

I am a RDH who has developed a C.E. on this topic. If you prefer a MD sleep specialist I suggest the Shutter Neurologist, Dr. Diaz. This is a topic of special interest to menopausal women who are at risk.

See Grayson.
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For example -
It is true that petroleum
products digest better
give fewer malodorous
uses to nitrid gases.
Research is now underway
to find the effects of
petroleum on nitrid.

2) Good example + there are
few much sugar as in
foods. Encourage you to
emphasize that the reason
for much sugar is
a problem to that of
displace calories from
other good groups.
3) You could search a
sugar and with
a paper when to chocolate
to metabolic action.

Like the encouragement of
sugar water drinks.