

A Dream is a Wish Your Heart Makes



A study by the Institute for Optimum Nutrition found that a deficiency in Vitamin B6 and/or Zinc were associated with the inability to recall dreams. So if you don't think you dream it may be worth supplementing these essential nutrients by gradually increasing the dose. Recommended maximum Dosage: 200 mg of Vitamin B6/day and 30 mg of zinc/day.

Foods high in Vitamin B6

- Sunflower seeds
- Wheat germ
- Pistachio nuts
- Tuna/Wild salmon
- Turkey/Chicken
- Bran
- Pistachios

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Other Benefits of B6: assist those living with anemia, used to control certain types of seizure disorders, prevent the onset of side effects from a Vitamin B6 deficiency.

Foods high in Zinc

- Oysters
- Beef and Chicken
- Wheat germ
- Pumpkin/Squash seeds
- Sesame Seeds
- Cashews
- Dark Chocolate
- Beans
- Spinach

Other Benefits of Zinc: Effective at treating zinc deficiencies and the side effect that result because of it, and has also been proven to assist with reducing persistent bowel movements and an inherited disorder called Wilsons Disease (a disease where those with it produce too much copper and zinc is used to block absorption).