



7 STEPS TO *SLEEP* SUCCESS

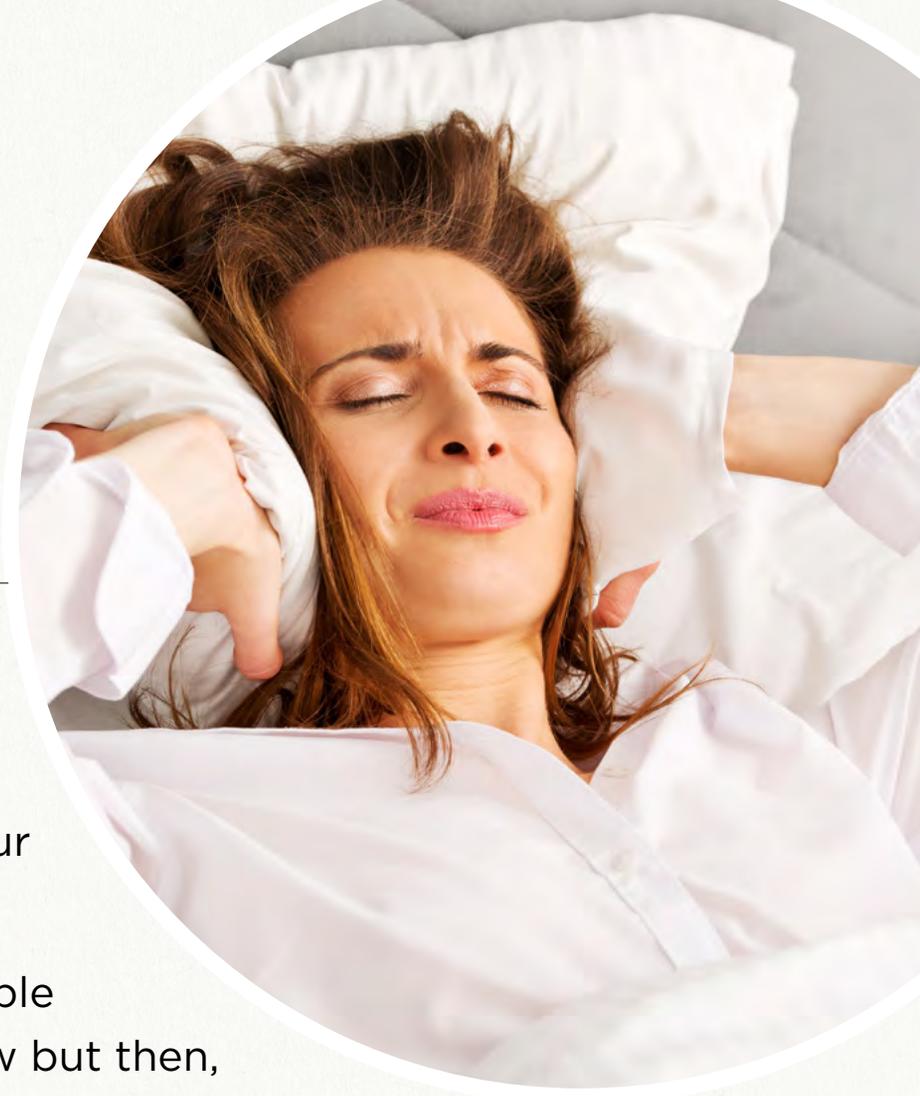
**HOW TO GET YOUR
SLEEP BACK**

by Monica Hershaft HHP, NC
holistic health, food, & lifestyle coach

7 steps to sleep success

Have you ever gone to bed only to lay there waiting and praying for sleep to come? Maybe you start to bargain with the “powers that be” and promise to go to the gym and be nice to your mother if you can just get some sleep?

Or are you one of those people who has no trouble falling asleep as soon as your head hits the pillow but then, WHAM it’s 4am and you are wide awake!? Do you get up and get some work done or lay there helplessly hoping you fall back asleep. Maybe you go hit the fridge hoping that some carbs can help you get back to dreamland?





WELCOME!

If that sounds like you, then you are in the right place so welcome! First of all, I have to tell you I'm so happy you're here reading this because that means that you have decided to take action and do something about your sleep! People who look for alternative resources to handle their body and health by addressing the underlying source of their issues are going to get real solutions. That means you want to take your health back into your own hands. Bravo to you for looking into alternative healthier options!



Why do we need sleep??

Sleep is so important for your health and mental well being. What happens to you if you don't sleep well or get enough sleep? Sleep deprivation causes reproductive issues, lowers sex drive, affects your memory and brain function, causes depression and anxiety, weakens your immune system, and prevents your body from doing its nightly repair and rebuilding function. It can also affect your metabolism and weight.

Plus, you run the risk of making mistakes or getting into accidents because it impairs your motor skills. There have been many bad accidents due to sleep deprived drivers. The National Highway Traffic Safety Administration conservatively! estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. Needless to say, sleep is VERY important.

I know EXACTLY how you feel!

When I was 34, I got sick and one of the symptoms that I suffered from was severe insomnia. I never had sleep issues before that time. My body just didn't want to sleep! I had heart palpitations keeping me up at night and was averaging about 3 or 4 hours a night if I was lucky.

It took me 10 years to figure things out and get my health back on track. I was so lucky to go through that situation because that's how I ended up becoming a certified practitioner and was fortunate enough to have a thriving private practice in Los Angeles for the next 10 years.

Throughout my journey with my own recovery, as well as the many patients I worked with over the years, I learned so much about sleep and how the body works.

First of all, these steps take a holistic approach. Holistic is defined as "relating to or concerned with wholes or with complete systems rather than with the analysis of,





What are
these steps
to *SLEEP*
success?

treatment of, or dissection into parts.” If you are only addressing sleep as a symptom; and, not looking at the whole picture, then you will always be chasing sleep.

Taking a pill to address your sleep problems is a quick fix “band-aid” and not a real solution. It may work at first; but, over time, you will need more and more to achieve the same results. Your body will develop a dependency and symptoms such as brain fog, fatigue, digestive issues and even depression from that “magic pill”.

What I’ve put together for you here

What I’ve put together here for you is a list of real solutions I have determined through a combination of my training and education,

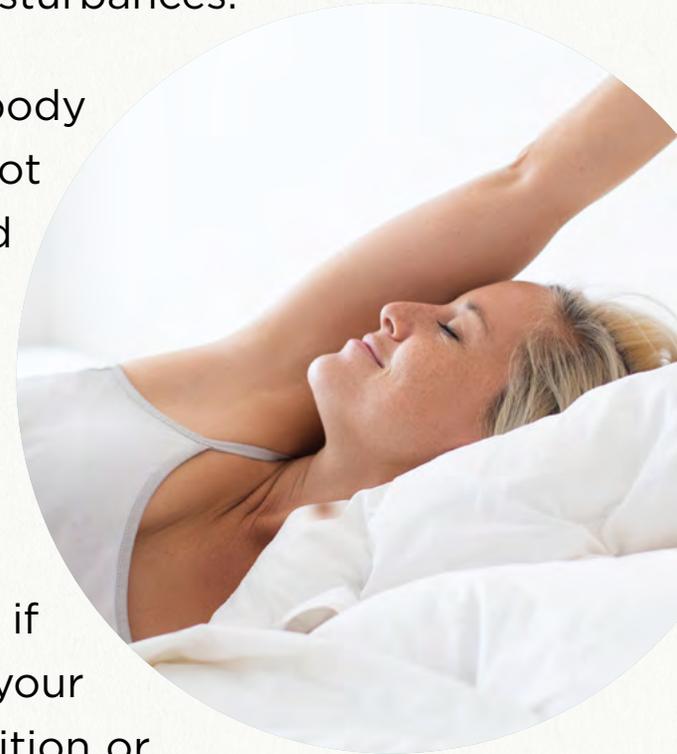
trial and error, and working with my patients and their sleep issues over the years. These are not bandaids. These are underlying cause issues of sleep disturbances.

Your sleep can be affected by certain imbalances in your body and also by interference in your environment that you might not have thought of. I've compiled these steps to help remove and remedy these potential sleep busters for you.

How fast will I see results?

How should I do this?

None of these suggestions are going to work “overnight” but if you are patient and consistent, your body WILL respond and your sleep will improve dramatically! You didn't get into this condition or situation overnight so you can't expect it to fix instantly either. You should see some results in about 3-4 weeks and even more stability in 90 days if you are consistent. It takes 90 days for tissue change to happen in the human body.



The best way to do this system is to listen to your gut. Take your time because some of these require changing habits or some of your routines. Here's what I suggest:

- Go through and read all of the steps and pick the one you that you want to start with.
- Once you feel on track and good about that one, move on to whichever one feels right to you.
- I recommend you keep a notepad by your bed and as soon as you wake up to start your day, rate your sleep from the night before from 1-5 with 1 being a horrible sleepless night and 5 being an excellent night of sleep. It's normal for that to go up and down as you are applying these steps. It will look like a graph that shows 2 steps up 1 step down and so on.
- At the end of each week, write a little summary about how you feel the week went.
- Make a list of your "wins" and acknowledge yourself for being able to stick to the changes that week.
- If you find that you are feeling overwhelmed or starting to have lower sleep numbers, take a step back and wait until you feel better with your current state and then move forward to the next step.
- Some of the steps you can implement right away and don't take time to apply so you may want to address those first.

OK here we go!

STEP / meditate

I know! I know! How many times have you heard that??

I used to ROLL MY EYES when someone would suggest that to me.

Have you ever worried that you don't know how to meditate, or do you feel like you're not "good" at it? I used to feel that way too. What about choosing the TYPE of meditation? Worried you won't know which one is right for you? I totally get that!



It's honestly so much easier than you think. I'd like to challenge you to try this for 90 days and just see what happens! Here's what you do:

TWICE A DAY

1. Find a quiet place where you won't be interrupted. This can be your car, your bathroom, your bedroom. If you need to put a do not disturb sign on your bedroom door and have an agreement with your family or roommates to never interrupt when that sign is on the door, do it! You can even find a cute doorknob sign on amazon to use.
2. Turn your phone's sound off and have it nearby with a gentle timer (I like to use "ripples" or "harp")
3. Sit in a comfortable position. I like to sit cross legged.
4. Set the timer for 20 minutes
you can start with 5 minutes if it's your first time
see below
5. Close your eyes until the timer goes off



That's it! You literally do NOT have to do or worry about anything else.



Don't worry about the thoughts going through your head. Don't worry about how restless you may feel or how tired you are. Just allow all of that to be there and process through. When you notice your mind wander into thought, have the thought and then put your attention on your breath. If more thoughts come, have the thoughts and then put your attention on your breath.

You might feel like you are just sitting there waiting for time to pass and the timer to go off. It might feel like it's not working. Even if you think it's not "working"....trust me, it is! Meditation works cumulatively. You will notice that it gets easier and easier and you feel better and more calm and less reactive with each week that goes by. You may feel like a crazy person the first few times you try it WHICH MEANS IT'S WORKING! Don't give up and don't stop doing it. It DOES get better. You'll be glad you stuck with it. Just do it no matter how you are experiencing it and whether or not you think it's working.

Do's

- Make meditation a priority. Schedule around this time.
- Stick with it. Sit down twice a day and make the effort no matter what.
- If you are new to this, start out by doing 5 minutes twice a day for the first week. Then up it to 10 minutes twice a day for the second week. Then up to 15 minutes twice a day for the third week and 20 minutes the fourth week. If you can start at a longer time frame, go for it!
- Plug this precious time into your schedule just like you make time for brushing your teeth or taking off your makeup or watching your favorite show.

DON'TS

- Once it's on track and you are really seeing a difference, DON'T STOP! It's tempting to stop because things are going well and you don't think you need it anymore. Just as it took time for this to start working, if you stop for a period of time it will stop working.
- Don't try to squeeze it in around your schedule. The key is to get the twice a day habit into place because if you don't plan your day around it, you won't be able to do it and you'll feel frustrated with the whole process.
- Don't worry about if you are doing it RIGHT! YOU ARE!!



Why 20 Minutes??

20 minutes is the goal because that's the amount of time it took for Harvard researchers to see measurable changes in the brain that would improve our health and brain function and show measurable changes to the gray matter. It's still great to be able to do less but you need at least 20 minutes twice a day consistently to have continued optimal results for your brain and body.

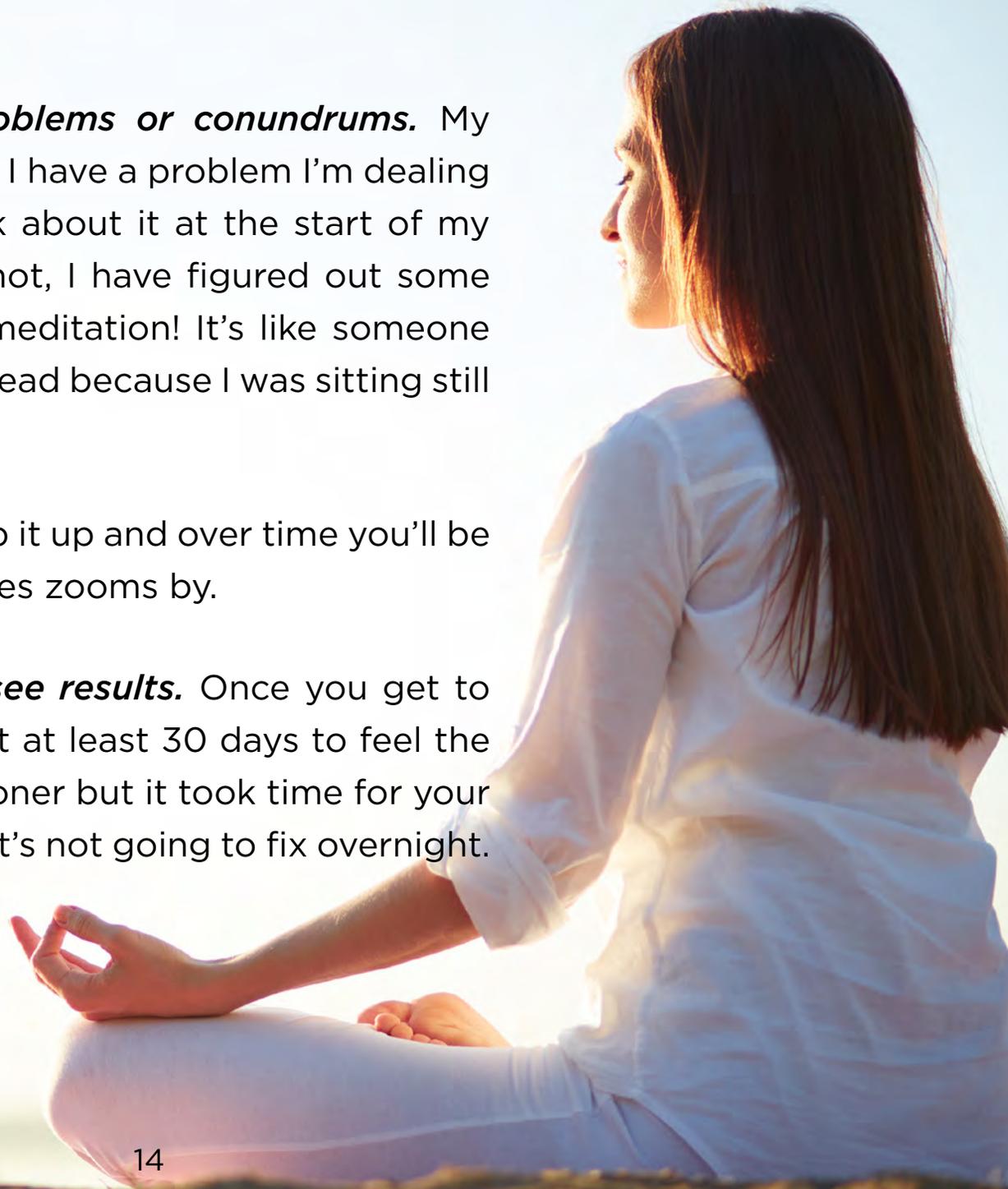
Meditation is to your brain and body as rebooting is to your cell phone or computer to get it to start working right again because it's acting "buggy" or to keep it working smoothly so it can receive it's updates and install them properly. It's literally a mental detox. It clears out the surface debris that interferes with your best self.

Think of this as working out at the gym for your brain instead of your body. It's preventative! Your brain actually physiologically and structurally changes for the better through regular meditation. Neuroscience has proven this. Go to this link for some more info about the science behind it: [*What Happens to the Brain During Meditation*](#)

TIP: Use it to solve nagging problems or conundrums. My favorite part of meditation is when I have a problem I'm dealing with that I can't figure out. I think about it at the start of my meditation and more often than not, I have figured out some if not all of it by the end of the meditation! It's like someone downloaded the solution into my head because I was sitting still and allowing it to come in.

TIP: It gets EASIER as you go. Keep it up and over time you'll be shocked at how fast that 20 minutes zooms by.

TIP: It may take time for you to see results. Once you get to twenty minutes twice a day, give it at least 30 days to feel the difference. You may see results sooner but it took time for your body/brain to get outta whack so it's not going to fix overnight. Your patience will be paid off!



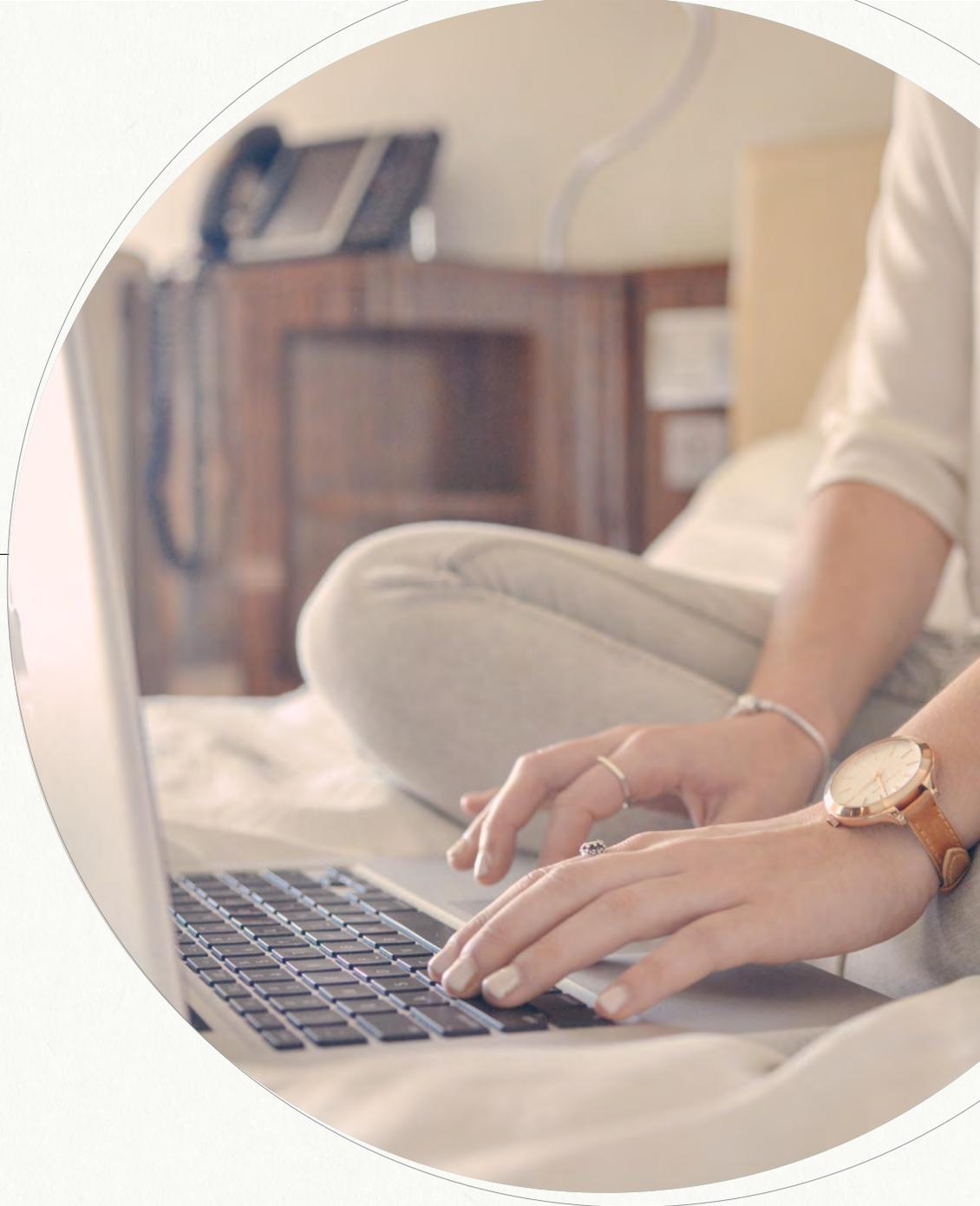
Benefits of meditation:

- better focus
- less anxiety
- more creativity
- more compassion
- better memory
- relieves stress
- lowers blood pressure



STEP 2 EMF

EMF stands for electro magnetic fields. EMF from cell phone and lap top radiation have been linked to diminished concentration, brain fog, **insomnia**, and even depression! Many cases of ADD or ADHD are the effect of over exposure to cell phones and laptops.



Smart Meters:

Smart meters are utility meters that use radio frequencies (RF) to report data to utility offices. It saves them the cost of labor to come out and read your meter.

Smart meters have been linked to insomnia, headaches and more. If you have one of these meters outside of your bedroom, it can impact your sleep dramatically. A survey by Dr. Ed Halteman, PhD, found that of the people surveyed, 49% experienced sleep issues after the installation of the smart meters.

If your home has a “smart meter” for the gas or electric, you can actually ask them for a “non RF meter” to be installed and tell them you are allergic to the radio frequency meters.



Do's

- Do get radiation protection for your cell phone and laptop. It helps the long term cumulative effects on your body. I like Green8USA but find one that you think is good. Read reviews. Get the next size up if they have sizes because I've found that smartphones, for example, needs the laptop size protection to be adequately protected and the laptop needs the larger desktop size protection.
- When you use your phone at home, do try to have it on airplane mode and use internet instead of data when possible.
- Do turn off internet/wifi in the home when you go to bed at night
- Do use airplane mode and wifi on your phone whenever possible because when you are using data, it pings off the cell towers and directs more radiation into your body and brain.

DON'TS

- Don't sleep with your cell phone or laptop in the same room with you. If you HAVE to have it in the room, make sure it is on airplane mode and at least 3 ft from where you are sleeping. DO NOT under any circumstances sleep with it in the bed with you!
- Don't carry your cell phone on your body during the day. Guys, if your cell phone is in your pocket, it affects sexual performance and sperm mobility.
- Don't go to bed with or fall asleep with the TV on.
- Don't check or use your phone and computer after 8pm. Your body goes into an assimilation and repair mode at night and electronics can interfere with your circadian rhythm and disrupt your body's repair & sleep hormone process.

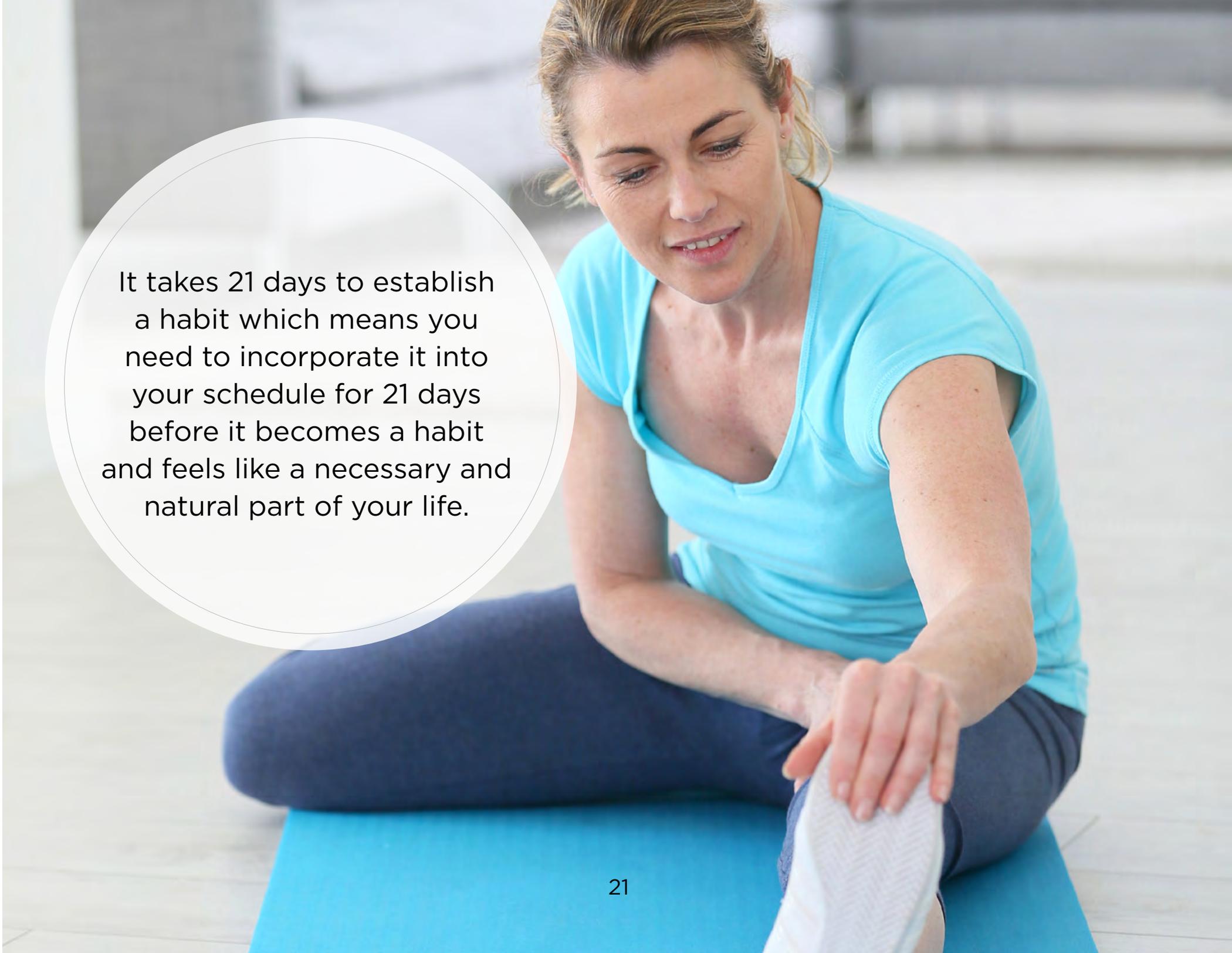
STEP 3

exercise

This is the easiest and hardest step to do! It's so easy because it's about establishing a habit. It's also so hard because

IT'S ABOUT ESTABLISHING A HABIT!





It takes 21 days to establish a habit which means you need to incorporate it into your schedule for 21 days before it becomes a habit and feels like a necessary and natural part of your life.



A study from the Journal of Clinical Sleep Medicine found that “acute moderate-intensity aerobic exercise appears to reduce pre-sleep anxiety and improve sleep in patients with chronic primary insomnia.” Another study found that regular exercise not only helped with insomnia but also reduced anxiety and depression and improved quality of life.

Many people don’t exercise consistently or start doing it because the idea of a “real exercise program” feels overwhelming and not manageable. Don’t underestimate how much even taking 10 minutes a day can impact and improve your life and sleep. It can be life changing!

What’s so great about establishing the habit is as you start to feel better and stronger, you will naturally want to build up to more and more and the commitment level will be there without the effort. It gets easier!

Do's

- Schedule it into your daily life
- Listen to your body
- Do it every day consistently even if it's just 5-10 minutes to establish routine
- Have some protein before you work out
- Prioritize it in your daily routine
- Be accountable-have a workout buddy

DON'TS

- Don't exercise within 4 hours before your bedtime
- Don't exercise on an empty stomach
- Don't exercise in a way that would exacerbate an injury
- Don't overdo it
- Don't exercise if your doctor advises against it for medical reasons

STEP 4

how's your mattress?

This probably sounds really obvious but did you know that your mattress can adversely affect your sleep? It's not just about comfort.

Many people think it's only about how firm or soft it is but what's really important is how TOXIC is it???



In 2005 a law was passed requiring mattresses to not ignite to an open flame which resulted in mattresses being doused in flame retardant chemicals. These chemicals have been incontrovertibly linked to not only insomnia; but, also cancer, asthma, allergies, body pain and auto immune triggers. It takes many years for these chemicals to off gas. Additionally, some studies suggest that sleeping on nontoxic materials can improve your breathing during sleep and alleviate other symptoms like headaches.

In a study, a conventional innerspring mattress emitted 39 VOCs (volatile organic compounds) over a period of 24 hours. The organic mattress alternative emitted 97.5% fewer VOCs during the same testing period.

Tempurpedic and memory foam mattresses are the WORST offenders and are extremely damaging to not only your sleep; but, also your health. If you are sleeping on a foam mattress, DITCH IT! If you use a memory foam pillow or topper, DITCH IT! In fact, Tempurpedic has been sued for failing to disclose the potential dangers of their product to the consumers as well as lying to their consumers by claiming the odor was harmless and would dissipate in a matter of days.



I LOVE my organic wool mattress with the 3” wool topper. It is the most comfortable mattress I’ve ever owned and the beauty it is that

WOOL IS A NATURAL FLAME RETARDENT

So voila! Problem solved.



If you can't afford a new mattress yet, you can:

1. Get a good quality air purifier. I recommend Austin Air because they really get the most chemicals out of the air and I would choose the Healthmate Plus from their line. Here is the link: [Austin Air Purifiers](#)
2. Get an organic wool topper to keep on top of your mattress and make sure it's at least 3” thick. The 1 ½ “ thick is not enough protection. I recommend Goodnight Naturals and they ship nationally. Reach out to the owner, Paul to answer any questions about this area. He is a fantastic wealth of knowledge. Here is the link: [Goodnight Naturals](#)

STEP 5

caffeine/sugar /sweeteners

I know how much we ALL love that “CupAJoe” to start your day right or your morning tea ritual or stopping at Starbucks for your favorite muffin and a latte. It’s about the ritual, right? I totally get it! We want to be our best and feel stronger at the gym and be productive at work.





There is a way to keep the ritual in and **wean off caffeine** and get your life to be just as fantastic WITHOUT the help of an external stimulant.

If you want to sleep well, you have to give up the caffeine BUT you don't have to give up the coffee, tea, or ritual. You can slowly wean off the caffeine while continuing to enjoy the experience of coffee or tea.

If you have caffeine on the regular, it will 100% affect your sleep quality and length. Caffeine overstimulates the adrenals and stresses the thyroid. It puts you in a constant state of "alert".

Remember what Isaac Newton said "What comes up, must come down." It's the law! Your body is on a perpetual roller coaster.

On a sidenote, caffeine also **dehydrates** you and sucks the moisture out of your body which requires you to drink more water to stay hydrated.

What happens when you have to drink more water? You have to wake up to pee. Nuff said....

The key is to fix why you feel like you need the caffeine without losing the fun, ritual aspect of it. First take a look at the **Caffeine Weaning System** below. This can be used for coffee or tea.



4 WEEK Caffeine Weaning System

If you stop caffeine “cold turkey” you will pay the price with extreme fatigue and headaches and even possibly MORE insomnia. It’s much better for your system if you wean off.



1ST WEEK: Reduce caffeine intake by $\frac{1}{4}$ so if you are drinking 2 cups of coffee, go down to 1 $\frac{1}{2}$. You can replace the missing coffee with decaf so that you don't feel deprived as your body is weaning off.

2ND WEEK: Reduce caffeine intake by another $\frac{1}{4}$ so now you are down to half. Example if you were drinking 2 cups of coffee when you started, now you will be on 1 cup. You can use decaf in $\frac{1}{2}$ to keep drinking the same quantity.

3RD WEEK: Reduce caffeine by another $\frac{1}{4}$ so now you are down to $\frac{1}{4}$. Example if you were drinking 2 cups of coffee when you started, now you will be on $\frac{1}{2}$ cup. You can use decaf to keep drinking the same quantity.

4TH WEEK: JUST DO DECAF!!! You will still be detoxing some caffeine this week so if you are tired or brain foggy or headachey, don't worry because it will pass!



Make sure you are only using organic coffee or tea and filtered water.

- There are TONS of organic coffee places out there now if you are a person who likes to get their coffee out on your way to work. Check on yelp to find an organic coffeehouse near you. Coffee beans have some of the highest pesticide levels of all which are neurotoxic and have been linked to sleep disorders. They also create more of a dependency.
- Tap water contains high levels of chlorine and fluoride which can also affect sleep. Make sure you are using filtered water to avoid the contaminants.
- Coffee and tea have the highest pesticide content of any food which can affect hormones, immune function and sleep so it's worth going organic for this vice!





- **TIP:** Don't have any caffeine after 4pm
- **TIP:** Always start these changes on a Friday so you have time during that first 72 hours to deal with any symptoms that might come up while weaning. You may be lucky and not have any or you may just have some mild headaches or lethargy.
- **TIP:** If you decide to incorporate decaf coffee, make sure it is **Swiss water process** decaf so it won't have the chemicals normally used in the decaffeination process. If you are doing tea, stay away from herbal teas and go for the decaf black or green tea instead. Green tea normally has caffeine but they do make a decaf green as well. Again, goes without saying, but make sure it's organic!

Sugar & Sweeteners

Even a cookie can ruin your sleep! Processed sugar causes a huge spike in blood sugar. High blood sugar levels increase your cortisol which gives you a burst of energy. Then, as insulin moves the sugar from your blood into your cells, your blood sugar drops again causing fatigue and lethargy which makes you sleepy. However, you won't stay sleepy. This triggers a stress response raising both your cortisol and adrenaline levels which wakes you back up again.





Sweeteners like aspartame are a problem because they are made from chemicals that suppress your thyroid function. In fact, long term use of aspartame has been directly linked to Graves disease and other thyroid related disorders. The thyroid produces and regulates hormones that directly affect your sleep.

“Natural” sweeteners like xylitol cause bloating and gas and throw off your digestion which can affect your sleep too. Honey, agave, maple syrup, stevia, coconut sugar or monkfruit are ok in moderation BEFORE 4PM. However, you would do best to cut out all sugars including natural sugars as listed above.

FOLLOW THESE RULES:

- No natural sweeteners after 4pm
- No processed sugar AT ALL cut it OUT
- No artificial sweeteners including but not limited to xylitol, aspartame, allulose etc.

STEP 6

sleep/wake schedule & white noise

Experts have been touting the benefits of keeping a sleep schedule for a long time. In fact, there are even apps created to facilitate this behavior and the iPhone has created a bedtime feature you can access in the clock. Your body has different jobs to do at different times of the night so if you are not asleep, it interrupts your body's repair and rebuild process.





- **Create and keep a consistent schedule** for going to sleep and waking up. Now, I know it seems weird to set a wake-up time if you are not sleeping well. However, it's the best way to reprogram your body so that it sets off the right hormones and chemical processes to signal your body to go to sleep and wake up. **THIS IS NOT GOING TO FIX OVERNIGHT!**
- Depending on what time you have to get up, **schedule your sleep time** for 9 hours prior. Go to bed and wake up at the same time everyday no matter what.
- Some people like to **set an alarm for bedtime**. You can even set a daily alarm to give you a 15 minute warning before bedtime to “wrap it up”.
- **Create an overlap day**. Pick one day a week (maybe Sunday) where you let yourself sleep in as long as you need to. In a matter of weeks, you'll find you will stop needing that overlap day.

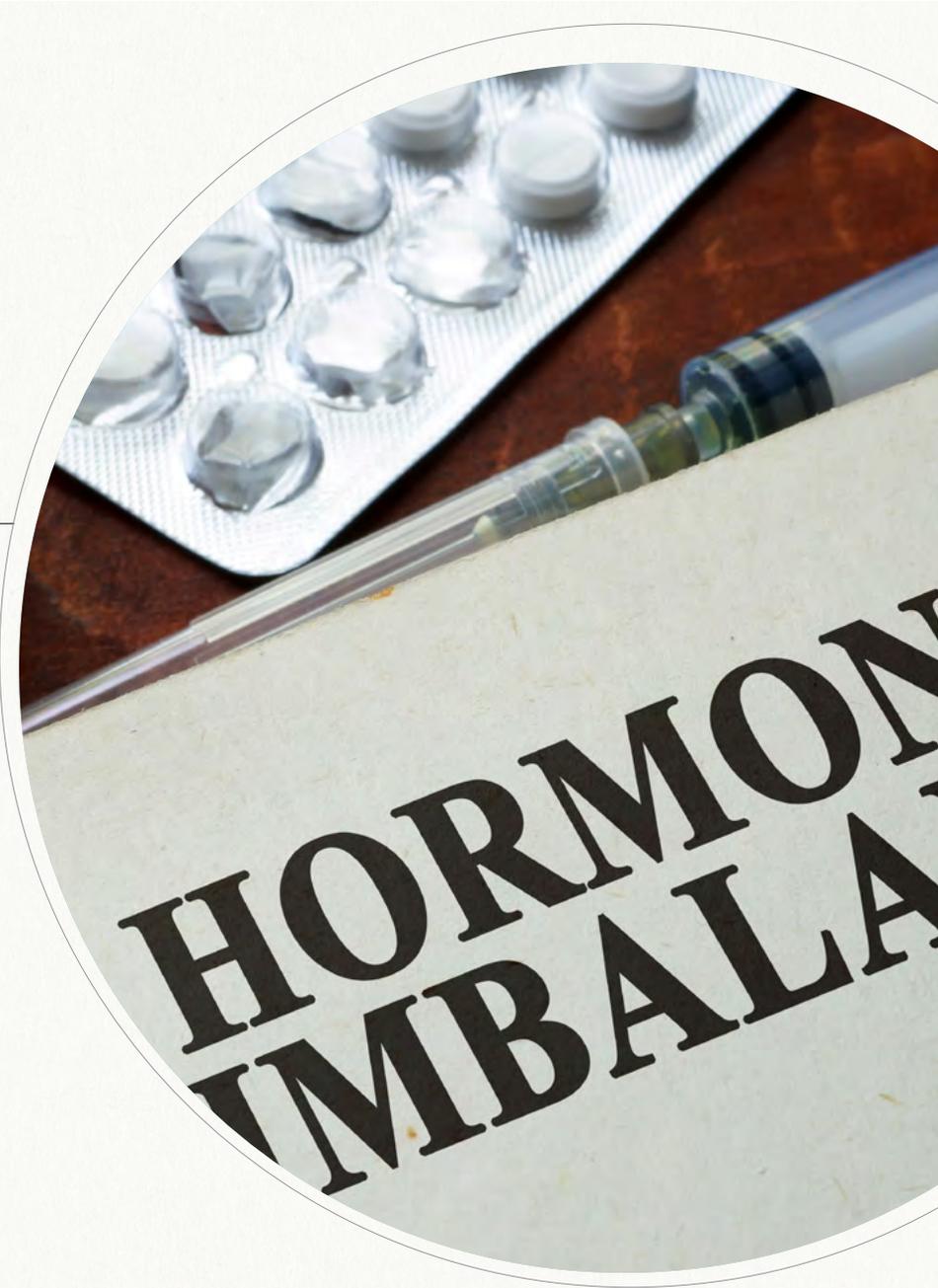


- **Don't nap.** This will affect your success with creating a sleep time schedule.
- **White noise** helps drown out background noise that could disrupt your sleep. Because the amplitude is constant and unchanging, white noise prevents your hearing from setting off a trigger in your brain to wake up as sort of an alert or an alarm. There are apps that you can try or you can put an air purifier or fan in your room that has a low frequency consistent noise which can work just as well.

STEP 7

hormones

So many people don't think about this, but your hormones dramatically affect your ability to fall asleep and stay asleep. Whether it's puberty, perimenopause, menopause, birth control, thyroid malfunction, or simply imbalanced hormones, your sleep will be affected.





HOT FLASHES: A hot flash is adrenaline shooting through your body triggering your brain to wake up. It also raises your internal heat causing sweating and increased energy preventing you from falling back asleep.

PERIMENOPAUSE AND MENOPAUSE: A woman's ovaries produce less and less estrogen and progesterone which are sleep-promoting hormones.

TESTOSTERONE: Poor sleep patterns have been linked to causing lower testosterone and low testosterone can lead to poor sleep! If you improve your testosterone levels, your quality of sleep will improve.

MELATONIN: Hormone levels influence the timing of when we feel sleepy and awake. For example, melatonin is supposed to release in your body when it gets dark and that signals the body it's time to sleep. That's why bright light, including television light, can prevent it from releasing properly to signal sleepy time.

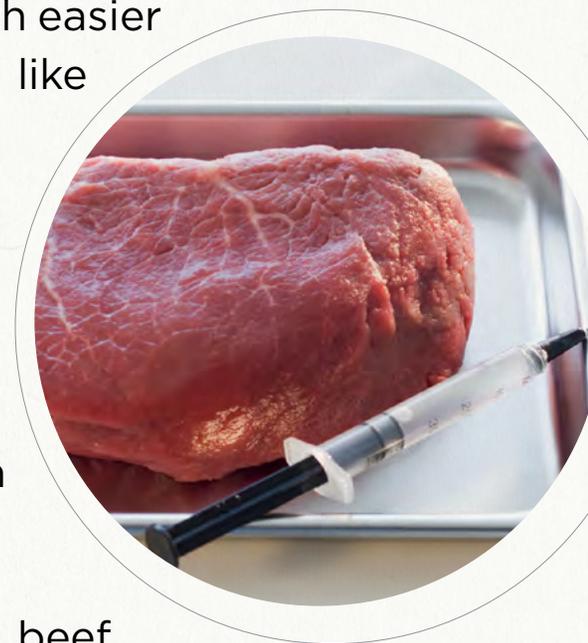
CORTISOL: This hormone dips at bedtime and increases during the night, peaking just before you wake up. It's like an awesome internal alarm clock signaling you when it's time to wake up and triggering your energy and hunger to start your day!

This information about your hormones does not mean you necessarily need HRT (hormone replacement therapy) but you may need to make some changes in your diet and lifestyle so that your body will balance itself appropriately. Bottom line is you want your hormones to be balancing properly in order to have good night's sleep!



What to do about it?

- You can get your sleep hormones tested and you can even get an at home kit through Everlywell at this link: [*Everlywell Sleep & Stress Panel*](#)
- Even if your labs are normal, it doesn't mean you necessarily have well balanced hormones. That being said, if your labs are normal that it's much easier to fix your hormones by applying the things in this booklet like meditation, regular exercise, and improving your diet.
- If you are a woman on birth control pills, you are taking synthetic hormones and that will affect your thyroid long-term and definitely can impact your sleep. Consider alternative forms of birth control that don't involve synthetic hormones such as condoms, nonhormonal IUD, and other alternatives you can consult your OB/GYN about.
- If you eat conventional factory farmed "regular" eggs, chicken, beef, pork, etc., you are going to have hormonal imbalances because these animals are injected with hormones and then you eat them. Invest in hormone free, organic, free range, grass fed animal protein. It really does make a huge difference in your overall health and not just in your sleep!





- The reason organic is important is because in the United States, we use pesticides that are actually outlawed in other countries because they are so harmful. The following list are some issues that pesticides cause in your body.
 - ✓ adds synthetic hormones to your body (like xenoestrogens)
 - ✓ congests your liver, making it harder for your body to process and eliminate excess hormones
 - ✓ confuse the hormonal conversation your body needs to have to create balance and avoid symptoms and diseases
 - ✓ can increase infertility
 - ✓ can make the growth of fibroids worse
 - ✓ can impair ovulation
 - ✓ can damage thyroid function
 - ✓ just to name a few.....

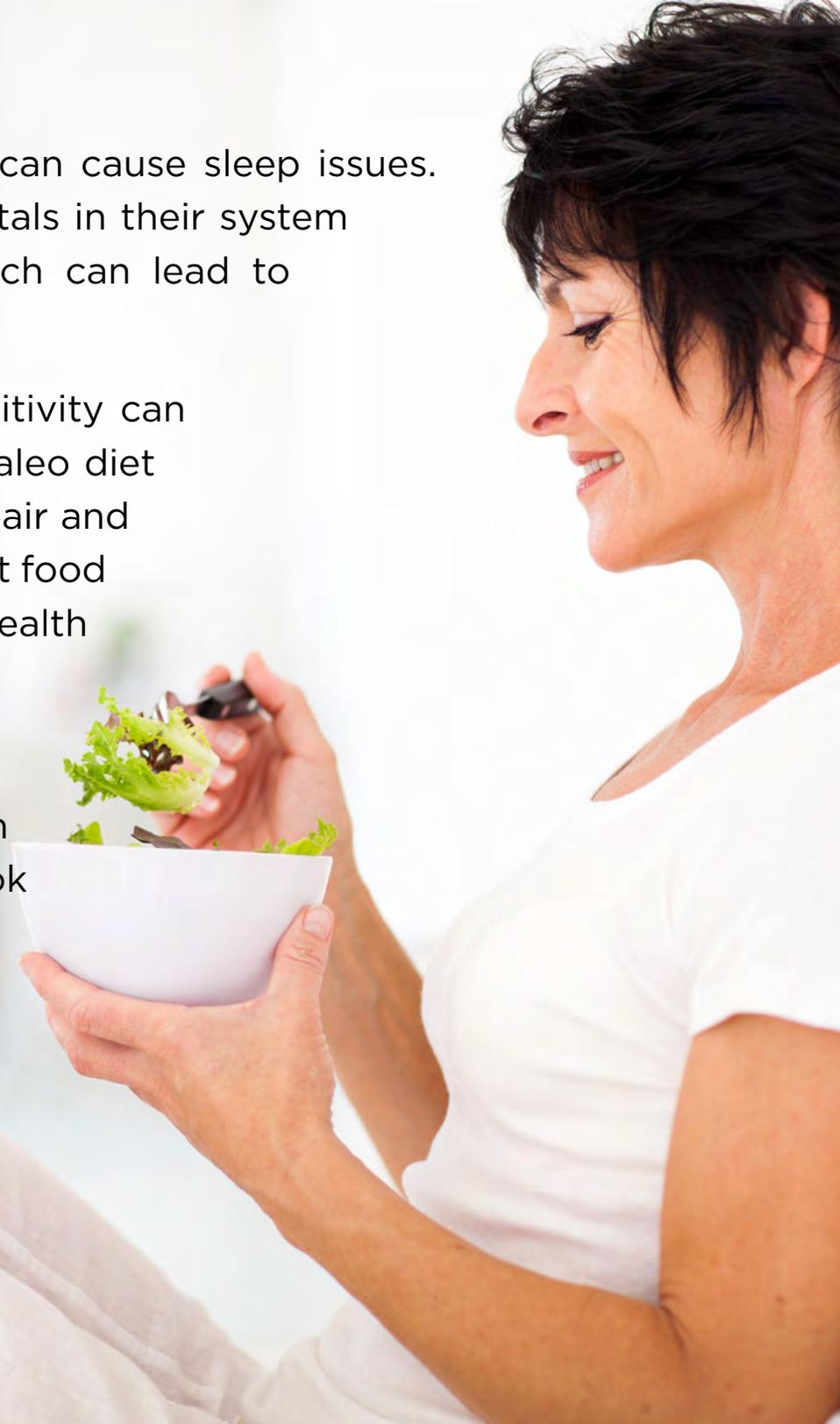
- Studies show that eliminating the pesticides from your diet by going all-organic for just TWO WEEKS makes a dramatic difference. See the video titled *“The Effect of Organic Food”* on YouTube for more info on a Swedish study which was done.
- If your labs come back abnormal for your hormone levels or you are having a difficult time going through perimenopause or menopause, look into alternative holistic measures for hormone balancing. There are many holistic practitioners that can help you with this through acupuncture, homeopathy, and many other modalities. Look into these options before deciding to do traditional HRT through a medical doctor as those can do a lot of damage over time.



A Few Extra Things to Consider

- If you are a vegetarian or have a history of drinking or drugs, see if you can get your choline levels checked. Choline deficiency gets missed easily and causes insomnia and digestion issues.

- Get your mineral levels checked because that can cause sleep issues. Sometimes people who have a lot of heavy metals in their system have trouble absorbing minerals properly which can lead to insomnia.
- Diet is really important. Digestion or food sensitivity can also affect your sleep. I recommend a mostly Paleo diet or Whole 30 since they really help the body repair and also support immune function. I have an excellent food plan that can make a big difference in your health download for free here:
[90 Day Health Repair Food Plan.](#)
- It takes 90 days for any tissue change to happen in the body. If you apply everything in this e-book and don't see a difference after 90 days, I would recommend seeing a holistic practitioner for additional support.





There might be days where you feel frustrated or want to give up

There might be days where you feel frustrated or want to give up. Be patient with yourself and take a step back and go back to the last time when it was going well. Remember to make a list of your “wins” and acknowledge yourself for being able to stick to the changes that week.

If you find that you are feeling overwhelmed or starting to have lower sleep numbers in your bedside notepad, it’s absolutely fine to take a step back and wait until you feel better with your current state and then move forward to the next step.



Remember it takes time to repair the body. There is no such thing as a quick fix in true healing. Chasing symptoms might bring you immediate relief but not long-term relief. If the underlying source of the issue is not addressed properly, the body will let you know by developing more and more symptoms. The longer you ignore them the worse the situation gets.

Kudos to you for having the courage to take your health back into your own hands and remember to

**"TREAT THE SOURCE...
NOT THE SYMPTOM!"**