
SLEEP LIKE A BABY



By

Margie Slinger

SLEEP LIKE A BABY

| | |
|--|----|
| INTRODUCTON | 3 |
| Why we need sleep and how much sleep we need. | 5 |
| What stops us getting a good night’s sleep?..... | 8 |
| Night and shift workers..... | 11 |
| Sleep deprivation from illness and pain..... | 13 |
| Night terrors..... | 14 |
| What helps us get a good night’s sleep?..... | 16 |
| Water | 18 |
| Diet..... | 20 |
| Exercise | 22 |
| Relaxation | 24 |
| Temperature and lighting. | 28 |
| Electro Magnetic Radiation..... | 30 |
| Geopathic Stress (natural EMF) | 33 |
| Simple things you can do. | 35 |
| Protection when we can’t switch it off. | 38 |
| Appendix | 40 |
| Bibliography | 44 |

INTRODUCTON



We are having an insomnia epidemic. Who do you know that has a good night's sleep night after night? Not many. And you probably wouldn't be bothering to read this if you were sleeping well.

I am an ace insomniac, always have been, and as you get older it gets worse. Bit like the old alcoholic that needs more and more booze to satisfy their "thirst". So that's why I have written this book. I'm an expert. I've tried most things, spent a lot of money, and chucked most of it out the window, or given it to a charity shop so that someone else can give it a try in the depth of a dark, wakeful night. They may have more success, who knows?

Hope springs eternal with this sleepless business until you are so exhausted, tired and depressed that in desperation a visit to the doctors results in a prescription for pharmaceutical drugs. After all he has nothing else to offer and don't expect the five minute consultation to be long enough to be asked the question "what's going on in your life to stop you sleeping" or advice on how to improve things. The poor doctor besides being short on time may not even know, he probably isn't sleeping well either!

You may of course be blessed, like me, with a wonderful GP, but then mine is into prevention rather than cure and has been a guardian angel on my insomniac's journey.

I have had more than my share of nights when I seem to be the only one in the whole world awake. When the midnight sky is endless and the stars seem to mock. I have tried the three

o'clock cups of camomile tea that tastes even more foul at that time in the morning. I acknowledge that some people love it, and it really is good for you, or so I've been told. I've had the snacks, warm baths before bed essential oil candles burning - in fact I've tried everything man. Well not exactly *everything*, who could afford to try everything, neither time nor money or hope would allow it. Now there's the thing – insomniacs get so that they lose hope, dreading going to bed and spending all those hours tossing and turning.

I know that I did until I got completely fed up with it, and myself. I started on a process of education and elimination, and that's when my husband, David, discovered Orgonite of which I was sceptical. But then my sleep improved, things started to change for me. I was back on track, although to be honest I don't think that I had ever been on track – ever - at all. Maybe in childhood but certainly never as an adult. This discovery was the start of my journey out of the black hole of endless sleepless nights.

So what have I learned? That insomnia can't be cured by just relaxing music, essential oils, warm baths, herbal supplements or counting sheep. This is an urban myth and good marketing. I'm not saying that they don't have their merits but they aren't stand-alone cures.

Insomnia is complex and the solution has to be multi layered. Wouldn't you just know it – why can't anything in life be simple? But the bottom line is that it is entirely up to you to take the steps to curing your own sleeplessness. That mostly means making life choices and changes to deal with the problem. Sounds hard? Well it's not when you get started. When you understand what makes you and your insomnia tick.

Stress is often named as the main culprit by insomniacs, also the fast pace of life. Problems going round and round in their heads which won't switch off. They are right, life is now fast paced and stressful – but – and it's a big but, that isn't the whole cause. As I said before insomnia is multi-layered and the cure is a lifestyle choice.

What I am sharing in this book is what I have experienced and learned along the way. I want to share it because I know how depressing and debilitating insomnia is, it consumes your whole life. And it needn't. Take back your control – get your life back.

Like most things in life there is no miracle cure for insomnia. It takes a little work and a lot of conscious decisions, but then the blissful sleep that results from this is – oh – so worth it.

Go on – you can do it.

ONE

Why we need sleep and how much sleep we need.



Sleep always seemed a mystery to me. When I was young I considered it to be a total waste of time. I wanted to LIVE until I dropped. Mind you I didn't need much sleep as love of life kept me going. It's a different tale now. I NEED eight hours – at least. The bed is so deliciously cosy when the alarm goes off.

Someone once told me that when we sleep we are spending time with God. Please don't get caught up on the name, there isn't an adequate one for the energy that powers us and the Universe, so for me the name God does the job. Anyway name aside, this sounded so good that I have never viewed sleep in quite the same way since.

But whether it is true that it is our time with The Creator or just a lovely idea, sleep is very, very important. Sleep is a state when your senses and motor activity are suspended. You have total or partial unconsciousness, and all your voluntary muscles are inactive. Sleep is the rest cycle of our bodies.

Sleep is a heightened anabolic state - a period when our bodies are producing new bone, muscular and nervous tissue; a period when growth and repairs occur. It is essential for our wellbeing. The old saying of "sleep is healing" is absolutely true. Even though our ancestors didn't know the science behind it they were right,

It's a complex group of hormones that trigger sleep. These hormones respond to cues within our body, as well as in the environment. So not only our bodies govern our sleep, so too does where and how we live. Interesting!

About 80% of our sleep is without dreams, this dreamless sleep is known as NREM (non-rapid eye movement). Dreams occur mainly during REM (rapid eye movement).

During the earliest phases of sleep, you are still relatively awake and alert. The brain produces what are known as beta waves, which are small and fast. As the brain begins to relax and slow down, it produces slower waves known as alpha waves. It is during this time, when you are not quite asleep, that you may experience strange and extremely vivid sensations known as hypnagogic hallucinations. Common examples of this phenomenon include feeling like you are falling or hearing someone call your name.

Another very common event during this period is known as a myoclonic jerk. If you have ever started suddenly, for seemingly no reason at all, then you have experienced this odd phenomenon. While it might seem unusual, these myoclonic jerks are actually quite common.

NREM sleep is divided into three or four stages:

Previously, experts divided sleep into five different stages. Fairly recently, however, stages 3 and 4 were combined so that there are now four stages of sleep.

Stage 1 is the beginning of the sleep cycle, and is a relatively light stage of sleep. Stage 1 can be considered a transition period between wakefulness and sleep. In Stage 1, the brain produces high amplitude theta waves, which are very slow brain waves. This period of sleep lasts only a brief time (around 5-10 minutes). If you awaken someone during this stage, they might report that they weren't really asleep.

Stage 2 is the second stage of sleep and lasts for approximately 20 minutes. The brain begins to produce bursts of rapid, rhythmic brain wave activity known as sleep spindles. Body temperature starts to decrease and heart rate begins to slow.

Stage 3 This stage was previously divided into stages three and four. Deep, slow brain waves known as delta waves begin to emerge during stage 3 sleep. This stage is sometimes referred to as delta sleep because of the slow brain waves known as delta waves that occur during this time. During this stage, people become less responsive and noises and activity in the environment may fail to generate a response. It also acts as a transitional period between light sleep and a very deep sleep. Bed-wetting and sleepwalking are most likely to occur at the end of this stage of sleep.

Stage 4 Most dreaming occurs during the fourth stage of sleep, known as rapid eye movement (REM) sleep. It makes up between 20% and 25% of our total sleep time. REM sleep is characterized by eye movement, increased respiration rate and increased brain activity. REM sleep is also referred to as paradoxical sleep because while the brain and other body systems become more active, muscles become more relaxed. Dreaming occurs because of increased brain activity, but voluntary muscles become paralyzed.

Some sleepy facts:

Babies spend much more in REM sleep than older people.

People usually experience four or five periods of REM sleep during a typical full night's sleep, the last one being longer than the first.

Some people may have a brief period of light sleep, during which they are easily awakened, shortly after an REM session.

Sleep experts say our brain neurons are about as active during REM as they are when we are awake. However, Antonia paralyzes the body during REM. Antonia is an extremely relaxed state of skeletal muscles.

When we remember a dream, it will have occurred during REM.

Our sleep requirements vary according to our age, lifestyle, when sleep occurs, how routine our life is, our general health, and our body clock.

A new-born baby needs up to 18 hours of sleep. One to three year olds twelve to fifteen hours, and a midday nap has been proved to boost learning in pre-schoolers. Does it do the same for us adults who also need one? Three to five year olds need eleven to thirteen hours sleep. Five to twelve year olds need to sleep for nine to eleven hours. Teenagers should get nine to ten hours – but just try to insist on that, or try to police it! Adults need seven to eight hours sleep and as you get older a little nodding off time as well.

Sleep requirements vary from individual to individual but your body will tell you what you need, if you wake up after seven hours bright eyed, bushy tailed and raring to go – you have had enough. But if you wake up after eight hours feeling like – death –wanting to pull the covers over your head, and throw the alarm clock against the wall - then you haven't either had enough, or it wasn't the right quality of sleep.

TWO

What stops us getting a good night's sleep?



It is so annoying when you fall off to sleep and then wake in the early hours and spend the rest of the night tossing and turning. It seems like sleep is mocking you by doing this. I hate it – thinking that I am going to get a good night's sleep only to zing awake, the suffering seems worse somehow.

Yet it's perfectly normal to wake briefly during the night. Good sleepers don't even remember – doesn't that sound like bliss. If you have disrupted sleep don't get caught up in anxiety and thoughts. It is so easy to get stressed about not sleeping – how will I feel tomorrow? I must sleep so that I can cope with that important meeting. I am going to feel like cr*p tomorrow. I have so much to do and I will never manage it if I don't sleep. Thoughts going round and round and anxiety increases.

Then there are the worry thoughts that like to haunt you at night. Money, work, family needs, health issues. If you can name it you can worry about it – especially in the early hours of the morning. It's also a great time for the mind to start brainstorming and thinking up new ideas like landscaping the garden or starting a business that could never fail.

Don't get into it. Don't give your head free reign otherwise dawn will come and you will still be thinking. Have a note pad beside the bed and jot notes so that you are reassured that you will remember when you wake-up. With a quietened mind you can relax and go back to sleep.

To help get back to sleep try a relaxation technique or some visualization. Even just this will help rejuvenate your body and will probably help you fall off to sleep again. If after a short while, say about fifteen minutes you are still wide awake don't just lie there and start getting anxious about not sleeping again. Pick up a book but keep the lights low so that your body doesn't think that it is morning and time to get up. I find herbal tea is comforting in the middle of the night. Maybe a light snack but be careful as your body could start to expect this. Putting on weight while curing your insomnia has got to be a no-no!

Don't get tempted to read your emails or look at anything on your computer, tablet or cell phone during the night. Or watch T.V. In fact avoid anything with a screen altogether as this will stimulate your brain, and after all that is the problem that you are trying to solve.

What we eat and drink can stop us sleeping. So too can the conditions of our bedroom – is it too hot, cold or light.

Electromagnetic Radiation is probably the greatest robber of sleep, and it is everywhere. Take stock of what electrical devices you have in your bedroom. If you have a TV or computer make sure it is turned off before you go to bed. Like-wise with tablets and cell-phones. Cordless phones and electric clocks must be banned from the bedroom. Electric blankets radiate and metal springs re-radiate EMF. The bedroom can be an EMF minefield. It could be the main reason why you are not sleeping. And because it can't be seen doesn't mean that it hasn't been proven to exist – much research has been done on it,

Do you have a sedentary life-style? Work mainly sitting and then sit watching the TV or on the computer in the evening? The lack of exercise is going to affect the way you sleep too.

If you have insomnia and smoke you will have to make a choice – cigarettes or sleep. There are no compromises here. The reason that many give for smoking is to relieve stress, this doesn't work in the realm of sleep – if you smoke and don't sleep doesn't that compound the stress?

Smoking causes sleep troubles in numerous ways. Nicotine is a stimulant, which disrupts sleep, plus smokers experience nicotine withdrawal as the night progresses, making it hard to sleep.

So go on have a go at kicking the habit – get support because it is an addiction and it is going to take perseverance. But you can do it and you will benefit in so many ways – getting a good night's sleep being just one.

A big warning – lack of sleep destroys relationships. When tired people become irritable. Fact. Nothing and no one is right. They are looking at the world through smudge smeared sun glasses – everything is dim and a little blurred. The smallest thing blows up into an argument. The most innocent word misconstrued.

Try extra hard not to jump and bite at others when you are sleeping badly at night but could sleep on a clothes line during the day. You are feeling lousy and it is so easy to let that colour all your relationships, making them feel lousy too. People will start avoiding you, well let's be honest you often want to avoid yourself. Even if your partner or kids are long suffering there will come a day when they say enough is enough. Then BANG - this is when relationships break down.

So realize and accept that your insomnia doesn't only affect you – it affects everyone you come into contact with. So as an extra spur to overcoming your sleeplessness think of it as re-discovering the real and wonderful you that everyone likes.

There are some sleep disorders that I have not included in this book as I have written it from my own knowledge, research and experience. If you are suffering a sleep disorder that I haven't included it is not because I think it is insignificant, it is because it is outside my knowledge and understanding. But please contact me if you want to educate me on your particular sleep challenge.

THREE

Night and shift workers



Night work and irregular shifts affect your body clock and cause sleep disorders. Living and working like this is contrary to how we were designed to operate. But society needs people that work unsocial hours so that it can function and all needs are met. So if you are one of the people that make this possible you need to be extra kind to yourself when it is time to sleep.

Your life will be back to front and upside down so adjustments need to be made to fulfil all your needs.

This may not be easy to do but see if it is possible to limit the number of night or irregular shifts you work in a row. This will help prevent sleep deprivation increasing. If it's not possible, avoiding frequently rotating shifts will help you to keep the same sleep schedule.

If you are having to travel distances to and from your work place you will not only reduce the time that you can sleep the exposure to daylight will make it more difficult to sleep. Wear dark glasses on your journey home even on dull days as the body only makes the

hormone Melatonin when the pineal gland perceives darkness, and Melatonin is essential for sleep.

During the night make sure that you have bright lights around you to trick your body into thinking that it is daylight. You are having to help the body feel that its surroundings are “normal”, even though they are reversed.

Watch your caffeine intake, keep it to the beginning of your shift only. Don't be tempted to drink it to keep awake. If you feel tired take a break, have a short walk or do a bit of exercise. Even a few stretches will do you the world of good.

Sleeping during the day isn't easy but don't make compromises. You need your sleep, after all you don't concede to your sleeping arrangements during the night, so why do so if you need to sleep during the day?

Make the bedroom dark, quiet and cool. It still needs to be a cave. Use black out curtains, ear plugs, turn off the phone, even use soothing natural sounds like water and birdsong to block daytime noises. If the doorbell rings ignore it – if it's important they will call back, and social visits are only good for those that go to bed at night.

At weekends try to catch up on any lost sleep. You deserve a lie-in in the mornings, and an early night if you feel like one. Catching up on your social calendar and partying-the-night-away might be fun at the time but don't let it be to the detriment of your health and sleep. Becoming a hermit isn't good either – like everything in life it is moderation in all things. And enjoy whatever you do. Satisfaction and fulfilment is a great help to getting the rest that you need.

FOUR

Sleep deprivation from illness and pain



Some medical conditions and chronic illness prevent sleep. So too does depression and psychological conditions. Even conditions that are so part of our lives that although they give us pain and discomfort we accept it as - just the way that it is. But that doesn't mean that it isn't going to stop us sleeping – it does.

If you suffer from arthritis, fibromyalgia, gastroesophageal reflux disease, menstrual pain and so many more conditions you will probably find that you have disturbed sleep. Even the quality of your sleep will be affected as pain and discomfort tend to limit the depth of sleep and allow only brief episodes of sleep between awakenings.

Remember that sleep is the time when our bodies heal so if you have a bad night don't dismiss having forty or so winks when the opportunity arises. Being a martyr and pushing through the fatigue barrier is not going to win you any accolades. A few zzz's during the day may help you overcome your health challenges. Babies sleep when they need to and, sometimes so must you. Listen to your body it will tell you what is best for you.

Try not to nod off too close to bed time though as it may help perpetuate the problem of sleeping through the night.

Be prepared for your disturbed nights. Try not to agonise over not being able to sleep. Get as comfortable as possible. Have a good book nearby or some relaxation music and a pre-prepared hot drink in a thermos flask.

FIVE

Night terrors



Now night terrors are something that I have first-hand knowledge of – as a sufferer. Believe me they are not nice, and that is an understatement of magnitude. I first started having them as an adult, which is not so common, when we were living in Kenya. My blood curdling screams would wake up David, my husband, and then eventually me. I would be sweating and very fearful – of nothing tangible but I had a sense of something in the bedroom with us. There was nothing to see but the fearful feeling kept me awake for the rest of the night. These terrors lasted for several years at an interval of maybe one a month.

Night terrors are a common sleep disorder. They must not be confused with, and are not night mares. They affect a staggering 15% of children (mostly younger kids) and 3% of the population. This is probably a conservative figure as there are many people who are not aware that there is a title for this condition! It is more prevalent in boys than girls, and there is often a family history.

Night terrors or sleep terrors are periods of extreme agitation often with intense fear, crying and screaming in the middle of the night. They usually occur just a few hours after falling

asleep. They are terrifying. Probably more for the on-looker than the sufferer who often has no recollection other than being left with a feeling of fear.

When a child has a night terror, arousal can be difficult. He or she might have their eyes open but will look straight through you, similar to someone sleepwalking. Usually they will not be able to recall the incident in the morning.

Night terrors seem to occur in cycles. They may happen every night for several weeks, and then cease to occur for months. They are also more common in children whose family members have a history of night terrors, sleep walking, sleep talking, or bed wetting. Night terrors are accompanied by a very rapid heart rate. A lot of kids out grow Night terrors by the age of 8 years but some people continue to be tormented by them all their lives.

Never, ever wake any-one suffering a night terror even though instinctively you want. You will probably be terrified and want to ease their pain but let them work through it. Like me the person usually has no recall other than a vague sense of frightening images - spiders, snakes, tigers or even people in the room. They often have no memory of the event when they wake up.

No one really knows what causes night terrors, but possibilities are increased brain activity or glitches in sleep patterns. Common thought among researchers is that a chemical trigger causes the brain to 'misfire'. These misfires can be caused by many factors such as stress and various other medical ailments. There is even the school of thought that believes they are the result of Psychic attack by malignant, non-physical entities.

There is no known medical cure but I overcame mine with the Orgone devices we made while in Kenya to solve a very different problem. If you want to read about this have a look at the appendix.

SIX

What helps us get a good night's sleep?



Unfortunately there is no quick fix for getting a good night's sleep. Popping a pill or counting sheep probably isn't going to do it. If you are serious about wanting to sleep then you have to work at it. No cheating - you will be caught out with poor results.

I have simplified the list of "to dos" to those that I know work from my own experience, and have been tried, tested and approved by sleep experts. There are more and if you hear about something along the way – try it. But never ever be fooled into believing that any one thing works completely, and always take into account that we are all different and one person's solution may be useless for you. Sleeping well really does mean looking at the way you live your life, and making changes if needed.

Sleep experts say that we must pay attention to hydration, diet, relaxation, exercise, temperature, dark, radiation. Nothing really hard there, it is a matter of getting into the routine of getting and being sorted out.

SEVEN

Water



70.8% of the Earth is covered in water. Not all of it drinkable admittedly. So much water around us that we take it for granted and often ignore it. We even consider it a little boring. Even on red hot days when we are parched the advertising that we constantly see has so us that we reach for a soft drink and turn our back on pure refreshing water. What we may be ignorant of is that glass, or tin of sugar laden liquid will neither hydrate us nor help us sleep. In fact exactly the opposite.

We all sort of know about tooth decay and soft drinks, even excessive weight gain. Well that's because of the sugar, that's logical. But did you know that it can harm your DNA, elevate cholesterol, prevents calcium being absorbed into the bones, cause heart problems and depression. Advertising doesn't tell us about this does it? But then all they want to do is sell, sell, sell at any cost – and the cost is definitely our good health and wellbeing. And there is more – soft drinks contain caffeine which is a diuretic, keeps you running to the loo. The result is severe de-hydration which leads to sleeping disorders and insomnia.

Just because something is liquid doesn't mean it does the same job as water, tea and especially coffee which contain caffeine are also dehydrating. As with all things moderation is the key – I believe that you can still enjoy your cappuccino, I'd die without mine, but the rule is for each coffee drink a glass of water. And limit it!

Don't use coffee as a pick-me-up after a bad night's sleep because you are compounding your insomnia.

Herbal teas don't contain caffeine so help with your hydration and are a great alternative. It may mean re-educating your tastes if you were brought up with tea and coffee with milk and two sugars. Or have always believed that a coke would give you an energy boost and help you through the day. It will give you that boost, so will your coffee, but it is short lived and will have you up half the night. Bit of a vicious circle.

We are made up of 70% of water - see how alienated we are with our planet. So our water intake, keeping well hydrated, is essential to functioning well and to sleeping well.

OK we know that one of the things we are made up of water – we learnt that at school. But what does adequate hydration mean and if we don't have it and become de-hydrated what happens and where does sleep fit in to this?

Water providing adequate hydration is a key component to help decrease inflammation, which can manifest as muscle pain and stiffness, and can also cause headaches. These conditions can cause sleep disorders and insomnia. You can't sleep if you're in pain.

So plenty of water, not only to sleep better but for your overall health. If you feel thirsty you are already de-hydrated! Other signs I find are headache, dry eyes, unfocused vision, brain fog, generally feeling Yuk, and weak. It is amazing how headaches disappear after a glass of water. So next time you have one don't run straight for the pain killers – have a glass of water. And in doing so you will help your sleeplessness.

EIGHT

Diet



By diet I mean eating *good* food not restricting what you eat so as to lose weight. Although by eating nutritional, healthy food you probably will lose weight. Strange isn't it how we wouldn't put diesel into a petrol engine car yet we eat all sorts of food that our bodies don't recognise as fuel. And then we grumble when it doesn't run perfectly. I know, I know, my one-cup-of-coffee-a-day addiction isn't exactly premium fuel but a *little* of what you fancy warms your soul and I do drink that extra water as a peace offering. I suppose the moral of this particular story, and most stories, is moderation in all things.

Eating a diet containing a lot of processed foods loaded with artificial preservatives, food colourings, trans-fatty acids, and refined sugars can cause us sleepless nights. How – well for people who are sensitive to these substances, they act as stimulants or even serve to increase inflammation that can contribute to chronic muscle pain, increased fatigue, or depressed mood – all of which can affect sleep quality. So read the labels and a general rule of thumb is “Fresh is best”.

Don't eat a big meal too late at night before turning in. Keep the meal simple and light. Try to make dinnertime earlier in the evening. Avoid heavy, rich foods within two hours of going to bed.

It takes a lot for our bodies to digest fatty foods - keep these to a minimum. The hot chip treat is best at lunch time. Spicy or acidic foods eaten in the evening can cause indigestion and heartburn. A certain recipe for keeping you awake.

A light snack however can help some people sleep. Pairing tryptophan-containing foods with some carbohydrates can help calm the brain, still the mind, and allow you to sleep better.

Some tryptophan-containing foods are cereals, grains, pasta, vegetables, nuts, seeds, legumes, shell fish, poultry, meat, dairy and egg products.

So if you want to try a bed-time snack have a chicken sandwich, a bowl of cereal with some yoghurt, or a banana. My bedtime snack favourite is a couple of organic rice crackers with some nut butter. See how it goes and see if it helps you to sleep – but don't use it as an excuse to do a bit more grazing!

NINE

Exercise



Exercise, is becoming a bit of a cult thing – going to the gym. But TV’s, computers, cars and more manual jobs being done by machines means there are still lots of people that get little or no exercise at all.

Once upon a time people walked, took buses, and had allotments growing vegetables. They moved their bodies naturally. After all it is the way we were designed. If you have your car sitting in the drive, never start it up, never use it, it will cease up. The tyres will perish, the body will rust, the electrics will disintegrate and the engine will lock solid. If we know this about a car why do we expect anything different about ourselves? After all aren’t we a beautifully engineered piece of machinery too? So getting off our butts and moving our limbs, getting our heart pumping (it is a muscle as too) is essential for ending the day in sweet dreams.

Several studies have already shown that people find their sleep quality improves significantly with exercise. But - **"If you have insomnia you won't exercise yourself into sleep right away. It's a long-term relationship. You have to keep at it and not get discouraged."** says Dr Baron, who is director of the behavioural sleep program at Chicago's North Western University Feinberg School of Medicine.

Because exercise isn't an instant fix for insomnia it's easy to get caught into the vicious cycle of poor sleep leading to less exercise!

Dr Baron has some great advice to keep you at it:

"Write a note on your mirror that says 'Just Do It!' it will help in the long run."

I broke my ankle just about a year ago and it has taken nearly the whole year and two operations to get mobile again. It has been an education, albeit a painful one. A year of inactivity and irregular sleep. I am now on a strengthening program at the gym under the care of the physiotherapist. It's been hard. I have never been a gym person – I have always liked to cover my lumps and bumps - and not in clinging Lycra. I've always shunned that panting and sweating, except in the bedroom, carried away in the moment. That's ok – and private. In a mixed bag of men and women in a gym, all of which are fitter than me – it's not ok.

Necessity has made me change my views. I sweat and pant and lift weights, and do squats and feel better than I can ever remember. I feel well and sleep better. I still do not wear Lycra though – couldn't bring myself around to that!

But it took time, patience and perseverance. Please don't give up, it is so easy to do that. Once you get over the initial hardship you will start to enjoy whatever exercise you choose. It doesn't have to be in a gym, although believe me it's worth a try and not as daunting as you may think. But do get out in some fresh air as well – walking is a great way to exercise, plus you can see, enjoy and appreciate the wonders of nature. And it doesn't have to be in the heart of the country as flowers grow out of cracks in the concrete too!

Being motivated on your own is difficult for many of us. There are always demands on our time that are more important, I was brought up to think that work should come before play, even if that play is looking after yourself. So join a class – aerobics, keep-fit, dancing, Zumba, line dancing – there are so many and they can be such fun. What about a rambling club – fresh air and Like-minded Company. Or pair up with a pal and walk, even round the block is a start.

Exercise should never be a chore. Enjoy whatever you do and remember what the experts say - that sex is a great form of exercise – isn't that wonderful news!

TEN

Relaxation



For many relaxation means unwinding in front of the television or catching up with Facebook friends. Collapsing into a chair or stretching out on the sofa is often as much as most people feel like doing after a busy demanding day. Possibly with a glass of wine or a beer. You might feel that this is unwinding and beneficial but what it is actually doing is help create your insomnia.

Twenty seven new studies show that alcohol does allow healthy people to fall asleep more quickly, but it reduces rapid eye movement (REM) sleep. This is the stage of sleep when people dream and when the body restores and renews itself. This is when we heal. So don't get carried away because the bottle is open – pace yourself and make it last several nights.

When we watch TV it is not just the content that engages our brains, and stops us from sleeping. The frequency of the screen flickering keeps the brain in a beta state (normal waking consciousness and a heightened state of alertness, logic and critical reasoning). It is important that the computer or TV is switch off at least an hour before bed-time so that the brain can go into an alpha state (deep relaxation) ready for sleep.

EMF Radiation from the TV, computers and all our electrical toys does the exact opposite of relaxing us and helping us sleep – it makes sure that we remain awake. How I'll explain later.

Get inventive about your relaxation. Get out of your end-of-day-shattered frame of mind and sluggish body. Put the wine bottle back in the fridge and do some stretching exercises, yoga or a nice steady walk. It need only be a few minutes but it will help get rid of the days tension.

Not all of us have the luxury of having a bath in our home. Showers have taken over big time with a smaller foot-print and savings on water, but there is nothing like an old fashioned bath to help relax you. So if you are lucky enough to have one make use of it. Add some Epsom salts/magnesium sulphate. When it is absorbed through the skin it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles, is a natural emollient, and exfoliator. Great stuff and really inexpensive. Many bath crystals have it as the main ingredient but will cost you an arm and a leg. So forget the fancy packaging and price of bath salts or crystals and add some essential oil to your bath with your Epsom salts it will save you money and do exactly the same job. Luxury and relaxation.

Essential oil in a bath isn't the only way to use it to help you relax. The smell alone is beneficial. If you don't own an oil diffuser, you can place a few drops of your favourite oil on a cotton ball in a shallow dish. Put several cotton balls throughout the house and don't forget your bedroom.

Massage brings to mind the ultimate in relaxation. It doesn't have to be done by a professional, DIY massage can either be learned from a book or just go with your instinct – and feel. Switch off the TV, get the essential oil out with a carrier oil and bribe your significant other to give you a massage with the promise of giving them one back. Ummm delicious. Guaranteed to help you sleep.

Which essential oils are best to use to help you sleep? Lavender of course is an old time favourite relaxant. Other relaxing essential oils are chamomile, orange, neroli, rosewood, geranium, petitgrain, jasmine, rose, anise, and ylang-ylang.

Have you ever tried to meditate? Now don't hang up on me – it isn't just a spiritual thing. When you practice meditation, your heart rate and your breathing gradually slow down. Your blood pressure normalizes and the function of your immune system improves.

No mean thing, just on a physical level. But there's more!

Meditation also causes your adrenal glands to produce less cortisol, the flight and fight hormone that keeps us stressed, and is caused by stress. It is also the hormone that is mainly responsible for us ageing. So knock the idea that meditation is New Age-y right on the head.

A mind that won't switch off is certainly one of the main causes of insomnia. The perpetual mind chatter during the night is often nonsensical and blows problems up out of all sense of proportion. The more you worry, the less answers there seem to be to your problems, which during the night are often imaginary and disappear with the dawn. You stay awake because your mind is keeping you awake.

Meditating before bed-time clears the mind of the useless chatter and stress that can accompany this. This not only helps to eliminate stress and anxiety, it helps you to sleep more deeply.

Once you have mastered meditation, some people take to it like a duck to water, others have to practice but believe me every one can do it and it will not only help you to sleep but have positively beneficial effects in all aspects of your life.

Don't know how to meditate? Have a look on Google – there is loads of information. Or join a meditation group. Again it is often easier to do when others are doing it also, especially if there is a teacher or leader with a hypnotic voice – lovely. Approach it with an open mind, enjoy and benefit and possibly make some new friends too.

There are so many ways to relax – find your favourites. Try warm bath, essential oils, music, relaxation tapes, meditation, yoga, a good book, mix and match and experiment, after all this is not an exact science you are an individual and your insomnia solution will need to be your very own.

Try some Deep breathing. Close your eyes, and try taking deep, slow breaths, making each breath even deeper than the last.

If you are good at visualization you can use it alone or combine it with deep breathing. Make the place you visualize calm and beautiful – a beach with waves breaking on the golden sand, a green meadow, or gorgeous garden. I find visualizing walking down steps while my breathing gets deeper helps me – try it.

Progressive muscle relaxation is great at completely relaxing the body. Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up from your feet to the top of your head. Don't forget your face. We hold a lot of tension in our jaws, this is one of the reasons why some people grind their teeth while sleeping.

Don't get up-tight about this relaxing, and make it a mission, or the result may be exactly the opposite of the one you are trying to achieve. Relax and enjoy your relaxation.

ELEVEN

Temperature and lighting.



How much thought do we give to how light, or dark our bedroom is? Or how warm or cold? Have you got a street light outside or a security light that flashes on when every cat in the neighbourhood walks by? Does the full moon shine through the window directly onto your bed? All these factors will make a difference to how well you sleep. So give them some serious importance.

How bright should a bedroom be is an easy one. There is only one answer – dark. If you can't use black out curtains wear a sleep mask. They take a bit of getting used to, but are great when you have.

Even before going to bed also avoid bright lights, and always use low wattage bulbs in your bedroom. Dim and dark is the mantra.

If, like me, you like to read in bed DON'T, oh don't use a backlit device at night like an iPad or tablet. If you do want to use a portable electronic device, use an e-Reader that is not backlit - like a kindle. You will then of course need a bedside lamp that is adequate enough to read by but not so bright as to keep you awake all night.

If you do need to use the bathroom during the night, how blessed are those that don't, keep the light to a minimum but be sure not to compromise on safety.

Getting the right temperature is a little harder – this can vary so much from person to person. We are all individual in our perception of hot and cold. You are going to have to work at getting the temperature that is most comfortable for you. But always consider that cooler is better than warmer. Don't have it so cool that you are covered in goose bumps all night. That definitely isn't going to help you sleep.

This is a good guide. The recommended room temperature for optimum sleep is between 18 - 22 degrees Celsius or 65 - 72 degrees Fahrenheit.

Memory foam is becoming very popular not only for pillows but also mattress overlays. It feels great, is really comfy but can make you very hot. My significant other half and I discovered this when we made our rock hard caravan mattress super deluxe comfortable with a memory foam overlay, sweated all night and had a dreadful night's sleep. Of course we were tired and irritable next day which didn't lead to a harmonious week-end break. So beware of memory foam.

There is the old joke about wives always putting their cold feet on their husbands to warm them up. Well it may not be such a silly idea as cold feet can keep you awake. So if you fear that your relationship may suffer – put on a pair of socks.

The American Academy of Sleep Medicine suggest we think of our bedroom as a cave. It should cool, quiet, and dark. Bats sleep up to sixteen hours a day – and they sleep in caves!

When we live with other people or have a busy road outside the house we can't control the noise. Sounds can be very disruptive of sleep so try to eliminate them. Use earplugs if necessary. Silence is golden when it comes to sleep.

Snoring disrupts sleep. Every sleeping partner of a snorer knows this. I will say no more than there is nothing worse than an insomniac lying beside a snorer – hell! So if you have a snorer in the room, it is the same rule as having a dog next door or traffic roaring past your bedroom window - wear ear plugs. They have saved many a marriage, including mine.

If you can't wear ear plugs, and some people like those with tinnitus (ringing in the ears) can't, mask it with a fan, recordings of soothing sounds like water or bird song. Or use white noise which you can make by setting your radio between stations. You can also buy "maskers" that will do the same thing.

Your dark, cool, quiet cave is absolutely no good for sleeping in if your bed is ancient and sags in the middle. Your bed must have enough room to stretch and turn comfortably. An old mattress will give you back ache. An unsuitable pillow will give you a sore neck. Invest in a good mattress and pillow – it is an investment – in sleeping well. Don't buy cheap to save money. It will be a waste of your cash. You will be paying for either doctors' bills or insomnia cures, or both.

So the rule of thumb in your bedroom is simple – dark, cool, quiet and comfy.

TWELVE

Electro Magnetic Radiation.



Electromagnetic radiation is the single worst robber of sleep. This is produced by anything that is powered by electricity and the wires that carry it. We all know that power lines, microwaves, cell phones and computers are not so good for us but did you realize that so are sewing machines, bedside clocks, electric blankets, TV's, Vacuum cleaners, hair dryers, electric shavers, electric drills, power tools, remote controls, baby monitors, irons, cordless phones, energy saving bulbs, fridges, ovens, washing/drying machines and even the car we

drive - to name but a few! Absolutely anything with a motor generates very high levels of EMF.

Radio frequency or RF, a form of EMF, is the radiation from Wi-Fi, blue tooth, cell phones, cordless phones, baby monitors – in fact anything that receives or gives radio signals. This is extremely hard for our bodies to cope with as it is close to the frequencies of our bodies. This very effectively jams our body, makes us very sick and sleep poorly.

So no matter what else is stopping you sleep EMF is always lurking in the shadows. So no matter whether you are well or ill, work days or nights, are care free or totally stressed, old or young, happy or sad EMF is affecting how you sleep.

We are exposed to 100,000,000 times more radiation than our grandparents. Our bodies haven't adjusted to this. It is the unseen enemy that is compromising our health, well-being and disrupting our sleep. EMF interferes with our health at the cellular level, we are after all electrical beings.

The body is a complex communication device where cells, tissues, organs and organisms all "talk." At each of these levels, the communication includes finely tuned bio-electrical transmitters and receivers, which are tuned like tuning into a radio station.

EMF interferes with this communication system, throws the body out of sync which leads to all manner of damage to our health.

Now this is a long and complicated scientific subject which would fill a whole book so I am going to narrow it down and be quite specific as to how EMF stops us sleeping.

It is the pineal gland that produces the hormone Melatonin. This is what the late Dr Neil Cherry, Lincoln University, Canterbury, New Zealand said in his research "EMR reduces Melatonin in animals and people" 26th July 2000

"The pineal gland, a pea-sized organ near the centre of the brain, converts serotonin into melatonin. This has a strong diurnal (daily) pattern, with high melatonin output at night and low melatonin output during the day. Alternatively, serotonin dominates the day and is lower at night. The Melatonin/Serotonin cycle is a primary physiological driver of the daily metabolic, awake/sleep cycle. Melatonin is a vital part of many of the body's biochemical systems, including sleep and learning and is free radical scavenging in all cells and hence is a potent antioxidant with anti-aging and anti-cancer properties. It helps to protect embryonic fetuses. Melatonin mediates many hormone functions, assists in maintaining immune system health and virus protection."

Electromagnetic radiation confuses the pineal gland, which only makes Melatonin when it is dark, into believing that it is light. Your body clock controls your natural cycle of sleeping and waking hours. It also controls how much melatonin your body makes. Normally, melatonin levels begin to rise in the mid- to late evening, remain high for most of the night, and then drop in the early morning hours.

Light affects how much melatonin your body produces. During the shorter days of the winter months, your body may produce melatonin either earlier or later in the day than usual. This change can lead to symptoms of seasonal affective disorder (SAD), or winter depression.

In his research paper Dr Cherry says “Light-at-night and electromagnetic radiation, are proven to reduce melatonin and hence pose significant adverse health effects”.

So EMF plays havoc not only with our sleep but also our health. As EMF surrounds us to a greater or lesser extent, even in the depth of the country we can often obtain cell phone signals, whatever we do to improve our sleep can be useless if we don't address the problem that EMF/EMR creates.

“Melatonin is vital for healthy sleep, including lowering the body temperature, and assisting in maintaining healthy sleep states.” Says Dr Cherry

THIRTEEN

Geopathic Stress (natural EMF)



Geopathic stress, which is natural Electromagnetic radiation, is radiation of harmful rays which rise up through the earth. These are distorted by weak electromagnetic fields created by subterranean streams, certain mineral concentrations, fault lines and underground cavities. The wavelength of natural radiation that is disturbed in this way is extremely harmful to humans, animals and plant life. It is a real nasty.

Some countries, because of their geology, are more prone to Geopathic stress than others.

Often we do not realize that Geopathic stress is present in our home or work place until we have moved there. We can see over-head power lines and choose not to live under them, but we can't see underground activity. It is not until people are feeling unwell or not sleeping with no obvious cause, that they look into whether Geopathic stress is present.

Geopathic stress probably won't affect the whole building, but if it is under a bedroom, where people stay for several hours, it can stop them from sleeping and also be disastrous to their health. It is not uncommon when people to move out of the affected bedroom, sometimes unwittingly, they find their insomnia has vanished. So it is always a good idea if you are not sleeping well to try another bedroom if you can.

Geopathic stress is not as well recognised as electromagnetic radiation but it can be even more deadly because of the time we spend in particular rooms like bedrooms. So if you have sleeping, or health problems without any apparent cause it is wise to have your home checked out for Geopathic stress.

It is common to hear people say that they feel uncomfortable in their homes - but they don't know why. Or that health or family relationships have altered for the worse since they moved. Geopathic stress, just like EMF affects the very foundation of your life.

FOURTEEN

Simple things you can do.



EMF/EMR radiation comes from the wiring in your walls, electrical outlets, extension cords, lamps, electric clocks, electric blankets/pads, TV, computers, cell/cordless phones. In fact anything powered by electricity or communicating with transmitting equipment/towers.

Of course there are things that we can't switch off - power lines that run underground near your sleeping area. Cell phone towers or high tension power cables nearby. An electrical panel box located on a wall near your sleeping area or even a refrigerator or TV located on the other side of the wall from where you sleep. And the latest invasion, Smart meters that use cell phones signals to communicate with the power provider.

It's during sleep that your body regenerates and detoxifies, so you want your bedroom to be a sleeping sanctuary with very low EMF/EMR so that you can sleep and do this.

You're also going to be exposed EMF/EMR during your waking hours and this has a knock on effect in causing sleeping problems – so be aware of what you expose yourself during the day too, and take precautions whenever you can.

Make sure that your bed doesn't contain any metal. The vast majority of beds (90-95 per cent) contain metal springs and/or frames. These metal frames and metal box springs re-radiate EMF.

Get rid of the electric blanket. It may keep you warm but it is also keeping you awake by radiating EMF. Resurrect the old hot water bottle, or better still buy a new one in case the rubber of the old one has perished. It may not be so labour saving but it will be a whole lot better for your insomnia and health in general.

Turn off all electrical equipment at night including your cell phone. Move your bed so that your head is at least 3-6 feet from all electrical outlets, including your computer, WI-FI, cell and portable phones.

Beware of cordless phones which we often have beside the bed for convenience and security. These always transmit at full power. A cordless phone base station placed about two feet from your head and plugged in for three minutes at a time can significantly disrupt your sleep, and health, including your heart rhythms.

If you do use a conventional cordless phone, be sure to keep the base station at least three rooms away from where everyone sleeps and where you spend the most time during the day. They really are unfriendly brutes when it comes to your wellbeing. Going back to a corded phone isn't a backward step. It might not be so convenient but it may save your health and enable you to sleep well.

Baby monitors are popular and give parents peace of mind. Or do they? These seemingly harmless pieces of baby equipment are actually harming the health of both baby and its carer - they emit RF radiation in just the same way as Wi-Fi routers and DECT cordless phones.

The two parts of the monitor are constantly communicating and emitting RF radiation. Like all EMF radiation it is not only sleep that is at risk, it is all aspects of babies and adults health. Baby monitors need to carry a health warning. Better still they should be banned altogether.

So when it comes to electromagnetic radiation and sleep, the rule of thumb is, avoid it if you can and if you can't protect yourself from it.

FIFTEEN

Protection when we can't switch it off.



Most EMF we can't switch off. It is that which hits us from the unknown and unseen that does most damage. We are bombarded. So do we hold our arms up in despair and give up? Of course not. We protect ourselves.

You need to do that with confidence.

There is two types of protection, Space and personal. The Scientist Dr Wilhelm Reich who fled the Nazis to America, discovered a form of energy which he called orgone. Orgone, Reich said is universally present and it can be demonstrated visually, thermically,

electroscopically (a device he invented to see orgone) and by means of Geiger-Mueller counters.

Devices using Orgone technology effectively protect against EMF/EMR. Again it would take a whole book to explain this technology and most of us don't want every scientific explanation available – all we want is something that is tried, tested and actually works. After all the proof of the pudding is in the eating.

Of course Reich in manipulating energy was ahead of quantum physics and behind metaphysics, both now agree that everything is just energy, including us. When that energy is out of balance and not self-serving, this includes EMF radiation, then it needs to be processed so it is not harmful. If you want to see how Reich did this have a look here <http://www.lifeenergysolutions.com/technology/>

From Reich's work and with the inclusion of vortex technology and crystals Life energy Designs have a range of reliable, tested products with a money back guarantee so that you can taste the pudding, so to speak, to make sure that it works.

Now this isn't a sales manual so if you want to find out more you will have to go to <http://www.lifeenergysolutions.com/insomnia/> have a nose around to see what is available and what you need to help you sleep well. This book gives you the pointers to your taking control and ensuring that you get a good night's sleep.

Sweet dreams!

Appendix



Now this is the bit at the end that only the curious read. For those that have found their answers they probably haven't gotten this far. For those that are still reading a hearty thanks for this is a very personal story – and it is great to feel at least one someone is interested.

Life is an adventure – if you allow it to be. It is all a matter of attitude. We, David my husband and I, had left our deep rut in England to go to East Africa for just that. Hitting Kenyan soil we had no idea of what we would do. The whole adventure would be at least a trilogy so I will cut to the quick and talk only about how we got involved with Orgonite.

We had started a business, running it successfully for several years. We took people, mostly tourists, on traditional sailing dhows to swim with dolphins. Sounds glamorous? It was - the reefs where we swam were spectacular, crystal clear waters, shoals of exotic fish, and corals just waiting for some wildlife documentary. There was no need to even leave the boat to see the paradise that was the dolphins' playground.

Living right on the beach – glorious, dazzling white sand fringed with coconut palms and the turquoise Indian Ocean was idyllic. Or was it? Nature was in all its regal glory, but man had and was playing another role that sadly contradicted this.

We lived in a place called Shimoni, which means the place of the caves. Seventeen kilometres from a tarmac road it was a traditional fishing village. Coral block houses that had neither glass in the windows or bathrooms, huddled along dirt tracks. Cooking and bathing facilities were rudimentary with whole families living in one room. Nothing very unusual about this, it is a common African story. The difference being that the people that lived here were descendants of those that captured their African brothers and sisters for the slave trade in Zanzibar. They had used their fellow men, women and children to earn a living. It had left its mark. Even though they lived in paradise the people lived under the dark cloud of this fact. It had hardened them and made them insular.

The slaves had been kept in the extensive cave system that meanders its way under Shimoni village. To test their suitability they were kept without food, and the only water available was that which dripped off the cave roof. Many died, the survivors were then fed to give them strength to endure the sea journey to the slave market to be sold to Arabian masters. Some said that those that died were the fortunate ones.

The final indignity for the Africans that didn't live was to be thrown into mass graves roughly dug near the beach without respect for tradition or religion. Those that were Muslim, and most were as the coastal tribes of Kenya follow Mohammed, needed to be buried facing Mecca to ensure their entry into the after-life. The indignity of their burial meant they were doomed.

The energy of all this suffering hung over the place like a black cloud threatening rain. Life was hard here – but so were the people.

When we moved there it was because of the natural beauty, the dolphins and our excitement to share all this with others. We bought a plot of land and started building. Our excitement soon turned to horror - It was a burial ground. We were digging up human remains. The locals knew of course. The land was unsaleable except to naive, unsuspecting westerners. We fitted the bill perfectly! Trapped - we had nowhere to run to. We were financially committed up to the hilt, having started a business which was not only providing a living for us but for thirty-five Africans also.

As we gathered all the bones, so that we could give them another but this time respectful burial, we scratched our heads as to how we could clear the energetic stain from the land. What could we do to make our home habitable? Of course we didn't verbalise it quite like that – we daren't. The witch doctor was suggested by one of our Muslim crew but this filled us with dread. Witch doctors had a very strong influence in this area, if their hands were greased with silver, or any kind of money in any currency, they would cast all kind of spells, and often not for good. The outcome went to the highest bidder. The local Diego tribe were so terrified of them that people died from sheer fear of being cursed with a spell.

We wanted to run. We really did. But instead David found Orgonite. I was sceptical, I was brought up no nonsense and ET's don't exist. David's mind dances to faraway places and endless opportunities'. I respect that and admire it. I kept my opinions to myself, and the task of making Orgonite began. If I went into the whole saga of it this wouldn't be a short chapter it would be yet another book. Suffice to say that eventually we made some pretty crude, very ugly Orgonite devices. Under cover of night these were taken into the caves. On our daily dolphin excursions they were dropped into the sea. Our gardener had his suspicion of our insanity confirmed when we asked him to dig holes so that they could be buried around our building plot.

Judging just how much difference they made is not so easy, what scale can you use? But they definitely did the job for which they were originally intended - they made it possible for us to stay, and work from there. People did commented on how the feeling around the area had changed, I suppose that is a measure of success too. Even I, who put up every shield imaginable to accepting it, felt the peace and calm. I couldn't in my heart of hearts deny that David's Organite devices had made a difference.

Now that isn't all. This is when we also became involved with Electromagnetic radiation. Balancing energy and histrionic energy are one thing, and I know there are people, like I used to be, that don't quite get it even though the quantum physicists' are now telling us what the meta physicists' have been saying forever, that everything is just energy. This energy when unbalanced or negative, including our own is harmful to us and causes us mental, emotional or physical dis-ease. EMF is of course a form of disturbed energy.

EMF was an unexpected discovery altogether. Here we were in this remote village of mainly fishermen, their handful of wives and collection of children, living without toilets or running water when they were suddenly given access to the mobile phone network by a newly erected cell phone tower. Right in the middle of the village. Its dominance in the centre of a collection of palm thatched huts with beaten mud floors that mirrored the paths running between was - bizarre. It overshadowed everything.

Poor Africans, that couldn't afford to feed their families on anything other than maize meal porridge with fish on the occasions that they caught more than they needed to sell, were suddenly, proudly carrying cell phones. How they afforded them was a mystery besides which they had absolutely no need of them with neither money for calls or indeed anyone they could call. They were merely a status symbol like a pen in the shirt pocket or carrying an empty water bottle. But they were switched on and communicating with that pesky cell phone tower.

For the first time these Kenyans were exposed to EMF radiation – big time. Few of them had electricity, most lived mainly outside and their world had been pretty clean radiation-

wise up until then. When suddenly bam – their bodies couldn't cope – many fell sick. The village doctor was overwhelmed.

The exception to this radiation epidemic was our staff who had Orgonite devices that they had either begged, borrowed orWe won't go there! They had shown a fascination with Orgonite from the beginning and as the superstitious people they were, believed that Orgonite devices protected them from harm. Which of course they did.

This discovery started us on another path of development and trial. Those crude early devices, made from yellowish boat resin, dusty machine shop shavings and very expensive crystals, were the beginning of a new and exciting phase in our life.

Sadly we had to leave Kenya when living there compromised our core beliefs and quality of life. Corruption and the lack of regard for human decency were alien to us and not something we wanted to adapt to. Life had become too much of a compromise. Sadly we left some beautiful people and a stunningly lovely place.

When we landed in New Zealand, which is equally stunning with a very different palette of colours, we had nothing more than past experience under our belt and an I.O.U for our Kenyan business. As always when you are open to whatever presents itself we were led along the path of producing Orgonite devices firstly in our garden workshop and as demand grew by a New Zealand jeweller. Life Energy Designs, which started as David and I, has now grown into a team, including my daughter-in-law.

More than ten years down the road we have learned so much about EMF. As our knowledge has grown so too has our market. EMF ten years ago was something that was considered *alternative*, now as more and more people's health is being affected it is becoming very main-stream. There is still a ways to go but with law suits being won in switched-on countries the scales are being tipped towards awareness and prevention.

Our products designed around the technology that I was once so sceptical about have been tested in New Zealand, Canada, India and by the general public all around the world. Because of what we now do we have made many friends, some in places that we hadn't even heard of before. We consider ourselves very blessed and it is from this blessing that I have written this book. May you benefit from it. It comes to you with love.

Bibliography

Dr Baron, who is director of the behavioural sleep program at Chicago's North Western University Feinberg School of Medicine.

Dr Neil Cherry, Lincoln University, Canterbury, New Zealand said in his research "EMR reduces Melatonin in animals and people" 26th July 2000

Orgonite <http://www.lifeenergysolutions.com/technology/>

Sleep solutions <http://www.lifeenergysolutions.com/insomnia/>

Testing <http://www.lifeenergysolutions.com/testing/>



Margie Slinger (who started life as Margery Oliver) is a co-founder and director of Life Energy Designs Ltd, a New Zealand company that designs and manufactures energetic products.

She lives in New Zealand with her husband David.

This e-book was written for your information, it is not intended as a diagnostic tool. If your symptoms are prolonged or severe see your chosen health care practitioner to see if there is an underlying health issue behind your insomnia.

Standard Disclaimer

This material is offered solely for educational and informational purposes. Any technologies or devices mentioned in these pages are experimental only, produced for the sole purposes of research and Proof of Principle evaluation. The reader understands that the author is not engaged in rendering health or medical advice or services.

All links to third party references are provided only as a convenience, and do not imply endorsement by the owner or author of such references, any affiliation with or endorsement by the owner of the linked site. The author is not responsible for the content of any linked site or for any consequences of connecting with any links.

Additional Notice

Notice about any statements regarding possible effects of the devices or technologies on health which may be found anywhere in this e-book or web sites: these statements have not been evaluated by the FDA or any other Government regulatory body or entity. The products and/or technologies mentioned are not intended to diagnose, treat, cure or prevent any disease.