

BONUS PAGE GETTING TO THE ROOT

Disclaimer: This is educational information, not medical advice. Please keep taking medications and prescriptions as directed by your physician.

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INSOMNIA DUE TO PAIN

- Take magnesium after dinner
- Drink tart cherry juice after dinner
- Take 30-45 minute Epsom bath
- Apply heat to area for 2-3 minutes & gently stretch area of concern before bed

DUE TO STRESS + ANXIETY

- Take a bath with a Bay leaf in it
- Drink Tension Tamer tea or supplement Eleuthero in afternoon
- Keep a pad of paper by bed for things to remember for next day
- Practice daily meditation, breathwork or yoga

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DUE TO HORMONE CHANGES

- Take primrose oil
- Drink mint or chamomile tea daily
- Avoid dairy products to reduce inflammation
- Exercise regularly
- Eat 5-10 servings of vegetables and fruits daily

DUE TO WAKING UP TO PEE

- Stop drinking liquids at least 4 hours before bedtime
- Eat a handful of raisins before you go to bed
- Take D-Mannose daily

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DUE TO ACID REFLUX

- Eat dinner at least 3 hours before bed
- Eliminate common culprits: nightshades, spicy foods, alcoholic beverages, coffee
- Cut back on drinking tea at night

DUE TO HUNGER

- Eat breakfast with at least 30 grams of protein and contains at least 3 food groups
- Keep blood sugar levels up through day (no crashes)
- If cutting grains/carbs, eat 1 serving of grains before bed

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DUE TO WORRY

- Write down a worry list before bed & put it outside of your bedroom somewhere
- Look at your options and weigh pros & cons and then plan
- Eat lightly cooked vegetables instead of raw
- Limit sugar intake

YOU DON'T KNOW WHY

- Drink 1/4 c of coconut milk & 1/4 c of tart cherry juice before bed
- Do what you can to process emotions (draw, therapy, journal, yoga)
- AVOID standing, walking or sitting too much during the day

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