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Subject Line: Why MIT Professor Swears By Ancient Buddhist Insomnia Remedy

Dr. Kabat, one of our country's top biomedical experts, struggled with insomnia when he started his career in medicine.

He was a good doctor, smart too, but his chronic insomnia prevented him from advancing further.

So, he decided to do something about it.

He studied Tai Chi, took melatonin supplements and drank tea before bed but it still failed to end the cycle of insomnia.

Until one day, he talked to an ancient Buddhist monk who revealed a technique which cured his insomnia forever.

And he spent decades of research perfecting this technique on his patients and after awhile managed to put 98% of them asleep in 5 minutes or less

<Break The Cycle Of Insomnia>