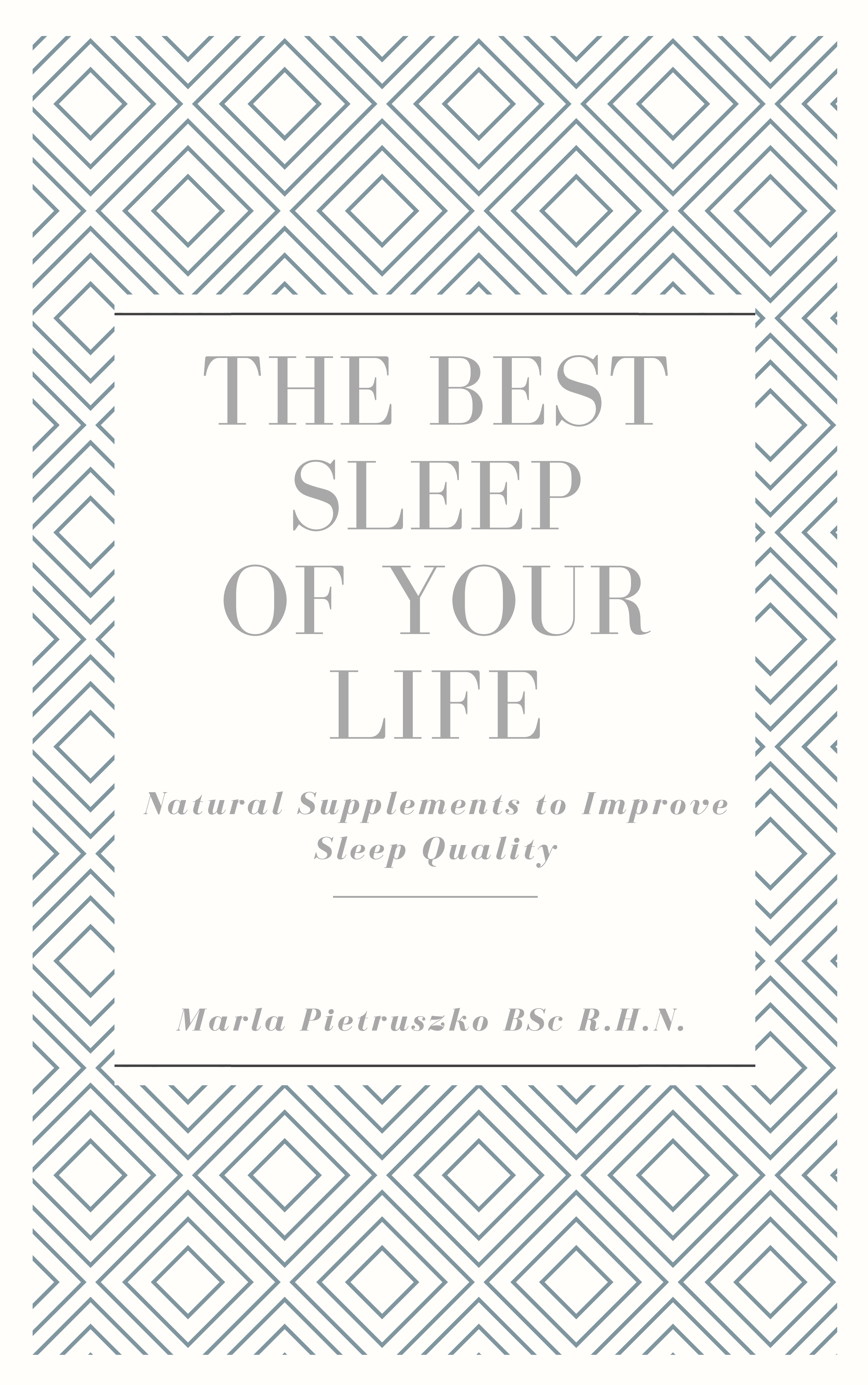




THE BEST SLEEP OF YOUR LIFE

*Natural Supplements to Improve
Sleep Quality*

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This sleep protocol is designed for individuals who have difficulty falling asleep or staying a sleep or If you wake up feeling un-rested and never have dreams. This protocol can be followed for a couple months until your sleep improves or the supplements can be taken on an 'as-needed' basis. Always begin with just magnesium, then add in TPIN, then Tilia tomentosa before adding in the others. Give each supplement a couple days to have effect. Spm-gen and GABA700 should be introduced last if sleep hasn't improved after a couple weeks.

Please always consult your doctor before taking ANY supplements or homeopathics as this protocol may not be right for you. Please do not share this protocol with others.



Aside from supplementation, there are basic sleep hygiene rules you will need to follow to see benefits from the supplements.

1. ALWAYS sleep in a VERY dark room to increase melatonin production
2. Make sure there are no appliances or electronics plugged into your room at night
3. Always try going to sleep by 10 or 11 PM the latest every night
4. Avoid eating food too close to bed time, especially sugar and caffeine
5. Avoid screens 30 minutes before bed as the blue light shuts down the pineal gland and as a result, you will have lack of melatonin production.
6. Lavender and Black Spruce Essential oils have a calming and sedative effect (diffuse 4 drops each by your bedside). Diffusing oils while you sleep is one of the best ways to improve sleep quality



Supplements



You can try 1 or all of these supplements together. Follow bottle dosage.

- Genestra Magnesium Glycinate: Calming effect on the nervous system (follow bottle dosage and take 30 minutes before bed)
- Genestra TPIN: Glandular remedy to stimulate pineal gland function (follow bottle dosage)
- Genestra GABA700: Helps you stay asleep at night (follow bottle dosage)
- Tilia Tomentosa Gemmotherapy: is rich in farnesol, a terpene with sedative neuroregulatory properties (75 drops at bedtime)
- Genestra Spm-gen: A gentle neuro-sedative to improve insomnia (10 drops before bed, sublingually)
- Traditional Medicinals Nighty Night tea: Calms the nervous system (drink 1-2 cups 1 hour before bed)