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Transforming Health Archives Available

June 09th 2010: Can Poor Sleep Habits Affect Your Immune System?

We've all heard the expression, "Don't lose any sleep over it," yet over 50 percent of Americans don't get a good night's sleep. The number one culprit: stress. Whether work, family, or finance related, many North Americans are bringing stress into the bedroom, which can seriously impact the amount (and quality) of sleep they obtain. The consequences of not getting enough shut-eye is a weakened immune system that increases your susceptibility to health issues including colds and flus. Find out how sleep and your immune system work together by tuning in this Wednesday. You will find out: •

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Featured Guest



Stuart Reeves, Ph.D.

Stuart Reeves, Ph.D., author of "The Key to a Healthy Immune System", researcher and international biotechnology scientist, has been instrumental in spearheading research on the health benefits of a balanced, not boosted, immune system. Dr. Reeves has authored dozens of peer-reviewed papers for such revered publications as Advances in Therapy, Nutrition Research Journal, and The Journal of Alternative and Complementary Medicine. He earned a bachelor's degree from Imperial College, London, and a Ph.D. from Kings College, London, followed by post-doctoral studies at Cornell University, Ithaca, New York. He is Director of Research and Development for Embria Health Sciences and contributor to th

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