

Sleep Deprived? Doctor's All Natural Aid Helps Many To Sleep Like a Baby

Doctor reveals "A Simple Way To Sleep Better Without Dangerous Drugs" during an exclusive <http://www.drdaivesbest.com/> telephone seminar

Fleetwood, PA (PRWEB) February 10, 2005 -- While the modern lifestyle robs up to 80% of Americans of a good night sleep, the risks associated with sleep deprivation cannot be ignored. According to Dr. Dave Woynarowski, M.D., an all natural sleep aid significantly improve your ability to feel well rested -- even if you can't sleep a full eight hours.

"Many assume that their only alternative to sleep deprivation is to simply get used to it or drink another cup of coffee", Dr. Woynarowski explains. "This is a terrible mistake of epidemic proportions. The majority of people go through the day like zombies, propped up only by risky stimulants. Lack of sleep doesn't often make the headlines, but it's believed that up to 20% of Motor vehicle accidents and thousands of fatalities result each year from fatigue."

Instead of turning to stimulants to stay awake or to potentially dangerous drugs to get more sleep, based on 25 years of research, Dr. Woynarowski explains that there are far more effective, all natural ways to get better quality sleep. And his customers agree. Dr. Dave has recently released an all-natural supplement called 'Sleep Wizard' that sold out overnight. "We can hardly keep it in stock," he adds.

Dr. Dave Woynarowski, creator of an exclusive line of pharmaceutical grade nutritional supplements, and author of the soon to be released, "Get The Skinny On Staying Young", is a board-certified physician who has dedicated his career to longevity and wellness through natural and nutritional methods.

Dr. Woynarowski shared his findings on "The Top 5 Risks of Sleep Deprivation And How To Prevent Them Even if You Can't Get More Sleep" during a special guest appearance on a Dr Dave's Best telephone seminar.

Dr. Dave Woynarowski spoke candidly about five specific all natural strategies that are more effective than using stimulants or sleep drugs to get better sleep and shared the story behind the loss of his brother, and fellow doctor to a fatal car accident caused by sleep deprivation.

Dr. Dave added, "In today's fast paced world, it's important to take a few minutes to learn about easy, all natural things you can do to feel more rested and alert, even if you don't have time to sleep more. I encourage as many people as possible to learn about this silent epidemic. We recorded this seminar and posted it on our public website for anyone to listen to or download. We also posted the transcript for easy reference."

To listen to the Dr. Dave's Seminar on Sleep or read the transcript free, go to http://www.drdavesbest.com/sleep_now. Dr. Dave Woynarowski can be reached at (610) 926-5728.

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