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A Lifestyle Approach to Remedy Snoring

By Kevin Meates

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If you want to remedy snoring, you have to find the underlying cause. Snoring is not an affliction like the common cold, where you wake up one morning and you've just got it. It is something that normally arrives slowly over time. Most people can't remember the day and date that their snoring started. It was sometime in my mid 30's or some such vague description is the normal response to a question on its arrival.

The lifestyle approach to remedy your snoring, doesn't treat it as a condition or a disease. But rather treats snoring as a symptom, or a warning, that the body is out of balance.

I like to think of snoring like the ground proximity alarm in a modern jet aircraft. (The one that goes "WOOP! WOOP! PULL UP! PULL UP!", if the aircraft gets too close to the ground when it's not supposed to). If you are a pilot, you'd prefer not to hear it. But if you did, you would be grateful for the warning before dire consequences arrived. I'm sure the warning siren must be very annoying when it is activated but a lot less painful than the alternative. Likewise snoring is annoying, but not responding to the warning may have more serious consequences.

The above example may seem extreme but the reality is there has been an enormous amount of research in recent years linking snoring to a range of serious conditions such as hypertension and coronary disease.

The human body is a truly amazing machine. It has the ability to self regulate a complex array of interacting chemical and electrical processes within fine tolerances. This ability of homeostasis means the body can keep the internal systems (e.g. blood pressure, body temperature, acid-base balance) in equilibrium despite changes in the external environment.

However if the body is subjected to persistent extreme conditions outside the normal bounds of function then it may not be able to rectify the situation without help. For instance if your body gets cold,

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it starts to shiver to maintain its core body temperature. But if your body is subjected to sub zero temperatures without any external heating then shivering alone will not be able to stop the inevitable deadly conclusion. But the act of shivering is, in itself, a warning for you to take some action; put some warmer clothes on for example.

Snoring can be set off by a number of different balance upsets such as your diet, your breathing, your stress levels, and your physical environment. If you systematically work through these factors two important things are going to happen. You're eventually going to stop snoring and you'll end up with a healthier body.

Once you start you may be pleasantly surprised, as often, a snoring solution doesn't always require a big change in your lifestyle.

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Kevin Meates writes for

where you can find a set of

strategies for overcoming all types of snoring problems.

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Finding A Home Remedy For Snoring

By Alan Schill

Home remedies are terrific for many things, but did you also know that there are home remedies for snoring? They are natural, safe and, best of all – they are free. If you are looking for the perfect home remedy for snoring, you are at the right place.

Sleeping on your side is a terrific home remedy for snoring. Research shows that individuals who sleep on their back snore more often than side sleepers. Another good home remedy for snoring is to sleep on two pillows instead of one. The additional few inches of elevation may help you to breathe better through the night, which may help you to say goodbye to snoring altogether.

If you are an allergy sufferer, there may be a home remedy for snoring that you can use to also help eliminate your allergy symptoms. When airway passages become restricted, which is often the case with allergies, snoring is a possible result. Breathing steam from hot running water is a home remedy for snoring that is also great for opening the nasal passages and improving breathing. In addition, ridding your home of airborne allergens with the use of air filtration units can help to get rid of many airborne allergens.

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Many snoring sufferers, who are searching for the perfect home remedy for snoring, turn to anti-snoring aids for help. The Sleep Genie is one such device, which is doctor recommended. While comfortably supporting the jaw with its nylon lycra blend, the Sleep Genie holds the mouth closed to prevent snoring. The best part is that this anti-snoring device requires no medication, no invasive surgery and does not hinder the wearer's movement during the night.

Another home remedy for snoring is weight loss. A combination of diet and exercise will not only help you to lose weight and lessen the chances of snoring, but will also promote a healthier lifestyle overall. Obesity is one of the leading causes of snoring, so consider shedding those unwanted pounds and your snoring habit in the process.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

A new anti-snoring scientific breakthrough is rapidly changing the lives of ex-snorers... because the first night you use it, it stops snoring! Visit

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