

Disclaimer

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Welcome!!!
Just hang On :o)
Our meeting will start soon.



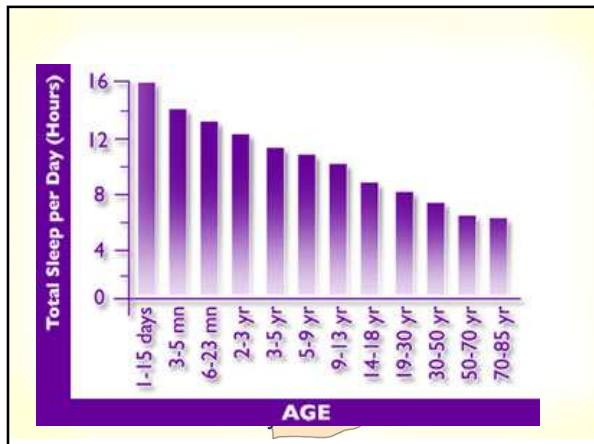
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Est. 16,100,000 people are unable to achieve the amount or level of sleep they want.

- Hours Needed
- Newborns – 16 hours
- 6 Months – 14 hours
- Children -- 8 to 10 hours
- Adults -- 7 to 8 hours



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Purpose of Sleep/ Effects of too Little Sleep

- Healing
- Growth (release of GH)
- Mental Health
- Immune System
- Longevity
- Detoxing (Graveyard Shift)
- Mood Swings
- Increase in Risky Behaviors
- Hallucinations



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Long Term vs Short Term Sleeping Problems

<p>Short Term</p> <ul style="list-style-type: none"> •Kava Kava •Melatonin •Calcium •Chamomile •Herbal Sleep 	<p>Long Term</p> <ul style="list-style-type: none"> •Indicates the body is out of balance, toxic or weak... •Address and Correct the Chronic Health Problem
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The 7 Major Reasons for Chronic Sleep Problems



- Liver (Prostate)
- Nervous system
- Time
- Adrenals
- Sleep apnea/Snoring
- Pain
- Pineal gland

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Adrenals

If you are not tired at night but can't get up in the mornings.

Cause
Adrenals are Weak and are delayed in reacting to the stimulation of the ACTH of Pituitary gland

Rise in blood pressure/heart racing

- Solution**
- Adrenal support
 - Mood Elevator
 - Pantothenic acid
 - Punch something
 - Parsley (blood pressure rises during the night)

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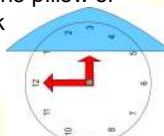
Liver

If you fall to sleep but wake up during the night before 5 or 5:30 AM

- Cause**
- The liver cleanses itself
 - When the liver is detoxing, if it is weak or VERY toxic it releases sugar into the blood stream
 - A response to excess sugar can be urine production

Solution
Liver cleanse formula... start with what is on the bottle and increase until you sleep the whole night through every night...Not even waking up to go to the bathroom, fluff the pillow or look at the clock

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Nervous System

Can't turn mind off, toss & turn, not dreaming nightly

Cause

- The coating on the nerve is too thin, inhibiting the body's ability to tune out noises and releases chemicals which soothes the nervous system

Solution

- Build the myelin
- Soothe the Nerves
- Protect Nerves from Adrenals
- White noise



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A Complete Sleep Cycle Should take 1 ½ hours

- Stage I (light sleep)
- Stage II
- Stage III (deep sleep)
- Stage IV (REM – Rapid Eye Movement)
(Nightmares & Night Terrors)



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Importance of Dreaming

- A person should get into the REM at least once a night, preferably several times during the night
- A nervous system which has all the nutrients it needs can get into that level of sleep
Body heals and rejuvenates most efficiently
Brain reboots



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Sleep Apnea/Snoring

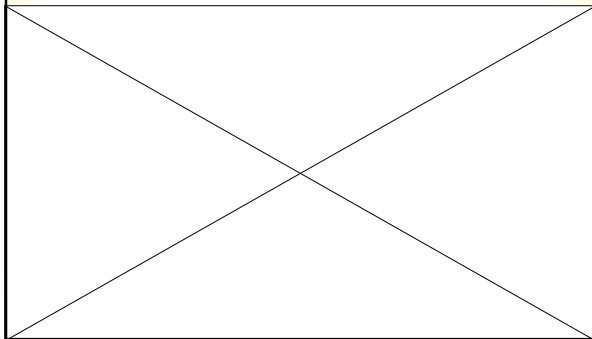
Causes

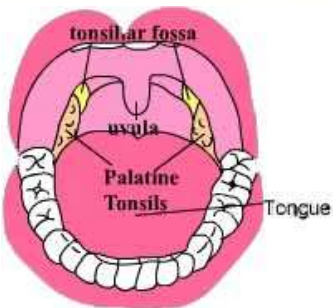
- Weak Medulla
- Weak Pharynx
- Tonsils or Uvula Swollen
- Flaccid Tongue
- Sinus
- Lack of Mucosal Lining
- (Dry throat or mouth)



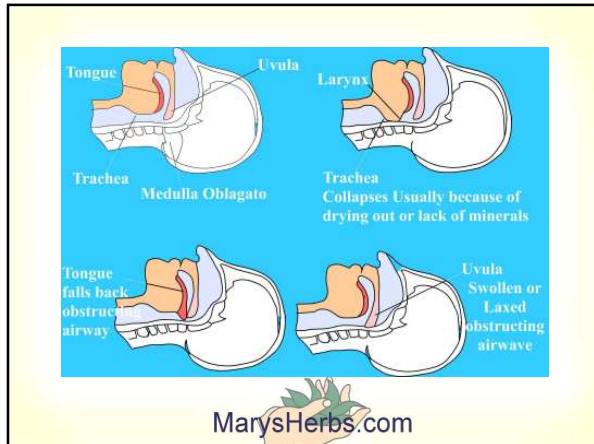
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Medulla Oblongata





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Health of Throat and Sinus

- Dry mouth... B complex
- All tubing Vitamin A and D
- Moisten tubing – Sodium
- Correct pH
- Magnesium to tone pharynx

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Pain Injury or Acid

- pH balance
- Supporting (calcium)
- Magnets?



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Pineal Gland

- Short term
- Melatonin



- Long term
- Noni
- Sage
- B-complex
- UV lights
- Dark room

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Breastfed Babies

- Nights and days mixed up --- Pantothenic acid and/or B complex
- Hungry --- Marshmallow root



Prayer



Questions?

MarysHerbs@aol.com



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