offers more information and ease of use. And reflects the quality of the supplements we offer for Your Health and Longevity.

Testimonials

My cat, *Evie*, had a terrible case of dandruff. As she is an aging cat, I thought now would be a good time to put her on **SomaPet** and see what would happen.

After six weeks the dandruff is almost all gone. I am extremely happy with her outcome.

Most of you know how finicky cats can be with their food so I introduced it slowly and have steadily increased the amount at each feeding. It has a salty taste, so it makes bland cat food more palatable and now she even licks the bowl when she gets to the bottom. Even George, *Evie's* brother who is a real character, loves his **SomaPet!**

Cats, dogs and horses love it! Shiner coats and softer fur . . . and so many other benefits! Get yours now!



QUOTE OF THE MONTH

"Blessed is the season which engages the whole world in a conspiracy of love."

– *Hamilton Wright Mabie*

December Specials

New Website Launch Special!



Youth Formula
25% OFF

Give the Gift of Health
this Holiday Season!

Use code **STARTHEALTHY**

Don't Forget the Rest of the Family!

SomaPet is the only supplement
of its kind that was tested on humans!

SomaPet
25% OFF

YOUR 1ST TUB

That is less than \$1 per day

Use code **PETHEALTH25**



Want to Place an Order?

We guarantee a prompt response with a smile!

KIM will be happy to assist you
with your questions and your order.

Customer Service

 **(877) 256-7662**

 **support@SomaLife.com**