



JENNINGS
HOLISTIC HEALTH COACHING

SLEEP WORKSHOP



Prepared for

Tall PoppyTM

www.jenningshealthcoach.com

Welcome to the Holistic Sleep Workshop with Steve and Heidi from Jennings Holistic Health Coaching



Do you wake up feeling refreshed each morning or not? If you win a great nights sleep, it can really set you up for the day ahead - with all day energy, extra productivity, a boosted immune system and a great mood.

Some of us would do *anything* for a full nights sleep and some of us only experience a poor sleep once in a blue moon.

Learning to control your sleep as best as possible will enable a longer healthier life. It's that simple.

Please print this worksheet, grab a pen, a cup of tea and follow along with the presentation.

We are going to share with you some advanced techniques and strategies that we use to help our clients heal, keep ourselves healthy and productive, and now help you do the same.

Disclaimer

This information is not intended to replace your doctors advice on medication that you may be taking. The information contained is for a group purpose to provide health benefits stemming from a natural routine. This is based on a combination of emerging science, personal experience and common sense.

Why Should You Listen To Us? Here's what Jennifer Reed said!



I am a board certified Nurse Practitioner in both Family Practice and Psychiatry here in the USA. I came to Steve to help with severe chronic joint pain. There is much research on the effectiveness of addressing a person's stress levels, nutrition, and exercise. In fact, studies show ignoring any of the three decreases outcomes. This is the real deal I strongly recommend the program because it works.

Jennifer Reed FNP, PMHNP (30 years exp, qualified Cardiologist and background in infectious diseases)

Part One

Your Adrenals Help to Govern Your Sleep. What Are Your Adrenals Saying About You?

Make sure you take the adrenal stress quiz before we talk about this section.

Thriving

Stressed

Wired & Tired

Crashed

The Importance of sleep

- Detoxes the body from pathogens
- Recovers muscle tissue and Burns bodyfat
- Boosts the immune system
- Reinstates mental health by boosting neurotransmitter chemicals
- Without sleep you can't heal
- The best way to calibrate your bodyweight

Gut bacteria boosts sleep

- Your gut produces 90% of your serotonin
- Serotonin helps produce melatonin

How to get your gut working easily

It can take time to get your gut working. Be patient and create a longterm habit.

- Raise hydrochloric acid – lemon juice in water _____
- Add raw spinach or kale as probiotic _____
- Eat plenty of fruits & vegetables _____
- Low fat diet _____
- Manage stress _____

Pre-bed routine

- Epsom salts bath 20 minutes (lukewarm temperature if at crashed level)
- Chamomile tea (combine with other tea bags)
- Read a book
- No work after 8pm?
- Lights out at 10pm

How long should you sleep for?

- Most of your healing is done between 10pm and 2am
- Some can get by on five or six hours of sleep
- Others need eight to nine hours
- There is no one magic number for everyone, though we suggest 7 hours minimum is a good target
- If you sleep between 10pm and 5am, you will feel more rested than if you slept for eight hours between 1am and 9am.

Foods & supplements that boost sleep

Foods that destroy sleep

Processed sugar _____

Excess caffeine _____

Alcohol _____

Processed foods _____

Food sensitivities – dairy, wheat, eggs, fish like tuna _____

Part Two

Hidden issues that can impact sleep

- Msg toxicity
- Digestive issues – pain & inflamed nerves in the digestive system
- Anxiety
- Emotional issues
- Toxic heavy metals
- Liver issues
- Viral issues
- Sleep apnea

Let's look at each problem closer

MSG Toxicity

- Flavour enhancer (noted as natural flavours or additives 600's)
- Goes to the brain and disturbs electrical signals
- Can remain in the brain until you detoxify
- Flares brain neurons like a sparkler
- Creates a sense of itchiness, obsession at bedtime, difficulty calming the mind
- Many people who need to meditate may suffer MSG toxicity

Digestive Issues

- Issues such as bloating, cramping, cramping or a sensitive stomach can trigger the nerves in the gut/brain connection keeping you alert
- A sensitive ileum (the small intestine that links to the large intestine) becomes inflamed due to adrenalin and sets off the nerves connecting to the brain

Anxiety

- PTSD or OCD stemming from obvious triggers that may need to be addressed
- Non-obvious anxiety from toxic heavy metals, radiation exposure and viral issues
- Radiation elevates histamine reactions and inflammation. Classic inflammation testing does not pick up this inflammation. Radiation inflammation can result in people feeling hot or swollen, or their skin may slightly burn
- Radiation – sunburn, cancer treatment, X-rays, mobile phones, air travel, computer use

Toxic Heavy Metals

- Mercury, cadmium, lead, copper, aluminium, arsenic and nickel
- These metals oxidize, creating a runoff that leaches across the brain disturbing brain tissue that can cause a multitude of sleep issues
- Teenagers are especially affected

Liver Issues

- When the liver is bogged down by a diet too high in fats, the liver can spasm waking you up. This can explain those nights where you drift in and out of sleep the whole night. This issue is stemming from the fact you are overloading your liver and it can't catch up.

Viral Issues

- Viral excretions 1- create hypersensitivity in the central nervous system which governs sleep, 2 – they create body aches & pains that prevent you from relaxing and 3- they can diminish neurotransmitter activity disrupting sleep messages being passed across the brain.
- Sometimes a viral related sleep issue is mistaken for a thyroid issue, because thyroid issues and insomnia often co-exist. The issue to resolve though is viral.

Emotional Trauma

- Foods like potatoes, kumara, raw honey and fruits help to protect the brain from corrosive stress hormones brought on by historical stress
- Set boundaries with demanding people and boundaries with your energy output
- Create a purpose for your journey to bring in more of a balanced perspective
- Break negative emotional attachments to people through acknowledgements

Sleep Apnea

Obstructive sleep apnea can be caused by

- postnasal drip or sinus infections
- inflamed and expanded mucus membranes
- inflamed bronchial tubes, tonsils or adenoids
- septum issues
- lymphatic obstruction
- general swelling
- edema
- excess weight putting pressure on the chest and throat

Obstructive sleep apnoea is all about anti-viral, anti-mucus, anti-inflammatory foods to give you relief, reducing obstructions.

Non obstructive sleep apnoea is more neurological – that is toxicity causing inflamed nerves in the brain. Sprays, MSG in foods, pollutants, viral waste products, toxic heavy metals.

Consider adding these foods into your daily regime.

- barley grass, spirulina, atlantic dulse flakes
- coriander, parsley
- frozen wild blueberries (at your supermarket)
- Lettuces

What if you can't fall asleep?

- Even if you can't fall asleep, lying down with your eyes shut between 10pm and 2am will still enable healing for the body
- Naps aren't just for kids! If you need to catch up on sleep, the best time to nap is between 10am and 2pm. Even if it's just 15-20 minutes, it can really help.

Supplements – Our favourites are the following:

- 5htp – boosts gut bacteria, serotonin and aids sleep (not suitable with mental health medications)
- B12 – assists with all 2000 functions of the liver, anti-viral
- Zinc - assists with all 2000 functions of the liver, anti-viral
- Vitamin C - assists with all 2000 functions of the liver, anti-viral, restores the adrenals

Vivid Dreams

- Bad dreams are good. This is the body's way of addressing unresolved issues such as emotional pain, rather than that emotional pain being stirred up during our productive hours
- Recurring dreams can be a good motivation to address these issue

Exercise to help sleep

- Meditation or yoga
- Evening walk outside
- Higher intensity exercise is best in the morning if possible

Medications

Only use medications if absolutely necessary. Medications are important to use if they help you reduce the onset of a mental health issue caused by insomnia. However, you still need to address other areas of your life – gut, nutrition, pre bed routines, exercise and stress.

Putting it all together

Here is a general look at how the day might look for you. You will need to aim for 2.5ltrs of water minimum and focus on a low fat approach. Aim for dairy free, wheat free, egg & tuna free 80% of the time.

- 7am - 500ml Lemon water on an empty stomach (removes excess mucus)_____
- 7.30am - Smoothie or porridge (add b12 and liquid zinc sulphate)_____
- 10am - Regular snacking with fruit & vege sticks reduce adrenalin_____
- 12pm - Potato salad at lunchtime with added raw spinach_____
- 3pm - Apple & carrot sticks in the afternoon + herbal tea_____
- 6pm - Vegetable soup or chicken salad for dinner_____
- Chamomile tea, read your book, Epsom salts bath and lights out at 10pm_____

Questions? Ask them now.

What's driving you?

Without commitment, a purpose, a target and a plan, your goal is just a dream. Write your ideal outcome below. Be specific. Where do you want to be 3 months from now? What about 12 months from now?

Financial driver? How much does it cost you for every day you are sick? What does it cost your business if you are sick? _____

What is your existing health issue you need to work on?

What could you do with more energy to spend with kids/grandkids?

More productivity – what could you achieve in a day with more energy?

Better moods – do you find yourself getting irritable and moody at your family?

Your marriage is your biggest asset. What would your marriage be like if you had more energy to compliment your partner?

Name three new habits you can commit to for the next 12 months

1 _____

2 _____

3 _____

Where do you need help to achieve these new commitments?

1. Accountability/group support with a coach & community? What about going on a health journey with your partner?
2. Creating boundaries?
3. Reducing work stress?

Extra Resources

Free Ebook Download – www.jenningshealthcoach.com/fivefunctionalpillars

Our #1 Amazon Best Seller “*From Living Hell to Living Well*”

(<https://www.jenningshealthcoach.com/living-hell-to-living-well/>)

Create your vision and commit some energy to your health goals in 2022

Need help? Reach out! The success rate when people work with a coach is around 90-95%.

We offer a 50% off for your first initial 45 minute consultation.

Contact us

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Thankyou for attending our workshop – we wish you all the best in 2022!

Regards,

Steve & Heidi