

# [Gone to Swan](#)

stories and photos from my wanderings around our planet

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Posted by: **Waheeda** | November 9, 2009

## Travel fave – femMED Sleep



Fascinated with natural medicine for the past 25 years, former financial guru Shawna Page wanted to solve some major questions for women's health. Knowing that she and many others were spending many dollars on supplements, she decided to research what women wanted and what their bodies needed.

Page soon heard the list of women's complaints from many medical professionals – lack of energy, insomnia, and dealing with the effects of PMS and menopause. Wanting an easier way to benefit women's health, Page put together a team of health professionals including a naturopath, integrated physician, pharmacist, herbalist and alternative practitioner, to develop a line of supplements that would answer these needs.

femMED was created in 2008 and initially was five formulations – now it boasts a collection of 14, addressing issues such as energy, heart health, bone health, general health, pregnancy, libido, and menopause. As a traveller, energy and sleep are my constant concerns, and finding a natural supplement that will help me get over jet lag has been a constant trial and error with several products.

femMED Sleep will help reduce insomnia and get you back on the proper wake-sleep cycle. It contains magnolia bark, lemon balm and passion flower, which will help soothe your system. Focus on going to bed

at the same time every night, and create your own evening ritual to insure a good night's rest. As Shawna says, get your sleep and your energy levels will return too.

A complete list of ingredients can be found at femMED.com as well as tips on health. Although any femMED supplements can be taken together, Shawna advises women to not take Sleep and Energy at the same time. femMED supplements do not contain dairy, egg, gluten, yeast, artificial colour, artificial sweeteners, preservatives, and are suitable for vegetarians and vegans; femMED gel capsules are made from vegetarian sources.

For more information: [femMED](#)

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Hello and welcome to Gone to Swan. I'll be sharing my view of our planet through articles, photos and video.

Come with me as I travel around the mainland, head overseas and spend time on islands.

I'll show what I learn, write about new products I like, and post photos and videos of places I've seen.

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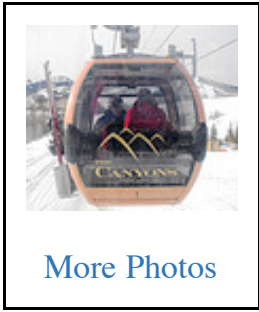
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