



Wisdom for Healthy Living

The importance of SLEEP!

And why some people can never sleep enough?

By: Johan Jacobs

January 2020

What is the most affordable, yet most profound dimension that you can focus on to improve your health?

In fact, it is FREE!!!

Yes, it is your SLEEP

This year I invite you to purposely SLEEP for better HEALTH, MOOD, PRODUCTIVITY and more.

Bad sleeping habits cause a lot of problems in many dimensions but can especially compromise your brain health and overall productivity. My advice for this year is that you continuously and intentionally make sure that you sleep enough, but not only that, make sure you try to improve your quality of sleep.

Look what I've discovered from a reputable health authority - Mark Hyman, MD – Founder of ***The Broken Brain Series***

“What’s the most underrated area of health that millions of us are not giving attention to?

It comes before exercise.

It comes before supplementation.

It might even come before nutrition!

And it can make you happier, leaner, boost your sex drive, and help balance your hormones.

I'm talking about sleep.



Wisdom for Healthy Living

We spend 1/3 of our lives sleeping, and yet, most of my patients and even friends and family put deep sleep on the back burner. In this over-caffeinated, hyper-stressed-out modern world, we make time to do everything except getting the deep rest our body deserves and needs.

Did you know that lack of deep sleep can lead to insulin resistance? And poor-quality sleep has been associated with cardiovascular disease, neurologic disorders, and even lower life expectancy?

Sleep should be so natural to us human beings, and yet, we've moved so far away from our body's natural rhythms. Even folks who report getting more than 7 hours of sleep at night still feel tired and groggy during the day. We now know that sleep is not just about quantity; it's about quality."

GO NATURAL'S suggestions for better SLEEP

1. Carefully arrange and engineer your life, diary and household, to make proper time for enough sleep.
2. Timing: Discipline yourself to sleep at designated times and get in your optimum sleep rhythm.
3. Remember, sleep before midnight is far more precious than after midnight. Reschedule your life, sleep early and rather wake up and be the early bird that catches the worm.
4. How much sleep is enough?

We are all different, and we should strive to listen and understand your body, the bottom line is, you must feel rested and not aggravated when you woke up.

 - a. Depending on your age, but for adults between 6 - 8 hours.
 - b. For children, it is obviously longer 8 - 12 hours depending on the age.
5. Planning and discipline are key to attain the correct optimum sleep and rest.
6. Make sure you make your room dark at night, this is a place exclusively to rest, you study, work and play at other places in your house.



Wisdom for Healthy Living

7. Ensure your sleeping quarters have fresh air, therefore ample oxygen and good ventilation.
8. Safeguard that there are no mould and damp spots in your sleeping quarters. Mould can be very toxic and is an unnecessary burden on your immune system.
9. Stay away from devices and games one-hour prior to going to bed. It preoccupies your mind and subconscious, it prevents you from switching off.
10. No electronic devices are allowed in or near your sleeping quarters, they emit signals, and the device screens almost all emit an unnatural blue light that mimics the sun that stops your melatonin (sleep hormone) production. These electronic devices also emit electronic magnetic frequencies (EMF's) that can disrupt your body and sleep. Put them off at night. They also need rest. ☺
11. For the same reason, your Wi-Fi router should be as far as possible from your sleeping quarters, and or switch it off 30 minutes before bedtime.
12. If you battle with insomnia only consume caffeinated drinks (coffee, tea and energy drinks) once per day and only in the mornings.
13. Emotional and spiritual peace and health is key for a good night's rest. Know who gives you peace and rest.
"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. You will not fear the terror of night, nor the arrow that flies by day. For He will command his angels concerning you to guard you in all your ways."
Ps 91.
14. Purify your relationships! If there was a problem and friction during the day, at least an hour before you go to bed, ensure that you have made peace with your loved ones, or your inner you and confirm that there is no more turmoil in your heart.
15. After a week or two of introducing good sleeping habits you should wake feeling rested and ready for the day - as if you want to climb a mountain.
16. After you have implemented the above and you still feel tired after a good night's rest. Here is my advice. I think you have the following; it is called Chronic Fatigue Syndrome (CFS), it always feels as if you can never sleep enough.



Wisdom for Healthy Living

Rest assured there is hope. You are only poisoned and are now “dis-eased” and when the ROOT CAUSE is removed you will recover and soar again as my and many of our testimonies are proof of that. What I’ve seen in my case with my Multiple Sclerosis (MS) recovery journey, I also had in parallel with the MS, CFS. At the age of 34 years when I was clinically declared unfit for work, I then easily slept through till 13h00, but I would still wake up tired. There is a reason for that. Through grace from GOD, I miraculously discovered that dental pathology is by far the biggest contributing factor to CFS. Dental pathology according to my knowledge and experience is the following:

- a. A root canal treated tooth, acts as an incubator for anaerobic bacteria, which excretes some of the most toxic substances known to man. By the way, all root canals are dead, infected bone implanted in your jaw. They place an immense and continual burden on your immune system. Our bodies can’t cope with these toxins; we were never designed to have dead infected bones implanted into our bodies. There is no logic or common sense in this procedure. There is a movie out there, its name is coincidentally ROOT CAUSE. If you cannot manage to get it, contact us and we will copy it on your memory stick for you. The movie also proves that the root canal treatment is a fatally flawed procedure that should never have been allowed.
- b. Any other dead teeth, that died of cracks in them due to big fillings and other causes.
- c. A dental jaw cavity, also known as a CAVITATION. Basically, a cavitation is an infection in your jawbone because the periodontal ligament has not been removed properly when a tooth was extracted. It is like, your body sees the ligament and think the tooth is still there and your body never fills that three-dimensional socket where the root of the tooth was. Bacteria in the mouth go in that socket and they mutate, as they change from form and function and become anaerobic, while your gum is covering the cavity. Soon the cavitation is in full action and is



Wisdom for Healthy Living

spewing toxins similar to a root canal treated tooth into the body 24-7. All these ROOT CAUSES and the solutions thereof are well explained in our *Go Natural* book.

17. If there is still a problem, last but not the least, a good supplement that helps people to sleep and to reset their sleeping rhythm, I can suggest a whole full-spectrum Hemp, CBD oil supplement.

The one that I have seen to work over-and-over again is the Meduca oil from Canamere. There are many more benefits from taking this supplement as it helps your inner doctor at night to maintain, heal, restore and for the preparation of your body for the next day.

Click [here](#) and discover the importance of the workings of your Endo Cannabinoid System (ECS) and the benefits of a FULL SPECTRUM HEMP OIL supplement:

<https://gonatural.co.za/wp-content/uploads/2018/08/THE-ENDOCANNABINOID-SYSTEM.pdf>

All the best

Johan