

Sleep Secrets: The Importance of a Good Night's Sleep

David Wolfe at The Longevity Now Conference: Costa Mesa, California

Let's talk about a good night's sleep. I don't need a lot of sleep, but when I do sleep I want it to be good – even if it's just 10 minutes. I actually fell asleep while putting together this sleep presentation.

We have got more stuff going on than ever before. A lot of us are electrically depleted. We are just zonking out at the computer because we are being fried by static electricity. Zapping helps; grounding is the best. If you are actually grounded when you are working at the computer, you are pushing that field off of you and you won't get exhausted. You will start to notice that field after a while. I always work with all my appliances unplugged. If I am on my computer, the plug is out.



By the way, if you are recharging your zapper, do not wear it at the same time. You never want to actually have something that is plugged into a wall coming right to your body, ever. That's dangerous. With all this rechargeable stuff, it makes it a lot easier. So if you have your Kindle, charge it up, but never read it while it is charging – because you are going to get blasted by as high as – guess how high – 12 to 15 volts just touching your Kindle if it is plugged in. You pull the plug out, that thing drops down to .2 volts to .12 volts – a hundred times decrease just by unplugging. That's a radical change. So that is something very important to keep in mind, because we are all suffering from electrical exhaustion.

Here are some statistics. One in six U.S. adults has chronic sleep and wakefulness disorders. One in three women uses some type of sleep medication a few times a week. That's a lot of people. That's millions and millions of pills being guzzled. Over two million children now suffer from some kind of sleep disorder. That's a high number.

Thirty to forty percent of children do not sleep enough. They are going to bed at midnight, they are getting up at 5:00 or 6:00 or 7:00 a.m. A child should definitely get 8 hours of sleep at night, if not more. The use of sleeping pills among children and the very young has risen 85 percent in less than ten years, so it has just gone completely crazy. Most adults need seven to eight hours of sleep at night if we are in the normal kind of routine of eating and the way we are living.

If we are going to get less sleep than that – which we can do, if we want to – we have got to be very clever about how we approach it. I'm going to show you how. That's why I brought this bed up here. I begged them. They were like, "No, we're not bringing the bed up here." I'm like, "We've got to bring the bed up here." First of all I have to do that colonic demo, because that's going to be freaking everybody out for a while. [laughter]

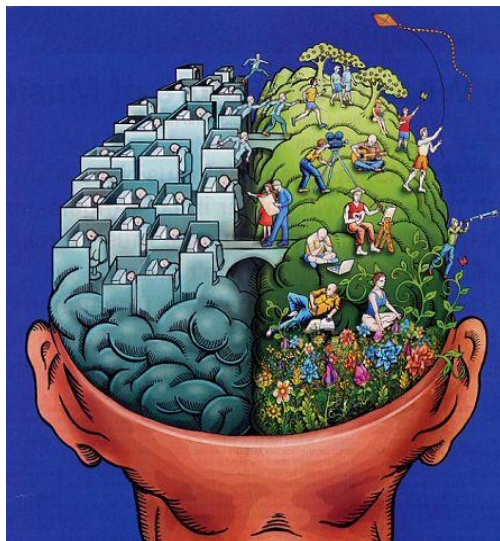
I'm going to show you some tricks about how I sleep if I have to get two hours of sleep and be "on it" the next morning. If you have got two hours, boom, you can do it – because if you are grounded and you use the right strategy, you can actually get two hours of sleep and be rested. The Yogis say we need 11 1/2 minutes of sleep a night, actually. That's the real number.



So what does lack of sleep do? We know it causes immune system suppression. It causes headaches, depression, high blood pressure, weight gain, and attention deficit disorder.

We are going to look at sleep as a food – as a nutrient. Because that is how we can get recharged. We will look at every angle of it. If you have got two hours and you've got to make it happen, you can make it happen if you use the strategies that we are going to talk about here. If you can get your eight hours of sleep, wonderful, that's good. If you only need six, great; but let's make that six the most restful possible.

Anybody know my friend Tony Wright from the UK? *Left in the Dark* is his book. It's kind of a pun. He is a super incredible British brain scientist. His research found that the right brain – your creative, imaginative, inspirational brain – doesn't need sleep. Your left brain – the logical abacus bean-counting brain that has to deal with taxes and emails and orderly, organized stuff – needs sleep. You know that, because as soon as you have to do taxes, and deal with legislation, and deal with stuff like balancing your checkbook, you are tired. Right? This is obvious.



Tony Wright realized that this is actually going on, and he found out that you can activate your right brain and make it dominant by eating raw food. To be more precise, his discovery is that the other food causes left-brain dominance and that raw food causes right-brain dominance. That is going to tell you a lot about why we have the world that we have. And that was his thesis.

Doing that research, he found out this whole thing about sleep, and he realized he was hardly even sleeping anymore. So then he proceeded to prove his research. He now has the world record for staying awake – over 11 days awake. To give you an idea of

how difficult that is, the last person who tried to do that went insane.

So how do we do that? Do everything you love, totally have fun, stay in your right brain, stay inspired, stay into what is creative and you won't have any trouble. Again, what is causing you to need sleep? Abacus, bean-counting "this goes there" organizational stuff – that kind of thing. Basically, things you don't like to do.

So when we get the sleep right and we are able to achieve that left brain shutdown, what we have is immune system rejuvenation. We are going to get the proper hormone cascades happening and everything will go into balance. We are going to be able to use our sleep time as a rejuvenation time – which is what it is meant to be.

Another thing – this is a big one, and I am amazed how few people ever talk about this – what causes you to actually stand upright? There is no other creature that stands up like us. Has anybody noticed that? Unless you believe in Yetis and Sasquatch, or E.T.s, there is nothing like us. All the other creatures are down on all fours, aren't they? They are not standing upright. We have to adrenalize to stand upright. How many people are aware of that?

Androsterone is a particular androgen. We produce six times more androsterone than any other creature because we have to stand up. We are a walking column of upright ocean water. That's pretty trippy, isn't it? We're walking around and we're standing up while gravity is beating us down. What fights gravity and has the levitational substance? It's obvious, actually: adrenalin and noradrenalin. The only way you can shut your adrenalin off is to lie down. That shuts your adrenalin off immediately. If you invert yourself, you will actually turn your adrenalin off so radically that you will rejuvenate yourself – and that's a yoga teaching.

In the old days – anybody into yoga here? Anybody still believe that yoga is yogurt or has something to do with yogurt? Because that's how it was in the '70s. The first thing I heard about



yoga was on a show called *That's Incredible*. Do you remember that show? Fran Tarkenton, Cathy Lee Crosby, somebody else. And there was that yogi who got into the box. Do you remember that? He just got himself into a box and the thing is steaming up, and he got his breathing down to like three breaths per hour or something like that. "That's incredible!" But then the yogurt commercial would come on after it, and I kind of – I connected those somehow. Still dealing with that.

I found over the years that if I am about to do a presentation, and I am completely wiped out – like if I have been driving for 13 hours across the mountains, and all of a sudden I get to an event – all I have to do is get upside down, do a handstand or a headstand. What's the shoulder stand in yoga? That is actually

called the queen of poses, isn't it? Headstand is the king. Now why would those be the king and queen? What does that have to do with anything? It's because gravity – if we look at what has been between the lines all weekend – is actually a toxin.

You remember what we have been talking about here. We are getting beaten down. That's gravity, folks. We are getting oxidized and beaten down by gravity. We've got to take that toxin and turn it into a medicine. The yogis thought, "Well, why don't we just turn upside down?"

And what does that do? The first thing it does is it starts taking care of your back problems. All back problems – as far as I have learned in my life – are compression problems. They are gravity problems. It's compression. All you've got to do is flip upside down and then you get the elongation, the extension. All your back problems go away. Some people say, "No, what about torsion?" Torsion means that your vertebrae sit on top of each other and one goes like this.



Elongation is the Pettibon System of chiropractic. Pettibon was a chiropractor. Somewhere around the age of 70 he realized that the torsion types of adjustments can cause problems, but elongation actually improves the situation. Through the elongation that he practiced for ten years, he found that it actually solved all the torsion problems. So ultimately, if we have any kind of back or neck problem, all we've got to do is just bend over like that and hang, or get upside down, or do our queen pose or king pose, or hang off a yoga swing – we can actually solve our back problems. Try it out. If we get that idea across, that can be useful right away.

Turning off adrenalin every night is allowing the healing to occur. But we don't do that, do we? How do we normally lie down? Here's the normal situation. [demonstration: head on pillow] What is wrong with that? I'm not actually inverting, am I? And I am not horizontal either. I am actually still upright. I am still adrenalized.

We have got a serious problem with pillow addictions and it is keeping us adrenalized all night long. People freak out about this. We've got to get into this one, because this is a drug. This [pillow] is crack. [laughter] People are so addicted to this, it's unreal. And it causes TMJ, it causes all kinds of neck problems, it causes every single type of back problem you can think of – because your neck is Grand Central Station.

All your lymph nodes run up into your neck, all your blood flow, your nervous system, all your nerve impulses are all in your neck. The Vulcan neck pinch is not the Vulcan toe pinch. Right? If we get into somebody's neck, it's like, "Oh God, nooo!" You don't believe it?

Let's have a volunteer out of the audience. Somebody come on up here. Somebody come on up. That's how you come up. Okay. You look like you are from Toronto.

Volunteer: How did you know that?

DW: Oh, I was just guessing. Okay. So now let's have you just stand right there. Okay. So now this is where we keep all the tension in our body. It's all right here in our neck. It's like in the front right there. Hold on. Zero is no pain at all, so if I'm doing this, that is a zero.

Volunteer: Yeah.

DW: Okay. Zero. Ten is the worst pain ever. Going further you are going to blow up. You've got to tell me where we're at here. So this is where we keep our pain. Check it out. Let's go into here. I know where yours is going to be. Right there.

Volunteer: Oh!

DW: What's that right there?

Volunteer: Nine.

DW: Nine. I'm literally going like this. That's it. I'm just going like that. Let's try that again. I have done this for 20 years, so I know exactly. When somebody comes up I know exactly where it's at. It's an instinct. Right? It's like, oh-oh right in, uh-huh. Oh. Right there. Okay.

Volunteer: [whining sound]

DW: Okay. Yeah, that right there. You okay?

Volunteer: Yes.

DW: This is Meghan. You write for – what's the name of the paper you write for?

Volunteer: I was writing for the *National Post*.

DW: But not anymore?

Volunteer: They replaced me with a booze column.

DW: Oh my God. Well, that's what is happening to mass media everywhere. Let's give it up for Meghan. [applause] She got replaced by a booze column. So, you know, everything is getting remarkably better and it's getting remarkably worse at the same time. It's the *Tale of Two Cities*, 200 years later. What was the opening line of Dickens' *Tale of Two Cities*?

Audience: It was the best of times, it was the worst of times.

DW: So now where are we at? It's the best time ever and —



Audience: Worst time ever.

DW: All at the same time, interestingly enough. Now what's happening is, like with Meghan, she is sleeping at night and she's got the pillow and is going like this. Now, that cannot ever be right, because it's not natural. There will be some kind of tweak, torque, something is going to be weird. But this is correct. [demonstrates] Always. Your arm is perfect to keep your spine completely straight if you use your arm as a pillow.

In the beginning, sometimes that is hard to do because we are not used to it. Our muscles aren't stretched out, so we have to stretch out a little bit more. But if you stick with it and you get off the drug – and you will go through withdrawals. You don't believe me? I have had people come up to me afterwards and be like, "Dude. I had to go to PA. Twelve-step process." Pillows Anonymous.

Or you can sleep on your back or sleep on your stomach. When you sleep like that, you are actually sleeping naturally. That is how you are supposed to be. And here is what I found: it cured all my neck problems, all my back problems, everything went away.

I am going to throw something at you – my friend taught me this, years ago. He said, "You don't have a back problem; you have a neck problem." I bet you, anybody, if you come up to me – and I invite you to do this. You come up and talk to me. I'll work on your neck and I'll tell you exactly where your problems are, because it's reflexology. This is the best reflexology. Your neck – because that's where everything is!

We differ from the other primates in that we have a neck. A monkey doesn't have a neck. There is no monkey that has a neck. Orangutan, no neck; gorilla, no neck; chimp, no neck; gibbon, no neck. They don't have a neck. We do. We are different. That's what makes us different.

Let's keep going. Here's a super-powerful healing command – and this makes a lot of sense if you add two extra variables here. No matter what is wrong with you, and no matter how long you have had it – if you hide, sleep, be quiet and don't eat, you will heal yourself. Try it out. You think you've tried everything? Try that out. Hide. What does that mean? That means nobody knows where you are so they can't interrupt you. Be quiet. Sleep. Don't eat. That is Nature's healing command.

Let's say an animal gets injured. We had a deer who had a compound fracture. Cem Akin, the guy who runs our Fruit Tree Planting Foundation – you guys like our Fruit Tree Planting Foundation? Amazing organization – ftpf.org. There was a deer in his backyard that had been hit by a car and had a compound fracture, meaning the actual bone was out of the skin. For



three weeks the deer lay in his backyard – grounded on the Earth (hint, hint) – and actually walked away three weeks later. It hid, it was quiet, it slept. That's Nature's healing command: Hide, be quiet, sleep and do not eat. The thing couldn't even eat, couldn't go anywhere. Compound fracture, bone out of the skin. I mean, how does a wild animal survive something like that? That is how powerful Nature's healing energies are when we have access to them.

So the other variables: being grounded is one, of course. If you are grounded then you have access to the power. Another big one – a huge variable here – is closing your eyes. Because the visual center actually takes up about 80 percent of your brain capacity, as soon as you close your eyes and you are doing exactly what that cat is doing. You allow all that energy to be directed towards healing. Make sure that you are able to bring Heaven and Earth together – that's that grounding idea.

You guys want to do some math? This is fun. Heaven. How is that spelled? H-e-a-v-e-n and Earth, E-a-r-t-h. When you bring them together – H-e-a-r-t. You ever done that math? And that connection, when you bring the Heaven and Earth together into your heart chakra, you create an energy that goes out and affects all of everything. The energy goes out around the whole world. You bring the Heavens and the Earth together in your heart and you are able to bring a message out.

It's hard to do that with shoes on. It's hard to do that with a roof over your head, too. I had to ground the metal roof on my house. That was amazing, by the way. What a difference it makes. Listen to what happened.

I have a metal roof on my house, and I went to see a guy named Dan Winters down in Australia who is an expert on electrical engineering. He is really an amazing kind of crazy scientist. He's like the guy from *Back to the Future*. I walk in, and the first thing he says is, "If you have an ionizer in your house you have to be grounded or it's not going to work. It could actually hurt you." The first thing out of his mouth. I'm like, "Whoa! This guy knows about grounding."

So he started talking about metal roofs. He says that if you have a metal roof over your house, it's really difficult for your plasma body – your dreaming and sleeping body – to get out and go out into the cosmos and do some traveling. And I had noticed that. I had never put the two together, but I had felt it. And I was like, "What in the heck am I going to do about this?"

Then I thought, "Maybe I'll ground the roof." So I called up an electrician and I said, "Here's the plan. I want to put in a Frankenstein switch – you know, one of the big ones? – because you don't want the roof to be electrically grounded in an electrical storm. I want to be able to turn it

off in an electrical storm because I don't want lightning to get the house. Otherwise, it's a lightning attractor.

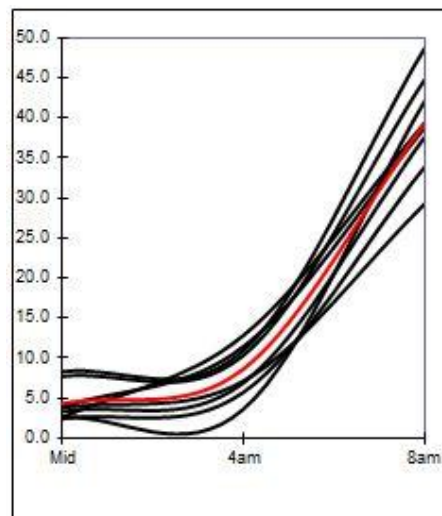
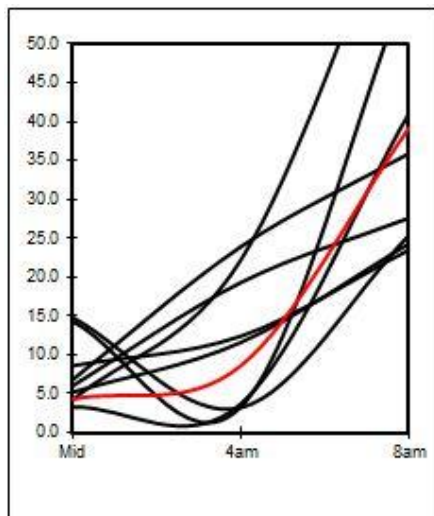
So I wanted a big Frankenstein switch and I wanted both the roofs grounded – because there is a roof up top like that, and there is one down here. And so the electrician is like, "Yeah, sure. I'll come out and do that." And while they were doing it, he's like, "How come everybody doesn't do this?" I said, "I don't know. You're the electrician. I'm not sure why everybody doesn't do this."

We had a big hive problem on one side of the house. You know we have our bee farm, NoniLand. Do you guys like NoniLand? Where is our NoniLand stuff? Oh, I'm going to give some of that away as soon as we get some of that up here. Anyway, we had a big hive on the side of the house. As soon as we grounded the roof – within ten minutes that hive swarmed and was out of the house. As soon as the charge changed on the roof of the house from positive – the atmosphere – to negative, boom, those bees were gone. And I started realizing, "A bee wants an ungrounded environment." Think about it. They like a dead tree. An ungrounded environment is what they want. I never understood that before.

The whole hive swarmed out of the house in ten minutes as soon as we grounded it. Within two days all that dirty energy, everything was pushed off, and now it's like – what a difference. And suddenly there is something different now. It's pushing off.

We are going to get into this. We have got to create for ourselves a sleek sanctuary where all the circadian rhythms – all of our natural biorhythms – can work, so that we can fight off pathogens. Because pathogens love when everything is screwed up. They love shoes.

This is one circadian rhythm: cortisol levels. We can normalize those. This chart is from the grounding book, *Earthing*. This is before grounding; this is after grounding. This shows different subjects tracked over 8 weeks. And these are the sleep cycle cortisol rhythms. This shows that



when you are grounded, you are connecting Heaven and Earth and you are getting your circadian rhythms into the right routine so that they are natural. Okay? We are electrical before we are chemical, and we have got to recharge when we sleep.

Now we are going to get into creating a sleep sanctuary. Clint Ober told me a number of years ago that when you sleep on the second floor of a wooden building, the chances of a stroke increase by 40 percent. So try to get down. If you are grounded on the second floor, it's better. You're not in that kind of trouble. But if you are ungrounded on the second floor in a wooden building, you have got a huge amount of electrical pressure coming down on you. And that's the thing that we are not aware of.

If we are down on the first floor and we are grounded, we are in a great situation. If we are in a nice basement environment, because the grounding field is so strong, we are in a great situation. We have got to create a sleep sanctuary so that when we come in we don't have all this disturbance going on.

The shape of your room affects you. The shape of a room affects the thoughts that come into that room. These are the teachings of Viktor Schauberger, and these are the teaching of Rudolf Steiner. This is the whole reason why Rudolf Steiner got into architecture; because the shape of the room affects the thoughts found therein. Animals in nature live in little cubbyholes and cool little round little environments like that guy. Check him out. By the way, it's Fang Shoey. [laughter]



We have got to keep the appliances and all that stuff far away. Remember that wall with all the electricity in it? Your head is right there, and you have got the box spring channeling all of that garbage across. Get your bed away from the wall. Get it into the middle of the room. Get the electricity turned off, get the wires out of the wall, get everything unplugged – whatever you have got to do to create a situation where you not being irradiated all the time. Obviously, the easiest thing to do is just get grounded. Because as soon as you ground, it pushes that stuff away.

But even if I'm grounded, I don't want my head right there next to that wire. Do you? Where is the wire at in the wall? Waist height, right? It's not that far from your head when you are sleeping at night. Check all the electrical configurations. Know where your plugs are, because those are places where there is a lot of field. Know where your plugs are. The wire produces a field, but it's a relatively static field. It is going to be in a certain configuration, always. But plugs have greater radiation – especially if you have got stuff plugged in to extension cords. Something to be aware of.



If you can, shut off the power of your whole house at night. I had an electrician come out and show me where the switches are on my house to turn the whole darn thing off. And it's usually down at your power box. There is one switch that is the master switch. You turn that off, it turns all the power off in your house. That's a really good thing to do at night. That does a number of things. One, it keeps all that EMF away from you, completely. Two, it's psychically quiet. You feel it; you notice it. You start going,

"Ahhh!" There is a certain buzz that we are living with all the time that we are not necessarily conscious of – until we turn that power off.

Your grounding still works. Let me say that again. Even if you turn the power off in your house, the grounding wire in your house is not turned off. It's still on. So you can turn all the power off, get into your grounded environment, and it's okay. Has everyone got that one? That's important to know. I asked the electrician, "Dude. Are you sure? You are 100 percent positive. You are absolutely sure. Show me." And he showed me. That's how it is in all houses. The grounding doesn't get shut off when the power goes off.

Bring your mental and emotional workloads into balance. There comes a time in the night for me where I don't have to do emails anymore, I don't have to do Facebook anymore. I can actually do creative writing or something. So you have got to make a shut-off point for yourself. For me it's usually about midnight or 1:00 in the morning. Last night it was 1:00. After all that yesterday, I had to go write a whole article – a 1,000-word article! It seemed like a thousand pages at 12:45 in the morning. After all that, at one o'clock I said, "Okay. I don't need to do anything anymore. It's over."

So you need a cut-off point for yourself. I recommend that you pick a time and stay with that time. That's what I have done. It has helped me out a lot. Because it used to be malleable. It used to be, "Tonight I'll just work all through the night and do emails all night." Not a good idea.

Natural bedding. You see that little critter in there? Natural materials, natural bedding. Try to get as much natural stuff near you as possible. The



way that Dan Winters described it – and I thought it was very interesting – he said, "Unnatural stuff is non-fractal." The pattern is non-fractal. Everything in nature is fractal. Anything that is unnatural that has been smelted – like metal roofs have been smelted. You have taken the natural fractal pattern of the metal and you have made it unnatural by smelting it all together.

Wood is fractal. That's why it has all these weird little lines in it and no two pieces of wood are the same. It's fractal in nature. Any kind of metal object – like this light fixture here, it's metal; it's non-fractal. So that is going to disturb you to some degree, and that's the ultimate difference between a natural material and an unnatural material. So it has to do with fractality.



The Earthing mattress gives you enough support, but also just enough give – so you can keep your spine completely straight. That's a key idea. When you lay on your shoulder, the idea is that you want everything – from the tailbone all the way through to your neck – completely straight, horizontal like that.

Check out that thing, because what's that thing? It looks like some kind of a radio wave device to communicate with Alpha Centauri and Arturis. Have you ever burned a box spring? We did that out at Eden Hot Springs, and that was a trip. There were all kinds of wires, and like, what the heck is in there? Look at this. It's actually a capacitor. A lot of these metal objects that are suspended off the ground that are ungrounded are actually capacitors.



What is a capacitor? A capacitor stores energy. But let's make it easy, because I know there are people out there going, "Progesterone? What?" [laughter] What the heck is a capacitor?

A capacitor is actually like a dam catching water flowing down a river. As kids we said, "Let's put a bunch of rocks in there and have it back up and fill up a pool and spill over." That's a capacitor. It's storing energy. That's all that water that is behind

the dam. But some of it is still bleeding out. Does a dam completely block the water 100 percent? No. Some of it bleeds through, doesn't it?

Whenever we have a box spring like that, all that radiation has gone in. Let's say we turned all the power off. Now the power is off. No, it's not. Because if you have a box spring, there is stored power. It's like a battery. And it's bleeding some of it out, so there is dirty energy coming off of it. A very key idea there. Because we might think, "I turned the power off. Everything is off." No. There is a box spring under there, and that box spring is going to bleed a dirty energy off.

Just like with my house. When I turned the juice on and let the Earth's current come up into the roof, how come it didn't drive off all that dirty electricity right away? Because it's a capacitor. It had it stored it up. It takes a while for all that electricity to push that garbage off. Something to be aware of. I don't use box springs at all. I got rid of it, and the whole idea of it. So let's talk about what is in a conventional mattress.



This is why we have got to go to natural materials, Earthing bed, that kind of a thing – because here is the list. You guys aren't ready for this. Are you ready? Everybody always says yes. I want to hear somebody say no.

Here's what's in a mattress: toluene, diisocyanate, polyethylene glycol, silicone surfactant, tertiary amines, stannous octoate, formaldehyde, fire retardants, polybrominated diphenyl ethers, xylene, antimony oxide, pentaBDE. What the heck is pentaBDE? Five best days ever?

Fire retardants. Here are the fire retardants: boric acid, formaldehyde, melamine, antimony trioxide, vinylidene, chloride, zinc borate, decabromodiphenyl oxide. That would be a great name for a band. [laughter] Since 2005, the state of California has said that your mattress actually has to be able to survive lighting a fire underneath it – like a flame like that – for 30 minutes. Why? Because too many people are falling asleep smoking a cigarette. That's what started all this.

Now it's bedtime. We have set up our sleep sanctuary. We've got all the power down, we've got nice, natural materials, we're grounded, we have turned off our other reality – we're not doing phone calls or emails anymore. Now we have to bring the light levels down. The darker it is in your environment, the better you will sleep and the more you will produce dream chemicals. We found that through Mantak Chia's work.



Avoid eating before sleeping. That's kind of obvious. Keep the noise down. Block the noise as much as possible. Here is a big one: no sweet or stimulating drinks right before bed. We kind of all know that, don't we? So that you can get a nice, graceful evening's sleep.

Oftentimes in the night if you are actually hungry, you are not really hungry. You are —?

Audience: Thirsty.

DW: Thirsty. That was an amazing thing Dr. Batmanghelidj brought us, isn't it? You are not hungry, you are thirsty. Let's talk about the cascade of the sleep chemicals. It all starts with tryptophan.

Tryptophan is the most heat-sensitive amino acid. That means that if you cook everything, or if you eat fried food all day, you're not actually getting this essential amino acid. And that's why people get depressed eating baloney sandwiches. They should be getting all the protein. "It's baloney — it's protein!" But they are not getting the tryptophan, and that is why they are depressed. Plus the food looks depressing, doesn't it? I would be depressed if I had to eat that.

The tryptophan literally transforms into pleasure chemicals that make us feel good, the most common of which is serotonin. Tryptophan converts to 5-HTP; 5-HTP converts to serotonin; serotonin converts to melatonin; and melatonin converts to the dreaming chemical, which is dimethyltryptamine. Dimethyltryptamine is pretty much illegal to study, because it's psychoactive. It causes you to dream while you are awake, and we can't have that. Right? That's bad.

Melatonin is known to break down bad estrogens like estrone, and even estradiol. So if you have elevated estradiol and elevated estrone — which are the bad ones — melatonin breaks them down. The whole idea of melatonin being a sleep chemical, and something we produce in our sleep — or something that helps us to sleep — only superficially identifies what melatonin is actually doing. What it may be doing in part, or as well as, is it actually may be breaking down bad estrogen — and *that* is what allows us to sleep.

It may not be what we think it is; it may be doing both tricks. It may be breaking down bad estrogen, which implies something hidden in what I am saying — that insomnia has a lot to do with bad estrogen accumulation. For people who are insomniacs — 50 years old, 55 years old, 60 years old — maybe bad estrogen is the culprit, along with low progesterone if you are a woman; low testosterone if you are a man.

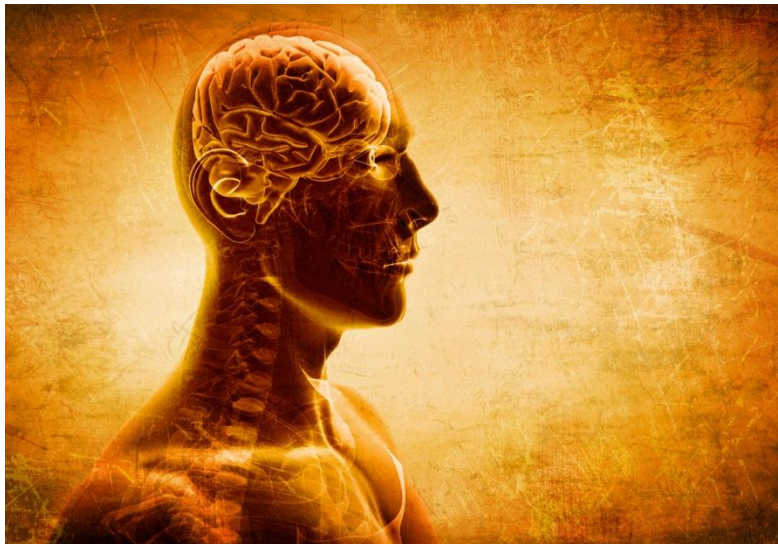
The hormone cascades. We always want to get enough tryptophan, and personally I am partial to tryptophan that comes from food first; supplemental tryptophan second; third 5-HTP; fourth going to melatonin. That is my feeling about it. It is always better to go right to the source, to the strange attractor – which is the amino acid – and then derivatively down the pipeline from there if we need it — but not if we don't need it. Because oftentimes, we don't need it.

Anybody ever taken 5000 mg of tryptophan? Nobody in this room? Man, you guys don't know how to have a good time. [laughter] So if you are on melatonin, you might want to try tryptophan. It's a little bit better.

Let's talk about serotonin, because serotonin is well known, well studied. It's got a whole bunch of things associated with it. If we are low in serotonin, we know we are going to have depression, we know we are going to have migraines. Fibromyalgia is associated with low serotonin, as well as narcolepsy, sleeping problems, bulimia, cravings, and obesity. All of these things are associated with low serotonin.

We have got to get our serotonin into the optimal zone – it's kind of obvious. Lack of serotonin basically means you feel terrible. Lack of serotonin – terrible. Lack of serotonin, arrow pointing down, terrible.

And then melatonin. If melatonin is low, there's insomnia, of course, but also elevated estrogen levels. That means susceptibility to cancer, immune dysfunction, heart problems and increased chance of a heart attack, and also irregular menstruation. Those are all very common symptoms of low melatonin.



These are the major neurotransmitters that are affecting our health moment-to-moment, day-to-day. The dosage for melatonin is 3 mg about an hour before bed. You can do more. You can do 5 mg; you could do 10 mg. Generally, it is recommended to start with 1 mg, but 3 mg has been taken by people for years and years. There are people who have been doing that every night before bed for 20 years.

There may be some side effects of doing melatonin, because it is already kind of down the chain a little bit, especially if you do it every day for 10 or 15 years. And what those side effects are indicate – although it's not been proven – is that your other androgens, like your progesterone, or testosterone in men, may be being pushed low by taking excessive amounts of

melatonin for years. Short-term use, no worries. And again, that hasn't been proven, but there is a little bit of research indicating that.

Tryptophan, 1000 to 3000 mg. This is one of those that makes you wonder, "Oh my God, how come we didn't know about this?" And that's why they tried to get tryptophan out of health food stores. You remember those days? "Oh, there is something coming out of Japan. It's all toxic. We've got to get rid of *all* of it." Why did they do that? Because it works. And complete protein superfoods – but I'm going to talk about that. We're getting there.

5-HTP is a metabolite of tryptophan, so it is going to be a smaller dosage that you require. I like tryptophan better. 5-HTP is great, but tryptophan is better. You always want the source material, if you can get it. Tryptophan is an appetite suppressant, and fights depression and anxiety. Very powerful for anti-anxiety. Probably the most powerful natural amino acid substance you can have for anti-anxiety, and as an antidepressant. Well, no. I can't actually say anything is an antidepressant, so I'm going to say it's an antiperspirant.

Natural sources of tryptophan are complete protein superfoods because they are uncooked. Because it's raw, you get the raw protein. That means it's highly bioavailable. The rice protein that Sun Warrior does is 80 to 100 percent bioavailable. If you absorb it, you get it all.



That's really important for children who have strong allergies, because one of the problems for kids with allergies is they can't take whey protein. They have allergies to a variety of foods so they are getting into nutrient deficiencies. These are kids who have very severe allergic reactions, very severe asthmatic conditions. A rice protein, because it is hypoallergenic, is really good in that particular situation.

Of course bee pollen is one of the greatest ever and royal jelly one of the greatest ever – free, available, easy-to-digest protein. The microalgae like chlorella, Stella Chlorella – excellent. Spirulina. Tina Spirulina – excellent. And it goes on like that.

Raw nuts and seeds. Pumpkin seed is not a complete protein; however it does contain a very high amount of tryptophan. Raw nuts and seeds are great sources of tryptophan. Generally, I prefer seeds. I like chia seed, pumpkin seed, hemp seed; and flax seed is a complete protein. I have a running joke with Daniel Vitalis – I get him whole containers of flax crackers as presents. Did he get into that at all? No, because they are slightly estrogenic. So it's like, "Here's your flax crackers, Daniel." You'll get that joke later.

L-theanine is something I want to bring in here, because that has been well popularized. I like L-theanine a lot, personally. It's a sedative type of chemical that is found in green tea. Recently I have been very well educated on green tea. I started growing green tea plants. Super interesting. There are green tea trees out there that are a thousand years old. It becomes a tree. And the young growth tips of green tea, the matcha that you have been hearing about, is a super-antioxidant. [cheering from audience] You guys like matcha over there? Wow. Not maca – matcha. Like a matcha man.

L-theanine has some great side effects. It helps the immune response, boosts disease-fighting capacity, helps the T-cells to fight, and improves cognition. And that is probably the best thing about L-theanine; it actually makes you sharper. I was turned onto it by my friend Dr. Patrick Flanagan. Do you guys know Dr. Patrick Flanagan? He is one of the world's greatest scientists, the developer of MegaHydrate and Crystal Energy. He is really into L-theanine. It increases your cognition, so that was one of the things that he used it for.

Another one I want to mention, because it comes up a lot, and that's gamma-aminobutyric acid, which is GABA. I'm not a big fan of it actually, but in certain people it's really the right thing. It's hard to get from food. Your body has to construct it out of food. You take about 500 to 1000 mg of GABA about an hour before bed. It is an anti-anxiety substance. It's not for everybody, but it's right for some situations, like when somebody has very extreme anxiety.

Grounding helps a lot with anxiety. A lot of anxiety is caused by not being grounded, so your body is going, "Where are we? What's happening? We are alone in the universe. Oh my God. Are we here all alone? What's happening? Where are we?" And it causes anxiety. As soon as you ground yourself, all of a sudden you are connected to everything. Let's tap into the source.



When people say "tapping the source," we are talking about being connected to all that is. We are grounded, so we are actually connected to all that is. It is very important to take those things and look at them and turn them over in your psychology, because our language is often indicative of a lot of interesting angles on the way that we are living. Like when somebody has "gone bananas" or "he's nuts." Anybody here ever eaten a whole jar of nut butter? Do you know what I'm talking about? Okay.

When we put all this together, then we are going to be dreaming sweet. I want to show you something here. Let's say I'm in a situation where I'm on the run. I've just rolled into the city of Tucson. It's 5:00 in the morning. I've got to be up at 7:00. I've been driving all night. I'm all worked up because I have been driving – so I have not been grounded, I have got a little bit of car-lag going on, and now I've got to get onto a situation where I can lay down and get rejuvenated for the morning.



So here is what I am going to do. Let me just show you this. This is really why I wanted this bed here. So I've got my pillows. Am I going to be using those pillows?

Audience: No.

DW: Okay. [demonstration: pillows under hips and feet on headboard] Yes. So instead of this business, what am I going to do? The exact opposite. I'm going to do this business. So I'll get right up on the headboard right there, boom, I'll get completely upside down and I'll get grounded and sleep upside down all night like a bat. You guys want to see it again? This is kind of fun. We'll do two pillows. *Real* pillow talk. Okay. So now I'm like that. Boom.

Audience member: Do you keep your feet up there the whole night?

DW: Yes, I do. I keep my feet up the whole night up on the headboard or up on the wall. Or if I am sleeping on a couch, it's like this. I just throw my legs over the side like that – and I'm grounded. Now you try that on. I turn off all the lights, pull out all the plugs, and get away from the EMF. I do all that, plus I've got my grounded sheet that I'm sleeping on. I'm able to get completely inverted, and watch what happens. You will find that the amount of sleep that you need – if you are healthy – decreases.



We know that if we eat a ton of food we need to sleep more. As soon as you fast, you don't need to sleep, do you? Has this happened to anybody? And then you get off the fast, and you're like, "Why am I eating and sleeping?" It's one of these quandaries – and it leads to aberrant behavior by the way, where people believe, "I'm ready for breatharianism now." And they may not be ready. So that can cause problems.

You guys want to hear some breatharian jokes? So two breatharians are sitting in a breatharian restaurant. [laughter] One of them says to the other, "What do you think of this place?" The other says, "Oh, I love it, but there is no atmosphere."

Two breatharians were walking down the street. One of them said to the other, "Do you have your zipper?" The other said, "Ah. No!" The other says, "Oh, you're such an airhead." [laughter]

Bad stuff. Okay, so three breatharians are sitting in a breatharian restaurant, and the waitress comes up to take their order. The waitress says, "Hi sir, what would you like?" The first breatharian says, "I'd love a dash of volcanic dust and some Hawaiian air." The waitress writes that down. The waitress goes to the second breatharian and says, "Hi miss, what would you like?" The second breatharian says, "I would love some Himalayan atmosphere and a little fog." The waitress writes that down. The waitress says to the third breatharian, "Hi, sir. What would you like?" The third breatharian thinks about it and says, "Mm. Nothing. I'm fasting." [laughter]

Bad. This guy walks into a breatharian restaurant, agitated, a little bit lit up, sits down. Of course he gets the brand new waiter. The waiter comes to take his order and is kind of new to this breatharian stuff, so he doesn't really get it. He goes back to the Sous Chef and he says, "I didn't really get the order." So the Sous Chef says, "You've got to go back out there and get it!"

So the waiter goes back and he says, "I'm sorry. I didn't really understand your order." So the guy freaks out. It has already been 5 minutes, and the waiter hasn't even gotten his order yet. He's like, "I'm in a rush. I've got to get out of here," and starts yelling at this waiter in the middle of this breatharian restaurant, causing a scene.

Ten more minutes go by, but the order has not come out yet. The guy jumps up, starts yelling at the waiter, causing a massive scene. Meanwhile, the manager and a waitress are watching what's going on. And the waitress says to the manager, "What do you think's wrong with this guy?" And the manager says, "Maybe he's just having a bad air day." [laughter]

One day these jokes will be appropriate. [laughter] I've had people come up to me and say, "Hey, have you ever heard this joke?" They come all the way around back to me! I made those up, by the way. Can't you tell? [laughter and applause]

For more information about David Wolfe, please visit the following websites:

www.thelongevitynowconference.com

www.longevitynowprogram2.com

www.longevitywarehouse.com

www.thebestdayever.com

www.davidwolfe.com



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