

# Vitality Herbs & Clay

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## Sleep Well System Guide

### Please Note:

The information presented here is not presented with the intention of diagnosing any disease or condition or prescribing any treatment. It is offered as information only, for use in the maintenance and promotion of good health in cooperation with a local licensed health practitioner.

### Basic Food Combining Rules

Information on food combining and a list of over 100 beneficial foods (with certain considerations) can be found at:  
<http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/ok-so-what-foods-can-i-eat.html>

### Important Dietary Considerations Affecting Sleep

Black Tea, Green Tea & Coffee (even when consumed in the AM for some) are often a major contributing factor to an over-active mind and restless sleep. Yerba Mate' consumed in the AM and afternoons tends not to cause this problem.

Sugar and other concentrated natural or chemical sweeteners are also a major contributing factor to restless sleep and nocturnal behavior.

Today's whole grain and white bread also cause high sugar levels which in turn reduces the quality of one's sleep.

Alcohol and recreational herbs exhaust the kidney jing, thereby promoting adrenal fatigue and nocturnal behavior (awake at night, sleepy in early to late mornings).

For a complete description of foods and lifestyle habits that affect sleep, go to:

<http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/trouble-sleeping.html>

## Recommended Nutritional Program

### Daily Mineral and Superfood System

#### AM Mineral Drink upon rising:

In 32 oz. of filtered water add:

**Combined Clay Water Minerals**

**Optional – Ormalite Clay**

**Optional – Vitallite Clay**

Designed to flush toxins built up during the night and hydrate the body. Consume all or most at once.

1 tablespoon (*mineral nutrition and detoxification, improves assimilation of minerals*)

1/30th teaspoon (*soothing, improves focus, reduces stress, improves meridian flow, opens the heart*)

1/4 teaspoon or more (for vitality and mental focus, increases physical & mental stamina) (not for just before bed)

or

**Optional – Mineral Manna in lieu of above**

1 tablespoon (combines Sacred Clay, Ancient Plant Minerals, Humic Earth, Ormalite & Himalayan Salt)

**Optional – a squeeze of Lemon or Lime**

as desired for taste and electrolytes

**Optional – Himalayan Salt Solely**

1/2 teaspoon or as desired for taste and electrolytes

Note: Pharmaceuticals may be absorbed by **Sacred Clay** if taken within 1 hour before or after.

Consume as much of this quart as feels comfortable first thing in the morning 20-30 minutes or more before breakfast & other morning beverages.

Make a second quart to be consumed throughout the day (at least 20 minutes prior to a meal), leaving some for just before bed.

#### Mid-Day & Before Bed Mineral Drink for a deeper, more complete rest:

Repeat the above AM Flushing Drink recipe

Consume some of this quart of mineral water during the day (at least 20 minutes before each meal), saving some for just before bed. Consume 1-4 oz. before bed and 1-2 oz. if you get up in the middle of the night.

(Helps to get back to sleep easily.)

#### Mid-Morning 20+ minutes before or during breakfast or lunch:

In 4-6 oz. of filtered water, tea, or green drink add:

**Earth & Sea Greens with SBOs**

1 tablespoon (*complete nutrition, replaces vitamin formulas, curbs appetite, improves focus*)

or

**Vital Cleanse & Nutralify**

1 tablespoon (*complete nutrition & fiber, replaces vitamin formulas, curbs appetite, improves focus*)

Licorice Root, Stevia Green Leaf, Yacon Root Powder, or Smoothy Spice Blend may be added as desired for taste

#### Mid-Afternoon 20+ minutes before or during supper:

Duplicate Mid-Day Recipe (above)

### PM - Most Important Herbal Formulas for just before bed to enhance the quality of sleep:

#### Day Calm & Deep Sleep

Helps quiet the mind prior to sleep. Is not habit-forming. Helps to smooth the jitters from caffeinated beverages.

**Optional:** 1-2 caps anytime during the day to calm the nerves and center the mind.

**30 min or less Before Bed  
4 caps**

To settle the mind and provide nutrients for the hormone producing glands so cortisol shuts off and melatonin turns on:

**Earth & Sea Greens with SBOs**

1 tablespoon (*provides nutrition for the brain to enhance nighttime detoxification & rebuilding*)

or

**Vital Cleanse & Nutralify**

1 tablespoon (*provides nutrition for the brain to enhance nighttime detoxification & rebuilding*)

**Before or During Breakfast Before or During Lunch Before or During Supper 30 min or less before bed**

### PM - Most Important Herbal Formula for during the day to enhance the quality of sleep at night:

#### Kidney & Adrenal Builder

**4 caps**

**4 caps**

**4 caps (optional)**

Provides nourishing influences to the kidney & adrenals whose job it is to regulate cortisol and blood pressure, raise blood sugar levels and produce 50+ hormones.

Provides 5 hours of energy and focus, peaking in 5 hours. Best taken at least 5-6 hours prior to desired sleep.

Helps to restore the kidney jing loss behind most instances of insomnia.

## Optional Daytime System Building Herbal Formulas for maximum progress

	Before or During Breakfast	Before or During Lunch	Before or During Supper	30 min or less before bed
<b>Digestive Bitters</b>	2-4 caps	2-4 caps	2-4 caps	
<i>Has a laxative effect 24 hours after consumption. Stimulates bile which purifies the blood &amp; liver and improves digestion of oils/fats. Increases pancreatic enzymes. Adjust your quantities based on its 24 hour laxative effects. Hard to digest foods (eggs, meats, nuts, cheese, etc.) may require the higher amounts.</i>				
<b>Spleen Builder</b>	4 caps	4 caps	4 caps (optional)	4 caps (optional)
<i>Provides nourishing influences to the spleen. The spleen's function is to maintain a feeling of groundedness (reduce spaciness), digest congesting foods (reduce the need to clear the throat, dry up swollen or drippy sinuses, clear respiratory passageways), increase drive, fortitude and mental focus, build energy reserves, assimilate nutrients better, improve liver bile production (which digests oils and fats), provide amino acids (for the construction of proteins), is the center of the lymphatic system (thus reduces body swellings), and produces over 100 trillion different types of antibodies (which defend the body against pathogens). Four common foods tend to blow out or disrupt normal spleen function: sweets (even some fruits), wheat products, caffeinated food &amp; beverages, and alcohol.</i>				
<b>Blood Sugar Balance</b>	4 caps	4 caps	4 caps (optional)	2-4 caps
<i>Provides nourishing influences to the pancreas who's job it is to alkalize the digestive fluids, regulate blood sugar levels and produce 20 types of digestive enzymes. Helps curb sugar cravings</i>				
<b>Rejuvenation for Men or Women</b>	4 caps	4 caps	4 caps (optional)	
<i>Provides nourishing influences to the entire endocrine (hormone producing) system, who's function it is to regulate all physiological activities. Building hormonal strength and stamina during the day, helps the body regulate sleep hormones at night effectively.</i>				
<b>Adaptogen &amp; Mushroom Blend</b>	4 caps	4 caps	4 caps (optional)	
<i>Also provides nourishing influences to the entire endocrine (hormone producing) system. Both adaptogenic herbs and mushrooms are well known to provide modulating (balancing) influences on the immune system regardless of its current orientation (suppressed or aggressive).</i>				
<b>Thyroid Balance</b>	4 caps	4 caps	4 caps (optional)	
<i>Provides nourishing influences to the adrenals, hypothalamus &amp; pituitary glands, all of which play essential roles in the regulation of the thyroid hormone output. Dominated with sea vegetables, this formula is also an effective alkalizer and mineral/vitamin/phytonutrient source.</i>				

## Optional Liver Flush with Bitters Protocol

Designed to increase the cleansing of the liver, gall bladder and bowels, the **Liver Flush with Bitters Protocol** can be performed everyday (or less often) as desired during a **Cleanse & Revitalize Program**. The above **Sleep Well Program** coupled with **Friendly Flora** for a week or more adds a new and important dimension to the **Sleep Well Program** for accelerated success. For an explanation of the protocol and the recipe involved go to the following link: <http://www.vitalityherbsandclay.com/vital-health-newsletter-archives/a-liver-flush-with-bitters-program-new-simple-and-effective.html>

## Optional Immune System Building Protocol

By adding 12-24 capsules per day of the **Immune Power** formula to the above program, the body will gain steadily in its ability to counter parasites, bacteria, yeast & viruses. Energy during the early mornings and throughout the day builds gradually with each successive day's use.

## Baths

**Sacred Clay for baths** Add 1/4 cup or more to each bath as desired, preferably every day.  
If detox symptoms arise, best to take another clay bath until you feel lighter  
Allow clay to build up in the tub as desired until you feel it is time to change the water.

**Black Beauty for baths (optional)** 1/8 cup per bath

May allow sediment to build up in the tub, adding more **Sacred Clay & Black Beauty** with each bath to gradually increase detox power.

When draining water, first let the clay settle overnight, place a washcloth over drain, drain out as much as necessary to warm the water to the right temperature upon refill using pure hot water. Then add an additional amount of **Sacred Clay and Black Beauty** as desired.

## Spice Sampler (optional)

**Stevia Green Leaf Powder** - Add 1/16th teaspoon to beverages or food dishes for sweet flavor and natural pancreatic support, or combine with **Licorice Root** to obtain desired taste.

**Licorice Root Powder** - Add 1/16th teaspoon to beverages or food dishes for sweet flavor and to tonify endocrine, immune, and digestive systems. May be combined with **Stevia** to obtain desired taste. Caution: Large amounts (1/2 tsp. or more per day) should not be consumed for more than 6 weeks consecutively.

**Yacon Root Powder** - Add 1/4 teaspoon or more (according to desired taste and size of a batch) to smoothies & green drinks for added sweetness and to feed friendly bacteria. Yacon is a good source of FOS, a food source for probiotics.

**Smoothie Spice Blend** - Add 1/4 teaspoon or more (according to desired taste and size of a batch) to smoothies, fiber drinks, hot and cold cereals, and other foods. Adds flavor and increased digestive support.

**Fire!** - Add to **Earth & Sea Greens**, soups, food dishes, or just water for tingly, circulatory stimulus. Begin small (1/8th teaspoon) and increase according to your level of tolerance to spicy seasonings (up to 1 tablespoon). Helps to improve digestion of the food it is eaten with. **Fire!** is also recommended prior to a clay bath or sauna to increase capillary circulation and thereby accelerate detoxification.

**Himalayan Salt** - A quality, mineral rich salt in natural form. Use as you would any other salt. Increases mineral nutrition.

For more detailed information on the specifics of a sensible **Sleep Well System** go to:

**Trouble Sleeping? 12 Most Common Causes of Sleep Disorders and 6 Secrets to Sleeping Well**

<https://www.vitalityherbsandclay.com/vital-health-newsletter-archives/trouble-sleeping.html>