

Thermo-Tech Inc.

Seven Steps to Curing Insomnia

Chronic insomnia will eventually exhaust your adrenal glands, which could lead to an array of illnesses: In the short term it can cause allergies, depression or inflammations throughout the body including like arthritis, psoriasis, Parkinson's disease or even the onset of auto-immune disease. This is because compromised adrenals cannot produce cortisol your natural anti-inflammatory hormone, nor the 'feel good hormones' such as epinephrine, nor- epinephrine and dopamine nor serotonin which aids in deep sleep. In the long term exhausted adrenal can cause degenerative diseases like cancer because deep state of sleep is where the body repairs itself and eliminates degenerative cells that are dysfunctional so they don't reproduce other atypical cells or pre-cancerous cells like DCIS. Creating regular sleeping patterns of eight hours a night is essential for the body to repair and regenerate. The following is a comprehensive approach to creating better sleeping patterns.

1. Make sure you have a quality mattress that is comfortable to your body type and shape. Pregnant women and women in general have more curves and need a mattress that gives support when they lie on their back or side. A pillow that adjusts to the curve of the neck will also help the blood flow to the brain.
2. Get to bed by 9:30 or 10 pm because staying up late causes the adrenals to 'kick-in' more adrenalin so your stimulated making it impossible to fall into the deep healing states of sleep.
3. Limit or give up caffeine, because it is a stimulant that gives you a false sense of energy when you really need to rest and heal. It can disrupt your circadian rhythm or deep states of sleep patterns are essential for good health. If you get headaches when you stop caffeine it is a sure sign that you have an addiction so reduce the amount slowly over a few days to a week for less of a reaction.
4. Light coming through the pupils of the eyes is a stimulant to the glandular system and turns off the serotonin needed for sleep. So as evening comes the lack of light as it happens in nature increases serotonin production, which makes you sleepy. Avoiding bright lights in the evening, especially sitting in front of a computer or TV. Use an eye cover to make sure you are not getting rays through your eyelids when sleeping by moonlight or streetlights coming through your window, thus shutting down your serotonin. If you have never used an eye mask before make sure it is a good fit, meaning not too tight. You will be truly amazed at how effective it is at helping you stay asleep. If you have to get up to use the restroom, a red nightlight won't stop the serotonin production.
5. If you are low in serotonin you may benefit by taking a low dose melatonin 10 to 20 mg as needed at bedtime. If depression is an issue 5HTP is the precursor to the feel good hormones. Symptoms of low serotonin are depression and insomnia. See: *Amino Acid Chart*© for more information on amino acids are the precursors of the feel good hormones you may need if depression or low energy (chronic fatigue) are an issue. Other supplements to help the circadian rhythm and deep sleep is Pro-Som™ Sleep and Cortisol Manager™ by Integrative Therapeutics.
6. Make evenings a 'winding down period'. Avoid violent movies, loud music or the evening news. This type of activity stimulates the adrenals, your 'fight and flight' mechanism and it will make it very hard to sleep with adrenalin in your system. The best way to change a habit or pattern is to create a positive new pattern that is very inviting. Create a comforting hot bath with low light or candles and use mineral salts with lavender or other essential oil that are calming. Aromatherapy should be put in the tub just before you get in so the scent doesn't dissipate or you can put it on your pillow focus attention on a sense of calm rather than over thinking the days event.
7. Avoid eating late at night. Make your evening meal early, 7:30 pm at the latest. Try to get your intake of sufficient hydration during the day not late in the evening thus avoiding getting up to use the restroom during the night. Using peppermint or chamomile tea in the evening is a wonderful way to relax.

It takes 21 days to change a pattern the first step is the most difficult, but once you realize how terrific you feel after a good night sleep it will be worth the effort to start a new pattern to good health!

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.

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