

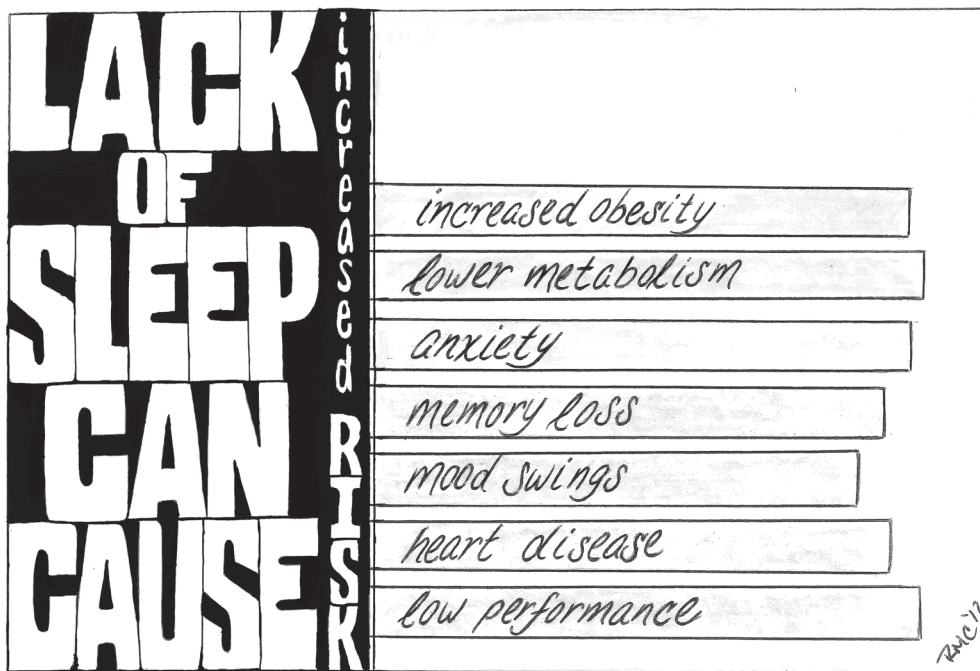
SLEEP DISORDERS

**1 in 3 Americans are needlessly affected
by a condition that robs them of energy and vitality.
This problem also causes disease and leads to early death.⁽¹⁾**

Your body requires only one key factor that totally eliminates this condition.
Your body tries to regulate this factor just like it does for eating, drinking, and breathing.
You would actually die sooner by depriving your body of this factor than you would by starving yourself.
What is this disease causing problem that over 70 million Americans have
but most don't realize the serious damage it is causing?⁽²⁾

***It is the
LACK OF QUALITY SLEEP!!***

Amazingly, the latest scientific research shows that lack of sleep is causing our physical health, longevity, and emotional well-being to be diminished at a surprisingly fast rate! Research from the Division of Sleep Medicine at Harvard Medical School shows that over time, chronic sleep deprivation can lead to serious medical conditions including obesity, diabetes, heart disease, and early death. A lack of quality sleep causes anxiety, memory loss, fat gain, mood swings, high blood pressure, and a decrease in work and physical performance.



Do you get enough sound sleep every night?

The National Institute of Neurological Disorders and Stroke created a chart that tells you how much sound sleep you need a night to have vibrant energy during waking hours and to ward off disease.

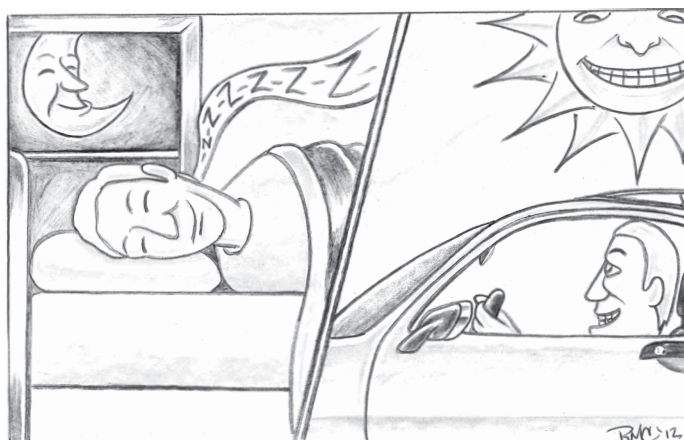
GROUP	AGE	HOURS OF SLEEP NEEDED
Infants	3-11 Months	14-15 Hours
Toddlers	1-3 Years	12-14 Hours
Pre-Schoolers	3-5 Years	11-13 Hours
School Age Children	5-10 Years	10-11 Hours
Teenagers	11-17 Years	8-9 Hours
Adults	18+	7-9 Hours

Source: National Institute of Neurological Disorders

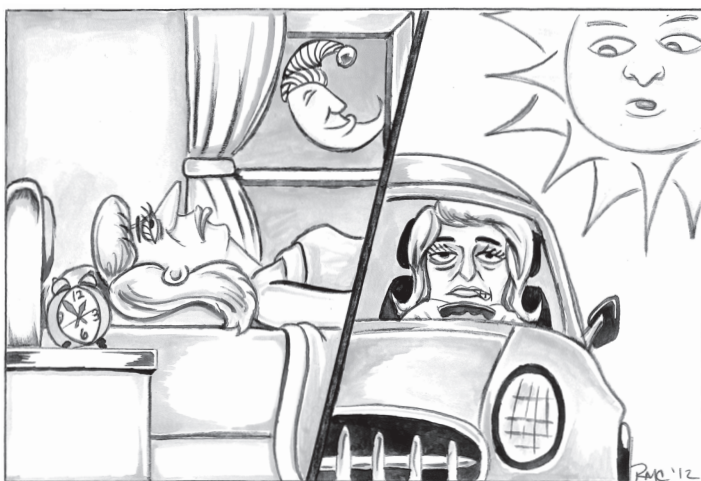
Notice from the chart that the older you get, the less sleep you need. This is in part due to the fact that our body becomes more efficient at repairing itself and it doesn't have to worry about growth as much. Although our bodies stop growing as we age, stress and a poor diet, keep our bodies from completing cellular repair when we are not getting enough sound sleep.

We are constantly bombarding our systems with insufficient fuel and not providing it with the proper environment for sound restorative sleep. If we would make the simple changes our bodies are wanting, our metabolisms would speed up, our risk for disease would go down, our moods would be balanced and our performance would improve in all

areas of our life. Waking up refreshed and ready for the day is one of the first signs that you are getting enough sound sleep.



Are you waking up invigorated for the day, or sluggish and irritable?



There are two types of sleep problems. The first is the formal sleep disorders of sleep apnea, narcolepsy, restless legs or diagnosed insomnia. The other sleep problem that is even more prevalent is **"DISORDERED SLEEP"**.

Disordered sleep is when you get close to the quantity of sleep time, but not the quality. An adult might go to sleep for 7-8 hours a night but they don't wake up refreshed the next morning. In reality, they are only getting 3-4 hours of quality sleep because they are restless through the night and don't get quality sound sleep. Does this sound familiar? It should for the majority of all Americans.

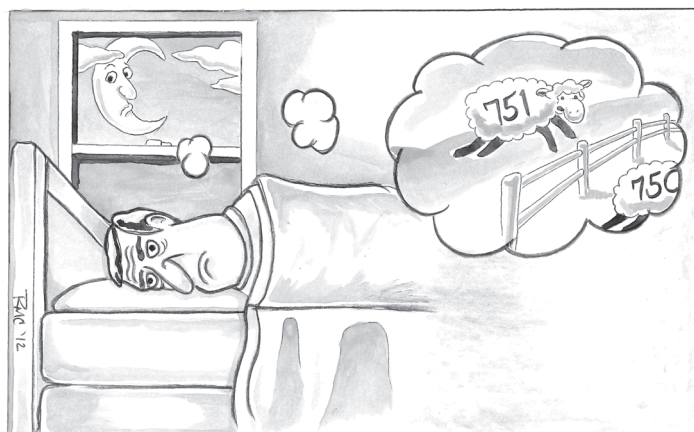
Research reports that 85% of all sleep problems are lifestyle related and curable by following healthy habits.⁽³⁾ It is reported that one of the big causes of disordered sleep is the 55 million prescriptions that are given out each year.⁽⁴⁾ Many are to supposedly help with sleep problems. Prescription sleep drugs and many over the counter (OTC) drugs work by trying to force your body to sleep. That is why the label says not to drive or operate heavy equipment after taking them. This type of chemical drug induced sleep does not allow your body to get into the deep restorative sleep that it needs to achieve optimal health.



Years of research shows that in order to get all the health benefits that sleep offers, you need to spend as much of your sleeping hours in "REM" sleep as possible. REM sleep is the term used for the time that you are sleeping soundly and your body is repairing and rejuvenating its cells and tissues. REM stands for "rapid eye movement". Scientists discovered that when you are in deep restorative sleep, you have rapid eye movement. This happens when dreams occur. You don't have to remember that you had dreams to be in REM sleep; sometimes you do and other times you don't.

Harvard University's sleep research division states emphatically that "certain medications will significantly, if not entirely, suppress (stop) REM sleep from happening".

The most common reasons for not getting enough sound sleep every night, other than medications, is a lack of brain/body calming nutrients and our physical sleep habits.



The Standard American Diet (SAD) of processed foods and synthetic caffeine laced drinks and supplements does not give our bodies the nutrients it needs to achieve deep sound sleep. Our poor physical habits at bedtime are another big reason we are not achieving REM sleep. Now we know that medications, including sleep drugs, our food choices, and our physical habits of getting ready for sleep are the main culprits in preventing a good nights sleep. It is easy to see why research has proven that 85% of the population that has sleep problems can be cured with lifestyle changes.

Let's switch gears and look at the absolutely incredible health benefits you will achieve by doing the things needed to get more sound REM sleep.



SLEEP KEEPS YOUR HEART HEALTHY

Heart disease is the #1 killer today. High levels of stress and inflammation tax your heart when you don't get enough sound REM sleep. Research studies on heart disease risks like cholesterol levels, inflammatory markers, and free radical levels are all lowered when an adult gets 7-8 hours of good restorative sleep a night. This lowers heart disease risk. The human body utilizes deep REM sleep as a time to reduce inflammation, balance lipid levels, and restore healthy cell function.⁽⁵⁾



SOUND SLEEP CONTROLS WEIGHT AND BODY FAT LEVELS

Hormones in your body that control your appetite are disrupted when you don't get enough sleep. Your normal balances of cravings become distorted. You not only crave more calories, but the calories that you seek afterwards are high fatty and processed foods full of sugar. These foods lead not only to fat weight gain, they also increase your risk of disease.



Research from Uppsala University in Sweden found that insomnia could encourage you to pile on the pounds by slowing down the rate at which the body burns calories. They found that even a single night of missed quality sleep slowed the metabolism the next morning, reducing energy expenditure by up to 20%. Basically, if you eat the same amount of calories on a day after poor sleep, you will store 20% of your food intake that day as fat!!^{(6) (7) (8)}



SLEEP RELIEVES STRESS

The damaging effects of stress in your life can be compensated for while you sleep. The physical effects of stress on your body create a lot of wear and tear on your cells, tissues, and nervous system. Stress hormones and blood pressure rise with stress. Your body can "reset" itself when you get 7-8 hours of restorative "REM" sleep a night. If you don't, there is a cascade effect of nervous anxiety that can literally drive you crazy.

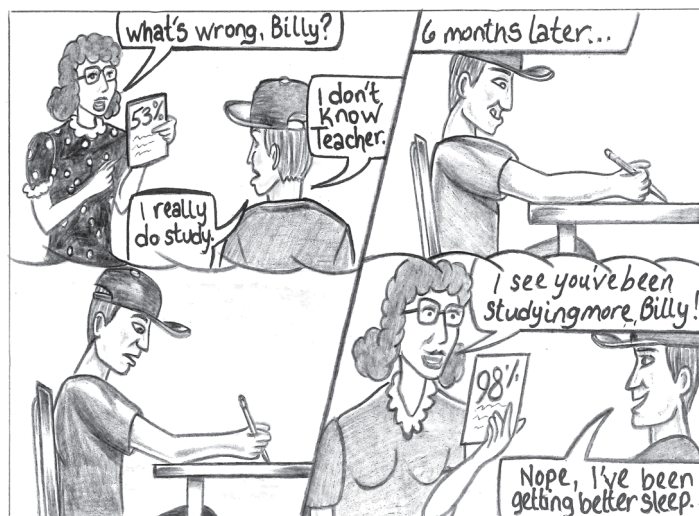
A good nights sleep lowers blood pressure and elevated stress hormones. Cells are repaired and the

aging process sped up by stress, is stopped. Instead of stress effecting you more the next day, you will be able to handle and cope with stress easier after a night of restorative sleep.



SLEEP IMPROVES YOUR MEMORY

Research published in 2011 in the Journal of the American Medical Association found that quality sleep helps your brain process new experiences and knowledge, increasing your understanding and retention. When you're in sound REM sleep, your brain is busy organizing and correlating memories. This process is called "memory consolidation". In a study of nearly 300 women, the women who did not get good sleep had an 85% greater chance of developing dementia (memory problems) after 5 years. How long have you not been sleeping well? Improve your memorizing skills and memory by getting enough REM sleep.⁽⁹⁾



SLEEP BOOSTS YOUR IMMUNE SYSTEM AND PERFORMANCE GOALS

When you get a good nights sleep, your body keeps your immune (killer) cells active. Sleep deprivation alters immune function and makes you more susceptible to disease and infection. When you are sleeping soundly, your body produces extra protein molecules that help strengthen and rebuild muscles. These molecules also help your immune system mend at the cellular level creating a stronger body from all aspects.^{(10) (11)}



SLEEP LOWERS YOUR RISK OF DIABETES

Your body does not process glucose efficiently when there has been a lack of sleep. Research has shown that adults who sleep 5 hours or less per night have a greatly increased risk of developing diabetes. Another key factor is that your body will convert un-used glucose to fats and store them after the damage from elevated sugar (glucose) in the blood has been done due to poor sleep.⁽¹²⁾



SLEEP HELPS WITH ANXIETY

Most people have experienced being agitated the day after poor sleep. Studies show that long-term limited "deep sleep" leads to mood disorders such as depression and anxiety. When the calming brain nutrients and sleep habits are restored, anxiety and depression subside.⁽¹³⁾

The benefits of getting the quantity and quality of sleep needed are extensive. They can make a huge difference in your quality of life, as well as the length of your life. Therefore it is vital that you place a priority on getting ample, consistent sleep.

"REM sleep deprivation is becoming a national health crisis"

The National Institute of Health Consensus stated that REM sleep deprivation is becoming a national health crisis. They stated that a large percentage of Americans show some of these symptoms of insomnia and should actively make lifestyle changes in order to alleviate them.

- Feeling unrested in the morning
- Skin aging, bags under eyes, wrinkles
- Drowsy during the day
- Impatient, irritable, moody
- Poor decision making
- Poor relationships with others
- Lack of focus or sustained concentration
- Weight gain with or without increased calories
- Low motivation



Do you experience any of these lack of REM sleep symptoms?

If you do, these are just the warning signs of greater problems to come like heart disease, diabetes, cancer, and accelerated aging. Decide now to make the necessary adjustments to ensure a good nights sleep.

To help you create a plan to get better sleep, let's take a detailed look at the most common mistakes made that cause an inadequate amount of REM sleep. The big three culprits are:

Drug intake (prescriptions, over the counter (OTC) medications, and caffeine), nutritional choices (your daily diet), and physical habits (when you go to sleep, including your sleep environment).

The Big Three Lack of Sleep Culprits:



- **Drug Intake**
- **Nutritional Choices**
- **Physical Habits That Inhibit REM Sleep**

1 DRUGS

Prescription and over the counter drugs are chemicals designed to force a reaction in the body. There are times that drugs are needed and that is a personal choice between you and your doctor. The important things to remember from this article on sleep is that every drug has a side effect and every drug takes away certain nutrients from your system in order to work. All drugs must have their side effects listed and you will be amazed that a large amount of drugs lead to disordered sleep.

creates optimal vitality and health. These drugs work to force sleep. Harvard University studied prescription drugs including sleep drugs and determined that many prescription and over the counter drugs "significantly, if not entirely, suppresses REM sleep". Certain forms of caffeine are synthetically made and have drug-like side effects.

More on this in the nutrition section.



Prescription and OTC sleeping medications are not designed to help you get quality "REM" sleep that

2 NUTRITIONAL CHOICES

Nutritionally, it is important to understand that specific nutrients that are in the foods you are supposed to be eating are used to calm your body and mind through the release of serotonin. If those nutrients are not available to the brain, your body will stay tense but in a tired daze like state. You are not awake enough to be productive but your body isn't relaxed enough to fall asleep. Sound familiar?

Also, your body switches into the repair and regenerate (anti-aging) mode when you sleep. Your body uses nutrients to help digest and deliver nutrition to the cells so your body can

repair them. If your body does not have enough nutrients, you might wake up at times during the night. This is because your body needs more restorative nutrients and it disturbs your sleep patterns while it searches for them. A diet full of white flour and processed sugars does not provide the nutrients needed for serotonin production or cellular rebuilding.

Caffeine, especially the synthetic forms found in energy drinks and pills, can severely deplete the nutrients like tryptophan and specific vitamins and minerals your body uses to create deep restorative sleep. Caffeine is a metabolic stimulant that keeps you awake and alert if it is from foods. If it is by itself or in its synthetic form it will make you nervous. This is because it is depleting key nutrients from your body. Caffeine uses up a lot of B-vitamins and other co-factor nutrients in order to provide its metabolic effects. Eating or drinking something with caffeine in it too close to bedtime causes disordered sleep.



Consuming caffeine not in the whole food form anytime depletes nutrients that are needed to prevent nervousness, irritability, and sleep disordered patterns. Consumption of processed and overly cooked foods within 2 hours of bedtime makes your body work to digest those foods during the time it is switching cycles to restorative sleep.

Because processed and cooked foods are devoid of their digestive enzymes, the body has to work extra hard and you don't completely get into deep sleep until the food is digested all the way and delivered at the cellular level.

3 PHYSICAL HABITS THAT INHIBIT REM SLEEP

Sleep experts have determined that most Americans sabotage a good nights sleep not just by their diet, but also by not creating a proper environment for REM sleep. Here are the most common mistakes researchers have shown that stop people from getting good quality sleep.

- Going to bed at different times every night
- Doing work projects while in bed (bedroom)
- Watching Television from bed
- Allowing kids or pets to sleep with you
- An uncomfortable mattress
- Not getting exercise during the day

The #1 physical habit that inhibits sleep...

Having too much light in the room

Your body releases specific hormones to promote sleep and to keep you into REM sleep when certain nutrients are present and there is darkness. An environment that has lights from computers, televisions, phones, a hallway, outside lights, or even too bright of an alarm clock will not stimulate the gland in your brain (pineal) to release its calming sleep hormones.

Now that we know exactly what nutritional and physical habits inhibit our sleep patterns, we can layout the specific things we can do to ensure we get the best chance of a sound nights sleep.

The goal is to help you get and stay in REM sleep so that your body can restore itself. This will lower your risk of disease, prevent pre-mature aging, reduce body fat and allow you to wake up invigorated with vitality and zest for life.

FIVE STEPS TO SOUND REM SLEEP

1. **Monitor your medication use to make sure drugs are not keeping you from getting enough REM sleep.**

If you are on prescription or over the counter medications, ask your doctor or pharmacist if the medications can be effecting your sleep. Taking medication earlier in the day or even switching to alternatives might be viable options. Always remember to ask what lifestyle changes can be made to eliminate the use of drugs.



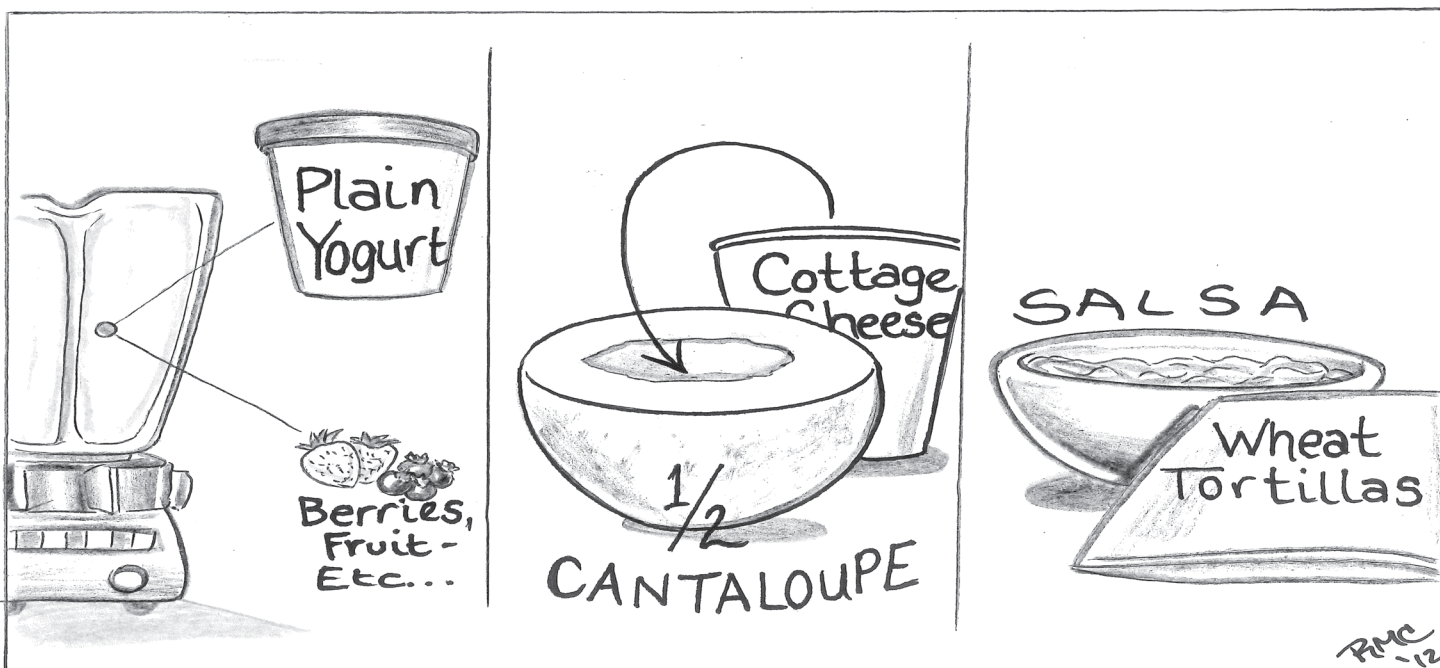
This holds true for sleep medications also. Harvard Universities sleep research department stated that many medications do not allow the body to reach the deep REM sleep that is required for optimal health.

2. **Eat a digestive friendly snack or meal 2 hours before going to bed.**

Do not eat anything closer to bedtime. Some great choices that help your body prepare for a good nights sleep are:

- a) Plain Greek yogurt with fresh fruit that you blend in
- b) Cottage cheese with a piece of fruit (cantaloupe, honeydew, etc.)
- c) Whole wheat tortilla with fresh tomato salsa (not spicy)

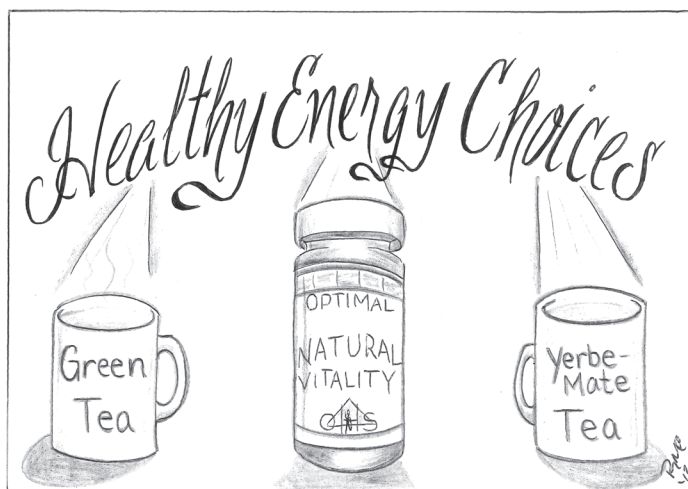
Each of these digestive friendly choices have protein for your body to use to repair muscle tissues and carbohydrates for cellular energy. Choose to add a teaspoon of essential fatty acids also by grinding up flax seeds, using cold-processed olive oil or taking a vegetarian friendly EFA supplement. Essential fats are used to balance hormone levels while you sleep. This actually helps your body burn more excess body fat by promoting healthy hormonal synergy.



3. ***If you need an energy boost during the day, get it from naturally occurring energy nutrients.***

There is even some naturally occurring caffeine in some of these foods. Caffeine shouldn't be taken within 5 hours of bedtime, but the big problem is that synthetic or straight caffeine taken anytime pulls calming nutrients from your system. Caffeine found in foods has the co-factors needed to keep your anti-anxiety and nervous nutrient levels up. Even the energy products that claim not to create a drop of energy hours later are misleading. If you watch the commercials or read the labels closely, you will see that the "no energy drop" claim is only limited to the fact that they don't have extra sugars in them. You still are dealing with the side effects or a drop in energy and nutrients from synthetic caffeine.

Here are some healthy energy boost choices:



A: Green tea—make a cup of green tea or matcha, which is a more potent form. You will also get antioxidant benefits.

B: Yerba mate tea—another popular herbal tea that has a lot of natural energy compounds

C: Natural Vitality—is a potent natural energy formula that doesn't use any caffeine by itself or synthetic caffeine. Its energy boost is extremely powerful because it feeds your body's cells with the nutrients you use to make ATP (energy). All the herbs and nutrients are pre-digested with a proprietary enzyme and patented mineral delivery system (opti-blend).

It also includes a full array of B-vitamins. The ingredients in Natural Vitality have been proven to boost mental alertness and focus. Most energy products create nervous energy. Natural Vitality does not.

Note:

Once your diet and exercise programs are clean and consistent, you shouldn't need additional energy boosts too often. When you do need a boost, use these choices so you don't deplete your energy further by stopping sound sleep patterns.

4. ***Create an environment for good sleep.***

A: Set a specific time to prepare for bed and to be in bed. This schedule needs to be followed a minimum of 5 out of the 7 days in a week.

B: Keep your bedroom dark during sleep times. This is a must!! Completely turn off all televisions, computer monitors, or anything else that puts out ambient light. If you have a cell phone that must stay on, put it under a towel or something to ensure that no light is showing. If you must have an alarm clock by your bed, turn the light down to the lowest possible level. The darker the room, the more sleep hormones your body will release. Put a sleep mask over your eyes if you cannot eliminate all light in the room.

C: Exercise at least 30 minutes a day but not too close to bedtime. Do it at least 2 hours before. Exercise will encourage your body to go to sleep faster at night. Your body will want to get into REM sleep so that it can repair itself.

D: If you can't fall to sleep quickly, immediately sit up and read a book (do not do work). A quiet reading activity will help tell the brain to relax. Try to have a book light or small lamp being the only light on while reading and within reach to turn off.

--Another quiet activity proven to help calm the mind is counting down from 300 by 3's. You will get tired quickly and your mind will block out other thoughts that could be keeping you awake.



E: Get 15 minutes of sunshine a day. The vitamin D from sunshine helps your body release sleep chemicals at night. (Take a whole food vitamin D supplement if you can't get out in the sun daily. Take it around noon time).

Lemon Balm



Chamomile Flower



Passion Flower



5.

Take "REM Sleep" which is a natural whole food sleep aid formula that promotes restorative sleep by providing the nutrients that regulate REM sleep patterns. There are three key factors to consider when taking a sleep aid:

A: Make sure the supplement does not have any drugs, synthetic vitamins, or chemicals. These ingredients will stop your body from reaching deep REM sleep as the Harvard Sleep Research team showed happens with a lot of prescription drugs. If the label has any ingredients that are not foods, herbs, plant enzymes, probiotics, or protein amino acids (tryptophan), do not use it to help sleep.

B: Make sure the formula has the scientifically proven nutrients that help calm the body and mind. These nutrients are:

1. Tryptophan

an amino acid from protein. It is the most research proven nutrient to help calm the body. Tryptophan is used by the brain to balance anxiety and stress calming serotonin levels.

2. Lemon Balm, Passion, and Chamomile Flower these are herbs that have been used for centuries. Their calming effects have been proven by university studies.

C: Your body needs specific nutrients to put and keep you in restorative "REM" sleep. A specific proprietary blend of valerian root extract and hops can dramatically increase the amount of time spent in REM sleep.

A break-through study from a prestigious German university tested a specific valerian/hops blend found in the "REM sleep" capsule formula. They showed that the participants stayed in REM sleep longer by taking this blend than those who did not. The reason is that this combination feeds the brain consistently with the nutrients needed to fuel your deep sleep patterns.⁽¹⁴⁾



Valerian

The good news is that 85% of all sleep problems can be fixed by lifestyle changes. Research shows that if you get consistent good quality sleep at night, you can dramatically lose unwanted body fat, elevate your metabolism (energy), improve your immunity, slow the aging process, and reduce your risk for all the major diseases.

The five step plan is to:

1. Monitor any medication use
2. Eat only digestive friendly foods close to bedtime (don't eat within 2 hours of bedtime if possible)



Hops

3. If an energy boost is needed during the day, take a whole food energy supplement (natural vitality) or herbal teas like green tea or yerbe mate. Do not take caffeine/synthetic caffeine supplements or drinks.
4. Create a physical environment that promotes sleep chemicals to be released from your body (ie., darkness in the room, consistent bedtimes, reading, etc.)
5. Take the "REM sleep" natural supplement if you need additional help getting to sleep or staying asleep. This whole food supplement supplies the nutrients for deep restorative sleep instead of the chemicals that force sleep but don't create quality (REM) sleep.

CONCLUSION

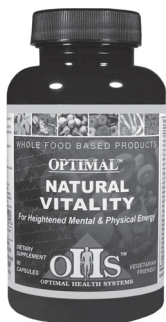
Not getting enough quality (REM) sleep is keeping 1 out of every 3 people from having the energy and vitality that is possible in their lives. Most people don't realize that not getting 7-8 hours of quality sleep at night, "over time", leads to major diseases such as heart disease, diabetes, high blood pressure, mood swings, depression, and obesity. Just one "disordered" nights sleep can reduce your energy and ability to burn calories the next day by 20%.

Many of us want to sleep as little as

possible—or feel like we have to. There are so many things that seem more interesting or important than getting a few more hours of sleep. But just as exercise and nutrition are essential for optimal health and happiness, so is sleep. The quality of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight. No other activity delivers so many benefits with so little effort!

FOOD AND SUPPLEMENT SUGGESTIONS

OPTIMAL NATURAL VITALITY - FOR HEIGHTENED MENTAL & PHYSICAL ENERGY:



Optimal Natural Vitality—potent energy without synthetic caffeine and will not tax adrenal glands. Contains Green Tea extract, Yerba Mate and Ginkgo.

Take 1-2 capsules in the morning/early afternoon.

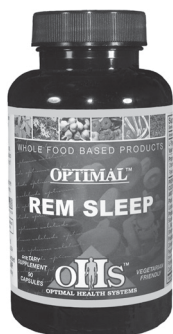
FOOD—BEFORE BEDTIME CHOICES—EAT 2 HOURS BEFORE BEDTIME

--Buy plain Greek yogurt without any sugar additives. Blend fresh fruit in with yogurt (blueberries, raspberries, strawberries, etc.)

--Cut a cantaloupe in half and fill the center with cottage cheese. You can also cut up honeydew melon or any other fruit and add 1/2 to a full cup of cottage cheese.

--Make or buy fresh salsa with big chunks of vegetables in it. Use a wheat tortilla straight or bake wheat tortilla slices if you want them crispy. Do not make the salsa very spicy.

OPTIMAL "REM SLEEP" SUPPLEMENT



Natural sleep aid;

Contains L-tryptophan, Valerian Root extract and Hops, Passion Flower, Chamomile Flower, and Lemon Balm. Also contains enzyme/probiotic digestive and delivery system to guarantee absorption and cellular delivery.

--Take 3 capsules 45 minutes before bedtime.

If you get to sleep fine, but wake up in the middle of the night:

--take 1 capsule before bed and 2 capsules if you wake up (keep 2 capsules near bed with water).

Making small consistent changes with your lifestyle will dramatically improve your health. We spend 1/3 of our life sleeping. Get the most benefit from sleep by putting a plan in place that is proven to refresh and improve your vitality, energy, and zest for life.

Call us @ Clinic's Phone Number and mention Special Health Report #102 to receive a special 1st time order discount on Optimal Natural Vitality or Optimal REM Sleep if you feel you need them. We can also take you through our Daily Nutrient Assessment to discover any other nutrient needs.

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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

OHS-DG/HG