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MAGAZINE

real life

"Flower essences cured my sleep problems!"

Three hours after snuggling into her bed, Ayiesha Alizai Sadik found herself still staring at the clock, desperately trying to get some shut-eye. *I'm so exhausted*, she thought. *Why can't I just get some rest?*

As a wife and mother juggling school and a part-time job, Ayiesha found it difficult to quiet her mind at night. "Even though work was done for the day and the kids were in bed, the to-do list running through my head wouldn't turn off," she admits. And those sleepless nights were taking a toll on her health, with weight gain, migraines and nagging colds dragging down her energy, mood and spirits even further.

Desperate for some quality sleep, Ayiesha tried everything that her doctors recommended to cure her insomnia, from chamomile tea and warm baths to a prescription sleep aid, but

nothing seemed to work. So when an associate at a local health-food store recommended Bach Flower Essences Rescue Sleep (\$11 for a 7 ml bottle, at BachRescueSleep.com), Ayiesha was skeptical. She doubted that the natural spray of flower essence oils could actually work. But knowing she had nothing to lose, she decided to try it.

That night, after spritzing the tasteless product into a glass of water, Ayiesha relaxed as she sipped the beverage before bed. Almost instantly, her racing thoughts settled and she quickly slipped into eight blissful hours of sleep. "The flower essences have found a permanent place in my life," raves Ayiesha, who no longer suffers from colds or migraine headaches and now has plenty of energy to sail through her daily to-dos. "I never leave home without them!"



Ayiesha Alizai Sadik, 42, Chappaqua, NY

How flowers calm a restless mind

Flower essences neutralize negative energy in the body, balancing emotions for greater well-being, according to Nancy Buono, North American director of the Bach International Education Program. The ingredient for sound sleep: white chestnut. This flower contains *aescin*, a *phytochemical* that eases the stress that causes restlessness.



Robert Mianella. Hair and makeup: Tammy O'Connor. Real-life text: Faye Rausch.