

5 Amazing Hacks

for Better Sleep

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Hello there!

My passion is helping my clients achieve their very best selves. I do so by combining the best of ancient natural medicine along with the latest modern technology to design a customized plan of care for each individual. Each client has a specifically designed protocol based on their body's needs.

My aim is to address the underlying causes instead of the symptoms. Once those underlying causes are taken care of the body can start to heal itself! Poor sleep is just a symptom. I'd love to help you find out why you have this symptom. Enjoy my crash course in better sleep until then!

Happy dreams,

Kristie Durflinger

INTRO

Welcome to the program that is about to change how you sleep and it may just change your life. This isn't just about how you sleep, but how you feel, the energy you have, and so many things about life that are affected by the quality and quantity of sleep you get daily.

We have become part of a world that doesn't find the importance of sleep and true rest. It's become natural to stay up all night, working or partying, and get 2 hours of sleep before having to get up and start all over again.

Sorry to break the news to you, but sleep is crucial. Not just one or two hours, but true sleep, like 7-9 hours of it per night that are not interrupted and are of high quality. This may all sound like crazy talk to you, but as you get through this program, you'll learn more about the importance of the sleep you're getting and you'll probably even start craving more of this quality sleep, a lot more of it.

Think about it this way - your body is like a machine that is working constantly to get you through life. As with any machine, however, this non-stop operation day in and day out can reduce its efficiency. Your body needs proper rest to function at its best. Proper sleep keeps your mind sharp and agile and recharges your body so that it can work more efficiently. Proper sleep also reduces stress and improves your quality of life. Quality sleep is essential to your optimal health and well-being.

What if you could wake up every morning feeling refreshed, focused and excited?

As you work through this guide, you'll find 5 strategies to help you get better sleep so you can get the most out of your body, your day, and your life.

PROBLEMS THAT CAN ARISE WITH POOR SLEEP

Conditions like insomnia or an overall inability to get sufficient quality sleep can cause irritability and a host of other, often more severe problems. These can become serious issues and should be taken seriously. Here are some of the problems that can arise if you are sleep deprived:

- More likely to gain weight, obesity
- Higher risk for illness
- Risk of injury increases
- Brain does not function optimally
- Loss of focus and concentration
- More likely to struggle with emotions
- High risk of Adrenal Fatigue (commonly known as burnout)
- May trigger onset of psychological conditions
- Early onset of Aging (skin included)
- Upper and lower GI symptoms
- Dementia & Alzheimer's diseases
- Weakens immune system
- Diabetes
- Depression and Anxiety
- High blood pressure
- Heart disease
- Body heals slowly
- Cancer
- Kidney disease

Signs of Poor Sleep

- Trouble getting up in the morning
- Irritability, depression, or anxiety
- Feeling sleepy during the day
- Struggling to focus
- Sleeping much longer or later on unstructured days

RESULTS THAT COME FROM GOOD SLEEP

Good sleep makes a difference in just about every area of life. When it comes to holistic health, everything affects everything. Not getting good sleep doesn't just mean you'll be tired, but there are quite a few other effects on the body. And when you get good sleep, good things come with that as well. Check some of those out here:

- Tissue repair, muscle growth, and protein synthesis primarily occur during sleep
- Hormones are released to regulate appetite control, stress, growth, metabolism, and other bodily functions
- Memory consolidation occurs, allowing for the storage of new memories, essential for learning new information
- Increase of energy to make beneficial lifestyle choices
- Strengthens the immune system
- Heightens alertness, focus, creativity, concentration, and productivity
- Improves mood - reduces anxiety, irritability, and mental exhaustion
- Maximizes athletic performance
- Increases libido (sex drive)

Signs of Good Sleep

- Wake up feeling refreshed in the morning
- High energy during the day
- Good mood
- Feeling clear-headed

RESULTS THAT COME FROM GOOD SLEEP

Recurring sleep deprivation can eventually lead to negative effects on your overall health. Not only will you be exhausted, and lethargic but your cognitive and physiological abilities can be severely impacted as well. These problems can be exacerbated in women because they need more sleep than men.

To stay active and energetic all day, your body requires seven to nine hours of deep, restful sleep every night. This is when your body recharges and your mind processes your thoughts and emotions. A consistent routine—both for sleeping and preparing for sleep—can help your body maximize the number of hours it gets at rest to wake energized and rejuvenated.

So what do you need to do to get that deep, restful sleep? Follow these 5 amazing hacks that will get you to a place of restful sleep and lively days.

SET YOUR BEDROOM UP FOR A GOOD NIGHT'S SLEEP

A certain ambiance is needed to get a good night's sleep. Too bad, good sleep doesn't come without some type of work. Now I'm not telling you this is going to be hard, but you may have to put a little effort into your bedroom to get the ZZ's you're hoping for. So, how exactly do we create this space so we can feel welcomed, cozy, and all relaxed when it's time to go to bed?

1. Do not use bright lights in your bedroom at night.
2. Keep the bedroom quiet. Use earplugs to block out any noises or use a sound machine to provide white noise.
3. Keep it cool. The ideal temperature for sleep ranges from 60-67 degrees.
4. Remove all devices and electronics from the room.
5. Invest in comfortable bedding.
6. Organize and remove clutter from the bedroom.
7. Make sure mattresses and pillows are comfortable and fresh.
8. Keep a diffuser set up so you can easily add essential oils to get prepared for rest.

CALM YOUR BODY FOR A GOOD NIGHT'S SLEEP

To experience a good night's sleep, we must calm our bodies. Hopping into bed full of energy is not the best idea. Our bodies get into a rhythm and when they are calmed, it's inevitable that it's time to sleep. Some things you can do to show your body that it's time to hit the hay include:

- Use calming essential oils (some suggestions listed on next page)
- Drink chamomile tea
- Take an Epsom salt bath
- Do some stretching or yoga (do not work up a sweat, just gentle movement)
- Take a magnesium supplement and/or melatonin supplement
- Use magnesium oil to relax your muscles

Suggested Essential Oils for Sleep:

- Lavender
- Copaiba
- Vetiver
- Sandalwood
- Clary Sage
- Ylang Ylang
- Frankincense
- Petitgrain
- Roman Chamomile

PREPARE YOUR MIND FOR A GOOD NIGHT'S SLEEP

Along with calming your body in order to experience a good night's sleep, you should also calm your mind. Laying down without calming your mind after a stressful day is surely a way to keep you up all night. So, let's change that right now. Use the following recommendations to get your mind to go into a calm sleep mode:

- Read a book (preferably not on a device)
- Pray and/or meditate
- Focus on deep breathing
- Listen to calming music
- Do a brain dump of all the things on your mind (get back to them when you wake up)
- Journal your emotions
- Record your gratitude for the day

EAT BETTER TO SLEEP BETTER

It is not just the quantity of time you are sleeping that matters; the quality is also important. Food can have a major impact on your quality of sleep; the better you eat, the better you will sleep. Foods that promote better sleep include cherries, unrefined carbs, bananas, sweet potatoes, and hemp milk. They can soothe sore muscles, lower anxiety, promote the production of melatonin, and keep you feeling fuller longer, all of which can help get you sleeping more soundly.

These simple changes in your daily routine and diet can produce big results. No matter how busy your schedule is, take the time to improve your sleep. Your body and your life will be better for it!

5 FOODS TO HELP YOU SLEEP BETTER

From feeling drowsy after the holiday season to feeling bloated after the morning dose of caffeine, we know that certain foods can affect our wellbeing differently. With the rate of insomnia going as high as 35% in American adults, it is about time we start taking steps towards better sleep. Food and sleep are interlinked, so why not consume the foods that promote better sleep? There is no single food that can work miracles overnight. Making healthy lifestyle changes and forming better food habits will produce the desired results. Here, we have brought you the top 5 foods that will help you sleep better. Let's explore them and try to incorporate them into our diet for better (and longer) sleep:

KALE

Kale is a popular superfood that is also great for promoting sleep. Advertised as a food that is rich in nutrients, kale is truly loaded with minerals and vitamins that support your overall wellbeing and promote better sleep.

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A cup of kale contains:

- Potassium
- Magnesium
- 10% RDI of Vitamin B6
- Calcium
- Vitamins A, C, and K
- A small amount of Omega 3s and Iron

Adding kale to your diet multiple times a week will help you sleep more soundly.

TART CHERRY JUICE & TART CHERRIES

Tart cherries have a different flavor compared to sweet cherries. These are sour in taste; you can get them in the form of tart cherry juice or as whole fruit, depending on your preference.

Several studies have concluded that drinking tart cherry juice brings sleep benefits. One study shows that people who consume two cups of tart cherry juice daily have better sleep and longer sleep time. The sleep benefits of the tart cherries are associated with the fact that they contain an above-average amount of melatonin. Melatonin is a hormone that regulates the circadian rhythm while promoting good sleep. These cherries are also rich in antioxidants that are favorable for better sleep patterns.

ALMONDS

Did you know that an ounce of almonds is enough to supply 25% of magnesium needed by women daily? Isn't that amazing? However, we truly lack the amount of this amazing nut in our diets. About 80% of adults do not consume sufficient magnesium, and hence poor levels of magnesium result in insomnia and sleep-related issues.

Our brain needs to relax in order to fall asleep and magnesium helps the process. In addition to being high in magnesium, almonds are super easy to consume. You could add them to your salad or mix them in your morning yogurt. Use snack bags to portion out your servings for an easy grab-and-go snack. You can

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indulge in some DIY recipes to make granola using almonds to avoid using the store-bought processed granola bars.

YOGURT

Did you know that your gut health is crucial not just for a sound body but a sound mind as well? Our gut has millions of necessary bacteria that assist in our bodily functions. Many studies suggest that our microbiome is associated with the regulation of our mood and stress levels and, of course, sleep patterns.

So, what keeps the microbiome healthy and balances the good and bad bacteria? The answer is simple: Foods that are rich in probiotics. Yogurt tops the list of probiotic-rich foods that promote gut health by increasing the good bacteria and the diversity of bacterial strains. Yogurt makes a great breakfast; just sprinkle your favorite fruits over it for a quick and easy meal. You can also snack on a container of yogurt without any guilt or look up some delicious recipes and make yourself smoothies!

FATTY FISH

A study on fatty fish concluded that it has incredible sleep promotion benefits. This study was done on a group of people who consumed salmon three times a week for several months. As a result, these people not only had better sleep but also increased productivity during the daytime.

The researchers concluded that the sleep benefits of fatty fish are associated with the amazing amounts of Omega-3 fatty acids and vitamin D found in each serving, which are linked with the serotonin regulation in the human body. Since the vitamin D levels fall during the winter, this study also suggested increasing fatty fish intake during these months for better sleep.

WATER

And WATER! Water isn't food, but it is crucial for a good sleep rhythm.

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Most adults do not consume enough water that is needed to help our body function properly. As a result, many fall victim to so many health issues, including poor sleep patterns and insomnia. It is recommended to start your day with a glass of water and keep drinking at least 8 glasses throughout the day. However, avoid drinking too much of it in the evening so that you don't have to keep waking up to use the bathroom!

A great way to make drinking water more fun and tastier is to infuse it with fruits, veggies, spices and herbs, and even essential oils. Try these delicious options, you'll be sure to chug down at least ½ your body weight in ounces without a problem.

- strawberries & basil
- cucumbers & lemon
- mint leaves
- grapefruit essential oil
- orange essential oil
- lemon essential oil

Allow your mind to be creative and put your own infused water recipe together.

TIPS FOR BETTER SLEEP

To make the most out of these sleep-boosting foods, you will have to make sure that you also transition towards a healthy lifestyle. Here are a few tips:

- Wake up early in the morning.
- Start your day off with a glass of warm water.
- Indulge in a morning walk or exercise of your choice.
- Practice meditation.
- Have a healthy breakfast.
- Drink plenty of water during the day.
- Make sure to snack healthily.
- Reduce your daily intake of caffeine.
- Take a bath before going to sleep.

READY TO TAKE IT TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy sleeping habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

[Reach out](#) for a personalized bioenergetic screening to get to the bottom of your health issues.

mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole food meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns, or struggles coming up for you.

Are you ready to dive deeper into a clean eating program that takes your health, life, and energy to the next level?

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

Convenient Testing Leads to Puppy Eating Better

*"As a puppy, Pancho Pete (our Snob-Dog), developed hot spots. After going through his second round of steroids, antibiotics, and hormone shots, we decided there must be something going on with his overall health. This is when we created the shampoo to soothe and heal his skin. Being proactive, we also found a holistic veterinarian who suggested a couple of resources to test him in a more natural area of healing. We ended up at Natural Health and Wellness. Usually, you have to take your pet to an office and give up a day's worth of work to get their health issues addressed. One of the things we like about working with Natural-Health and Wellness is that we can take the samples ourselves and mail them into the office, at a time that is convenient for us. In just a few days of their treatment plan, he had more energy, was eating better, and was a happier fella."- **Linda (Owner of Snob-Dog)***

Daschund Improves in One Day

*"My 13-year-old miniature dachshund was having difficulty breathing. It resembled asthma attacks. They happened all day and sometimes they woke her up at night. I had her tested and got the supplements/drops that she needed to tackle the main issues from the results of her test. Within one day she stopped having difficulty breathing. It has been two weeks of her taking the drops and she has not had any attacks or difficulty breathing, day or night. I am so happy that this test is specifically designed for animals and was obviously able to get to the root of her problems so that they could be treated. I am confident that I am seeing improvement in my dog's health due to the treatment plan she was put on according to the results of this test."-**Clarissa***

Tests Come Back Clear

"I had my colposcopy done and it all come back non-cancerous and also couldn't find anything suspicious. Thank you for putting me on the right track with natural products. Just thought I'd let you know the great news! Thank you once again for everything!"

-C. Forsythe

CONNECT WITH ME

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