

INSOMNIA



&

Coherence 123



Insomnia & Coherence 123

Here are some valuable tips on healing insomnia. It is a very common problem worldwide.

Integrative Medical Doctor

I think it's worth getting an opinion from an integrative medical doctor, if you have access to one. That is a doctor that uses the tests from western medicine. He or she tends to then use alternative medicines, supplements and different ways of healing without prescribing pharmaceutical drugs like sleeping pills.



Melatonin

Another important thing to take is melatonin.

I find that melatonin works really well and you can muscle test (using kinesiology) to find out which is the best brand for you.

You can get it on online and get it delivered to your home. It really helps with the sleeping process.

St John's Wort

St John's Wort is a great herb to take too. You can take a 4000 milligram tablet before you go to sleep. It can really help relax you, so you can sleep all night through.



Meditation

Meditation is really good for insomnia too. It is really important to meditate because it helps relax you, especially before you go to bed.

Sprinting

If you can handle it, do 3 x 30 second sprints.

If you're not in shape don't do 30 seconds because it's a pretty long distance to start off with. Start with 5 seconds and build your way up to 30 seconds and do that 3 times a week, because if you exercise like that very intensely, with the cardiovascular movement, then you're going to sleep more soundly.



Magnesium Oil

Magnesium oil helps. You can buy it in spray form or take it internally. It helps to relax your muscles.

Get Tested

Get a test for adrenal fatigue because people with adrenal exhaustion will wake up too early and they cannot get back to sleep.

It progresses, people might start waking up at 4 o'clock, and they don't really deal with it so they start waking up at 3 o'clock or 2 o'clock.



It can be progressive and quite scary because no one wants to go to work exhausted or have to take care of young children when they're exhausted. It's just not a good thing!

Earthing

Earthing is important to get your bare feet, on the ground and it can help strengthen and detox all of the cells, enabling you to sleep.

Check Your Emotions

In terms of the psychosomatic components, there is always an emotional problem.



You can do these other things that I'm suggesting that will help you, but In addition, you must look at stress, anxiety, worry. If there is some anger and resentment going on, you've got to get into therapy or healing and do something about that.

Also it can be due to depression or some kind of unresolved trauma or PTSD. Think about these things. Look at it, meditate on it and find out what's right for you.

Then do one or more of these things until you get to the bottom of it, because we just cannot have a great life without deep sleep.



Coherence 123

With Coherence 123, we use EFT (tapping), Psych K and 9 positions, which is a way to deal with trauma. If there's some kind of trauma in you or some difficult situation that's happening in your life, you can use these 3 modalities to create coherence throughout the body-mind and spirit itself.

You can access those tools through Global Healing Exchange. I hope this helps you to have a great night sleep.



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

