

Healing by Design

Insomnia and Sleep Disorders

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Live in alignment with God's sleep cycle. Wake up at sunrise and go to bed shortly after sunset. Take evening walks and watch the sun set. Go camping and spend time outdoors. This keeps cortisol levels down and melatonin levels up.
2. Work on calming and relaxing the nervous system. We must take time to relax, pray, read the Bible, spend time outdoors, exercise and find peace. We must turn away from electronics, tv and sedentary lifestyles. Having relaxed nerves is key to having a good night's sleep.
3. Get outside! Fresh air and sunshine. Sunshine in the eyes is especially powerful for healing the brain and neurotransmitter production. Don't wear sunscreen or sunglasses. Get a nice tan. Don't stare at the mid-day sun, but consider and research watching sunrises or sunsets.
4. Avoid narcotic chemical drugs. They sedate the nervous system, alter hormones and neurotransmitters in the body, and come with a laundry list of side effects. These are poisonous chemicals and should be avoided. Examples are lunesta, ambien and trazadone.
5. Coffee and stimulants should be avoided. Heavy metals can damage the nervous system. Infections like parasite, yeast and fungal overgrowths can affect the nervous system as well. Get tested with a **Heavy Metals Test by Quicksilver, Organic Acids Test by Great Plains Laboratory of Hormone Saliva Test by Great Plains Laboratory. All available through Spirit of Health.**
6. **Magnesium Oil by Health and Wisdom.** You MUST use magnesium chloride to get the best form of magnesium to restore at the cellular level. This is life-changing. Get a small foot tub, add warm water to cover the toes, add 2oz (1/4 cup) magnesium oil and soak 15-20 minutes before bed. Do this for one month. Can buy **bath crystals** also for maintenance. Many use **CALM by Natural Vitality** in water also.
7. **Earthing Sheets by Earthing.com.** These reduce cortisol, relieve pain and improve sleep.
8. Use herbs to relax. **Holy Basil by Cedar Bear** is our favorite because of the quick delivery system. Holy Basil is nice because it relaxes without making drowsy. Stronger nervine herbs include kava kava, hops, valerian and wild lettuce. **Chill by Herbally Grounded** is a nice formula. These are stronger herbs that have a sedative effect.
9. Take care of the adrenals. Try the Great Adaptor by Jing Herbs to build the adrenals and to promote relaxation. B-vitamins are important for nerve function. Try using **Garden of Life, Synergy company or the sublingual spray by Quicksilver.** Liquids under the tongue work faster and better.
10. Use **Dodecin by ByPro** for pain relief if that is why you can't sleep. Take **Bladder Control tea for women or Ezee Flow tea for men by Bell Lifestyle** if you can't sleep because of evening urination. Get a heavy metal test and do a metal detox if that is the reason. And consider parasite cleansing for infections.