



Quintessential Health Care

An Integrated Health Resource

Insomnia Solutions No One Is Talking About

Greetings!

Today's topic will hit a nerve with at least 1 in 3 people.

Why?

- Because an estimated 1 in 3 people suffer from at least a minor form of insomnia.
- Women are more likely to be affected than men as are older adults.
- And a whopping [25% of children are estimated to suffer from behavioral insomnia](#)

Sleep medications, with their laundry list of dangerous and bizarre side effects, aren't a safe or sustainable solution.

Natural remedies can work, but not for every person every time...and some can be habit-forming.

What's causing this sleep epidemic? It's not what you may think...and there's not a *single* cause.

Read on to find out the little-known causes of and solutions for insomnia and other sleep disorders.

Message from Milly

In This Issue

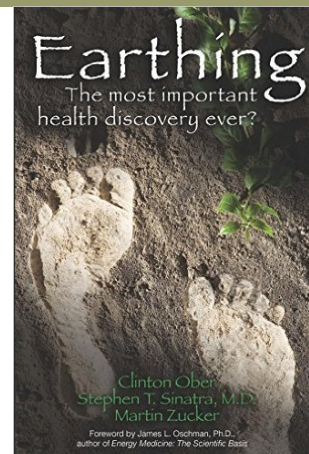
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Health Thyself and Never Stop Learning



Book Pick of the Month:

["Earthing: The Most Important Discovery Ever?"](#)

Earthing, the practice of getting grounded through contact with the earth's surface, is one of the BEST ways to get a better night's sleep.

In this breakthrough book, the authors share the science, testimonials, and how-tos behind this common-sense practice.

Whether you buy the book or not, we highly recommend walking around outside barefoot for 20-30 minutes a day, spending time in nature, or using a grounding device to improve sleep, emotional balance, and overall health.



Given that insomnia now borders on epidemic, I thought it would be valuable to look at some of the complex factors surrounding it.

Having recently returned from a week away where I was totally off the grid, I was struck by two things.

First how quiet it was and second how good it was to sleep on the ground.

Now I am by no means a "camping guru" and I do love my comfy bed, but I did feel my body relax at a level I'd forgotten was possible. I slept and dreamed like I haven't in years.

Based on this experience and all the new research popping up, I have no doubt the prevalence of computers and wireless devices are key contributors to sleep deprivation.

But what about the computerized devices we don't think about or interact with?

Devices like **"Smart Meters"** on our homes that read our electrical usage at night while we're sleeping or attempting to sleep.

Sleep issues cause significant stress which creates a viscous cycle of health issues, like **adrenal fatigue**, resulting in further sleep deprivation.



Block Sleep-disruptive Radio Frequencies (RFs) from Smart Meters

It's a fact of life, nearly every home in American now has a Smart Meter installed.

Used to transmit data to utility companies, these meters emit high levels of radiation—known as radio frequencies or RFs, that can be detrimental to your health and sleep patterns.

Smart Meter Guard has one of the best RF blockers on the market.

It takes less than a minute to install, requires no tools or know-how, and blocks the radiation from getting into your home (and body).

Learn more and watch their informative video at:

<http://smartmeterguard.com/products/smart-shield>



Get FREE Mindfulness Meditation Guidance from UCLA

As we mention in "The Attitude for Health", mindfulness meditation has been scientifically proven to help improve sleep.

The benefits are so great that the University of California Los Angeles has produced a FREE series of guided meditations available in Spanish or English.

[Download them all here](#) and sleep better tonight.

Blood sugar drops also affect wakefulness and can be easily remedied by eating a little protein before bed.

Food sensitivities are key because they can cause gastric discomfort including reflux.

Gastric disturbances can lead to neurotransmitter dysfunction which can adversely impact sleep.

Sleep apnea is another common cause of sleep deprivation. A sleep study may be necessary to ensure that your respiratory airways are not blocked by your tongue when sleeping.

This condition can predispose one to all types of health issues including elevated blood pressure.

Or, it could just be a **Melatonin imbalance** or **Magnesium deficiency**.

As you can see, there is no one-size-fits-all solution to insomnia.

Rather, we must find out *why* you are not sleeping before effective solutions can be found.

Thankfully, we have many helpful tips, tools and nutritional recommendations to follow. So, read on and don't give up!

Blessings to all,

-Milly

***Ancient Wisdom Modern
Medicine:
Natural Solutions for Sleep
Issues***



Melatonin: for occasional sleeplessness

Melatonin is one of the most popular natural sleep remedies...but, because of its hormonal effect, it's not one you want to rely on long-

term.

Use it as a "reset" remedy to reprogram your internal clock during travel or temporary disruptions in your sleep routine.

Kavinace Ultra PM: for long-term use

Kavinace is a professional nutritional supplement that supports normal neurotransmitter levels related to sleep and relaxation.



Since it does not mimic hormones, you can use it long-term or as recommended by your healthcare practitioner



Essential oils and Flower Essences: for emotional sleep

disturbances

If an emotional trauma, grief, or worry is keeping you up at night essential oils and flower essences can be of huge help.

Lavender and Mandarin are excellent to calm the mind and support sleep.

And **Fields of Flowers**, by Energetix, contains specific flower essences to help quiet the mind and restore inner peace.

Keep in mind, all sleep issues are

unique. To order products or schedule a BioEnergetic Assessment call: **770-446-1140**, [email us](#), or [stop by](#).

The Attitude of Healthy Sleep: Stop Negative Self-Talk at Bedtime

One of the trickiest things about re-setting a sleep pattern is to re-set one's attitude towards falling asleep.

As anyone who has ever been wired-and-tired knows, bedtime can become a mind game of worrying about falling asleep to the point where you simply can't.

If this sounds like you, here are some methods that can help you break that negative self-talk and ease into sleep.

Method #1: Redirect your Thought Pattern

As soon as you find yourself lying there worrying about not falling asleep, get up out of bed and redirect that thought pattern.

Read a magazine, clean up a bit, call a friend, or spend some time meditating.

Avoid the temptation to use electronic devices as this can get you more amped up.

After 10-20 minutes, go back to bed and try again.

Method #2: Change scenery

Sometimes, the simple act of sleeping in a new space (temporarily) will help break that old I-can't-sleep mental recording.

Try crashing in the guest bedroom, living room, etc. for a few nights to break the old cycle.

Method #3: Try different types of meditation

A recent study in the [Journal of the American Medical Association](#) proved mindfulness meditation improves sleep quality.

Meditation can be practiced through journaling, visualization, deep breathing or sitting quietly repeating a mantra.

If you need a little help getting started, [this guided meditation by Deepak Chopra](#) is a great one for settling the mind before bed.

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