



Protocols for Restorative Sleep

Take the driver's seat for YOUR health!

All symptoms and disease come from imbalances in 5 areas. To enjoy really vibrant health, people need to be in the driver's seat empowered with awareness, inspiration and effective tools, to turn on self-healing. You must have simple tools and protocols to optimize function in 5 areas: 1) mind (subconscious and conscious) 2) body oxygenation 3) hormones 4) nutrition and 5) detoxification.

MDPrescriptives was born in 2008 to provide supplements that facilitate regenerative healing in these 5 areas with the least capsules per protocol. Most importantly they are infused with the vibration of love. Our mission is to teach patients and Health Care Providers "Regenerative Protocols That Work!" These protocols have been developed and implemented in thousands of patients in the clinical setting.

With more than 15 years of experience, over tens of thousands of patients, and hundreds of doctors, we bring you evidence-based protocols, with the least steps and least capsules, that work to reverse over 80% of all conditions.

All of us here at the MdPrescriptives Team send you Love and Light

What Causes Disturbed Sleep

Did you know that your genes, immune system and metabolism are repaired when you get deep, continuous sleep for 8 hours? All chronic diseases are possible when the body does not (cannot?) repair itself. So, disturbed sleep is the most important signal that something big is out of balance. Until recently, our social belief was that it is normal to sleep for less than 8 hours. Especially those who believe that waking up to urinate is “normal”. In deep sleep you would not be aware of the bladder, nor would you pee in your bed :)

Did you know that the biological programming is to sleep twice in a 24-hour period? This becomes clear if we look at the cues given to us by the animal world. Also, in long-living cultures where people stay healthy past the age of 80, the siesta in the afternoon is part of everyday life. In our culture, we have a taboo around “napping” in the afternoon. Whereas research proved many years ago that an afternoon nap improves overall performance.

It is rather easy to get lost in the myriad of causes that can be found for disturbed sleep. Predisposing factors may include: night time exposure to “blue-light” from computers and cell phones, excess water intake after 7 PM, pets, children, restless partner, habits such as staying in the “work mode” until late.

The most common trigger is not just chronic stress, but a Chronic Stress Response (page 9), which puts the body into a perceived state of emergency. In this state, the metabolic hormones (such as the adrenal/ cortisol/ thyroid / insulin) function is out of balance and so are the nutrients needed to activate them. Associated symptoms include fatigue, pain, anxiety, depression, weight gain, low immunity and all chronic diseases.

Ultimately in our experience, the causes lie in imbalances in each area of the 5-point model system.

For more information see <https://tinyurl.com/restorativesleep>

No matter the question...

nature is the answer.



Is Our Restorative Sleep Protocol For You?

Have you noticed that you are unrested in the morning? Do you wake up at night?

You can improve your sleep in 30 days by following Sleep Protocol Level 1?

The long-term aim is to completely restore optimal deep sleep, where your body regenerates. Sleep Protocol Level 1 has been effective in restoring uninterrupted, deep sleep in over 80% of people in 30 days.

Associated symptoms that may improve include:

- Energy
- Skin
- Focus
- Well-Being
- Pain
- Mood

Sleep Protocol Level 2 is added if you do not have 100% resolution of your symptoms in 30 days.

Always discuss any protocols with your own health care practitioner as these protocols are not meant as diagnosis or treatment.

Let's Get Started!

Our Quick Fix Sleep Protocol

To improve symptoms in 30 days

Make Time to Belly Breathe (page 11) and do a Sleep Affirmation:

“I am thankful that my sleep is getting healthier every moment!”

Start Sleep Protocol Level 1

1. Before 7 PM, drink 100 ounces filtered water daily with Pink Salt and Lemon (page 14).
2. Evaluate your night time habits and setting and reduce those that can disturb sleep, such as staying in work-mode, “blue-light” after sunset, WiFi and lights in the sleep area (page 15).
3. Start **MD's* MagnesiumRx** at 1-2 capsules in AM and 1-4 capsules in the PM. Work your way up slowly to avoid loose stools. MagnesiumRx is formulated to penetrate and calm the nervous system.
4. Add sublingual **MD's* Melatonin** 2-6 sprays, (hold for 30 seconds) or **MD's* oral Melatonin** capsules 3-18 mg at night.



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Start Sleep Protocol Level 2

For those without complete resolution in 4 weeks, add the following:

1. While you are working on your healthy sleep routine, reduce your secondary commitments with the **Circles of Life Exercise** (Page 8).
2. Practice **Quick Coherence Technique** 5 minutes in the AM and PM to "Preserve Your Reserve" (Page 9)
3. Start **MD's* Essentials 5 in 1 DR** 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night.
4. **MD's* MagnesiumRx** 2 capsules in the AM and 4 capsules in the PM. Work up slowly to tolerance as this may cause loose stools.

Post-Protocol Maintenance

- **MD's* MagnesiumRx, MD's* Melatonin and balance in life commitments.**

If all symptoms do not resolve, please contact your healthcare provider for guidance and exploration of possible chronic infection and other conditions.

If you are ready to address causal factors for long-term regeneration, try out the suggestions on the following pages to optimize the 5 areas over 90 days.

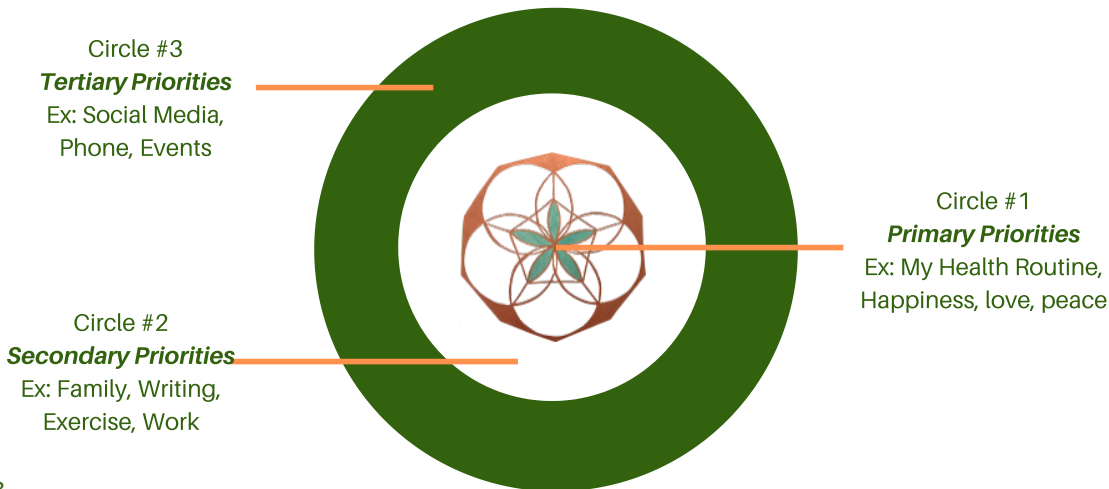
Mind

Calm the mind through the heart's joy: **Laugh and Play**

When you calm the nervous system, you spare your "fuel" (like hormones and nutrients) to be used in neutralizing pain. So, "Preserve Your Reserve" There are two proven methods that we have used successfully.

My Priorities Exercise: **Simplify Life**

Decreasing commitments is key to reversing any condition. Draw three concentric circles. The middle circle is #1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1.

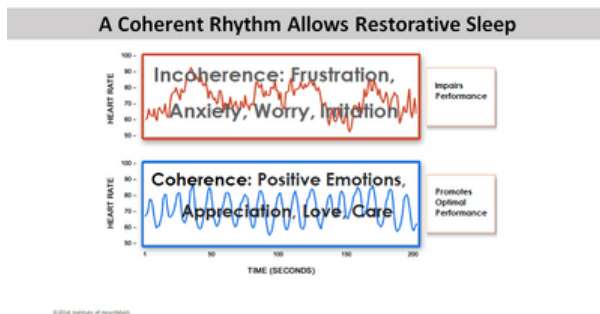


Transform Sub-Conscious Stressors: Flip the Emotional Switch

You can not change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response**; the way it affects your body and the drain of hormones and nutrients that occurs. This is done by flipping the emotions in your heart into a coherent rhythm: **calm heart = calm mind = restorative sleep**. It is important to believe that you can have 8 hours of continuous sleep at any age.

Practice Quick Coherence Technique 5 minutes in the AM and PM:

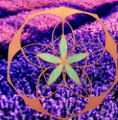
This can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe in, feeling air enter into your heart and out of your heart. Virtually recreate the feeling of an activity that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart.



You can observe your pattern with an App www.heartmath.com/innerbalance Aim for a coherent heart rhythm. Effects last for hours.

Believe in YOU.





Body

Optimize oxygenation to the body

Oxygen makes up 68% of your body. It is a vital component of your cell's energy production. It is well established that the oxygen reaching your micro-vessels immediately alters the depth of sleep at the level of the brain. You can increase the oxygen flow to all of your organs immediately using any of the below techniques. These can be very helpful if you wake at night.

1. Repeat your affirmation with deep breathing. Here's another possible option: Everything is always working out for me.
2. Simply breathe consciously, so that the length of inhale matches the exhale.
3. Take a walk outdoors, belly breathing.
4. Practice "Belly Breathing" In sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale gently through your nose 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes.



Breathe In

Breathe Out



Hormones

Optimize the Adrenal / Thyroid / Insulin Hormones

The most important hormones that are responsible for restorative sleep in women and men are progesterone and pregnenolone. These hormones become depleted by chronic stress, excess physical activity or pain and our general lifestyle which leads to a hyperactive nervous system. One way to understand this is “The speed of the engine determines how much fuel (i.e., hormones and nutrients) you use.”

Steps you can take include:

1. Lower the speed of your engine. Reduce Commitments and Simplify Life with **My Priorities Exercise** (Page 8)
2. You can activate your existing hormones with:
 - **MD's* Essentials 5 in 1 DR** or **MD's* Daily 2**, which specifically have the doses needed for thyroid, insulin and adrenal activation. 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night (due to the high B vitamins).
 - You can start a proven herbal support for the adrenals: **MD's AdrenalForte** 2-4 capsules before 2 PM.
 - Start bio-identical **MD's* Pregnenolone** 50-100 mg and **MD's* DHEA** 25-50 mg, both in the AM and Noon. Best dosing is determined by measuring your blood levels.
3. Find a Health Care Practitioner who will work with you to optimize hormones. Often lab tests will come back in the “normal range”, but not necessarily in the “optimal range”, which is defined in the 75th percentile of the normal range. Always aim for optimal!

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Nutrients

Optimize the Nutritional Status

Sound, restorative sleep is dependent on specific nutrients and amino acids. For example studies show that restorative sleep needs adequate levels of Magnesium, Omega-3, Vitamin D, Selenium, B-6, potassium, calcium and tryptophan.

Steps you can take:

1. Depend on organic food to be your main source of nutrients. Eat the **Balanced Plate Ratio** at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates
2. Eat your daily dose of Regenerative Foods such as fermented foods (like **Kashaya** Non-Dairy Yogurt, unpasteurized sauerkraut or kimchi), sprouted seeds and Blue-Green Algae
3. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
4. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.

Veggies



Complex Carbs

Protein



Detoxification

Toxic build up in the body is a primary cause of declining health and insomnia worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle. to remain vibrant. The body's normal mechanisms include primarily flushing with water, a functioning liver, gallbladder, skin, kidneys and lymphatics. WiFi and hidden electromagnetic fields affect brain waves and sleep. Several neurotransmitters that are needed for deep sleep like serotonin and GABA are made in the gut, so we must have a healthy microbiome and the bowels must move at least twice daily. If any of the above is compromised, we can have poor sleep or insomnia. .

Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
 - Prepare 100 ounces of water in 3 glass containers with **PRL Pink Salt** (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
 - Drink 1 by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with **MD's* Purebiotic** or fermented foods like **Kashaya** Non-Dairy yogurt and unpasteurized sauerkraut



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You got this.

Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth, and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters. Protect with **Defender Shield**.
6. Check morning urine pH is >6.7 where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL Polar Mins** or greens.



For a full detoxification protocol and videos follow the link on
www.mdprescriptives.com.



These protocols have been developed and clinically tested in thousands of patients over 15 years. Brought to you by your doctor.

For More Information, Visit www.mdprescriptives.com