

BRAIN HEALTH: THE IMPORTANCE OF *Sleep*



Why is SLEEP important?

- Too many sleepless nights becomes "inflammatory to our bodies"
- Important for proper immune system function: T-lymphocytes decrease with sleep deprivation
- Sleep deprivation raises levels of inflammatory cytokines: IL-6 and CRP (C-reactive protein)
- May lead to heart disease, cancer, autoimmune and neurodegenerative disorders

Lymphatic fluid: "Glymphatic system"

- Colorless containing WBC's and other immune cells into body tissues removing toxins
- Brain has protective blood-brain barrier and cleansing lymph fluid unable detox the brain
- Brain uses 20% of our body's total energy to perform its critical functions
- Glial cells are the brains "clean-up" units that operate while we are awake

**Sleep is
your body's
way of
cleansing
your brain**



7 Shut Eye Tricks

- Try to go to bed at same time each night: establish routine
- Elevated foot of bed a few inches: increases circulation to the brain
- Turn off blue light screens.
- Reserve the bedroom for sleep and intimacy only
- Warm bath with Epsom salts (magnesium)
- Avoid drinking a lot of fluids within 3 hours of bed (avoid nocturia)
- Waking up during the night may be low blood sugar: almonds or a teaspoon of honey at bedtime

7 Natural Sleep Remedies

- Valerian
- Skullcap
- Magnesium: Epsom salts bath
- Melatonin
- Raw honey: induces melatonin
- Chamomile
- Creator Model of Healthcare 5 Pillars of Wellness



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Mother Nature has Provided the Cure

1. Hericium erinaceus: Lion's Mane Mushroom
2. Mainstay in traditional Chinese medicine for stomach ailments, cancer, dementia
3. Stimulates NGF= Nerve Growth Factor crucial in the communication between nerve cells in the brain.
4. Lowers cell damage caused by beta-amyloid



Herpes Simplex Virus and Alzheimer's

(up to 90% of population exposed)

1. Integrative Holistic Medicine always looking for the root cause of a disease
2. HSV-1 is a stealth virus hiding and living in the nervous system
3. Multiple studies show a positive correlation between HSV-1 in blood work and Alzheimer's
4. DNA of HSV-1 found in the tangles and plaques in brains with Alzheimer's at autopsy



**The body is
self-healing
and
self-regulating**

Alternative Medicine

1. Creator model of healthcare 5 pillars of wellness
2. Vitamin C, D, E
3. Resveratrol
4. Baicalin
5. Green tea: EGCG a flavonoid + L-theanine (amino acid with relaxing qualities)+ methylxanthine (caffeine)
6. Caffeine intake is neuroprotective: reduces neural inflammation



HOLISTIC HEALTH & HEALING

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Brain fog and frequent colds: Mold

1. Mold is a living organism that produce toxins to survive: similar to a skunk's odor
2. 40% of households contaminated with some form of fungus
3. Irritate brain and Central Nervous System:
4. Fatigue, headaches, twitching, tremor, brain fog, muscle pains, frequent illnesses

Mycotoxins

are a secondary metabolite produced by mold spores that are pathogenic (disease causing) to human beings.

There are more than one hundred forty-seven (147) species of mold/fungi known to be pathogenic.

The most common are *Aspergillus* sp., *Penicillium* sp., and *Stachybotrys*

Natural Remedies That May Help Fight Mycotoxins

- Efforts must be made to determine the source of mold toxicity.
- Grain-free diet
- Eliminate sugar
- Fungal fighting herbs & veggies such as garlic, carrots, kale, ginger, goldenseal, cayenne, etc.
- Drink $\frac{1}{2}$ your weight in ounces of filtered or spring water daily
- Routine exercise: sweating helps eliminate toxins
- Liver and Digestive Tract Cleansing
- Probiotics
- Colloidal Silver
- Nascent Iodine
- N-acetyl cysteine (NAC)
- Berberine
- Omega 3 fatty acids
- MCT oil is a fat, like olive oil or coconut oil. "MCT" is short for medium-chain triglycerides. MCTs are found in coconut oil, palm oil, goat milk and even breast milk. Your body turns MCTs into molecules called ketones.
- Activated charcoal
- B Complex vitamins

11 Foods Highest in Mycotoxins



Barley



Wheat



Corn



Sugar Cane



Peanuts



Sugar Beets



Cottonseed



Rye



Sorghum



Alcoholic Beverage



Hard Cheese



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SLEEP TRACKER

Goal For The Week	M	T	W	T	F	S	S
Slept At							
Woke up At							
Average Hours Per Night							
Set Alarm At 8 am							

DESERVE

NOTES