VERONICA TAN

Natural and Effective Remedies for a Good Night Sleep



Uncovering the Secrets of Energy Medicine

energia

Sleep Well & Wake Up Fully Recharged Free From Pain

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VERONICA TAN

Natural and Effective Remedies for a Good Night Sleep

Uncovering the Secrets of Energy Medicine

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ABOUT THE AUTHOR



Veronica Tan is a nurse manager turned entrepreneur. Between 1994 - 2008, Veronica Tan juggled 2 labour intensive jobs to ensure that all the bills are paid at home. She had worked in various hospitals, and managed an elderly and day rehabilitation centre with The Salvation Army.

She took ownership of both the day care and day rehabilitation centres and turned both centres from deficit to profit making centres in 1994 before she left in 2008. At that time, she had 80 elderly and 16 staff under her care daily. She also initiated 4 national events during her employment with The Salvation Army:

- Intergenerational Harmony Day 2005 at Singapore Expo
- Intergenerational Amazing Race 2006 at Praisehaven
- Intergenerational Sports Day for Elderly 2004 at the Toa Payoh indoor stadium. Mr Chan Soo Sen was the Guest of Honour
- Intergenerational Harmony Day 2005 at Singapore Expo. Dr Balagi was the Guest of Honour
- Intergenerational Amazing Race 2006 at Praisehaven. Dr Teo Ho Pin, Mayor South West CDC was the Guest of Honour
- Intergenerational Beach Party 2007 at East Coast Park F2 car park. VP Deutsche Bank was the Guest of Honour

In 2000, she was diagnosed with hyperthyroidism and later, Grave's Disease (an overactive immune problem where her body is not able to balance her thyroxine). Doctors recommended she undergo surgery or radioactive iodine to destroy part of the thyroid gland. At that point she knew that she had to take control of her health; as the path proposed by modern medicine is invasive and irreversible! It does not make sense









to destroy the thyroid gland just because it is producing too much thyroxine. That would be a short term solution to the problem. Instead, it is important to find the root cause for why the thyroid gland is overactive and balance it from there.

Despite the advice of the doctors, she strongly believed that we are created with very powerful immune systems and our bodies can heal naturally. Since then she had explored alternative and complementary solutions. With medical technology becoming more and more advanced, she believed we would be able to find cures for a myriad of illnesses without having to go through invasive procedures such as surgery, which is irreversible.

THE ULTIMATE SOLUTION

After 10 years of searching for alternatives, she chanced upon a scientific sleep system in May 2010 at the Marriott Hotel during the Singapore Expat Fair, Summer Fair. She met the inventor, a Biomedical Engineer manning the booth at the fair. He was very confident in helping her balance her immune system without medications.

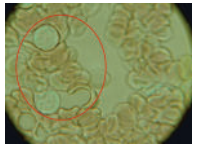
After testing out the system for 30 days, she knew that this would be revolutionary. Upon witnessing how the sleeping system could treat her illness, she decided to found Revelation 22 on 7 June 2010 to promote this sleeping system to the public.

Since the inventor was very confident in balancing her immune system without any medications, she stopped taking medication on 7 June 2010. All she did was to sleep on the sleeping system every night and listen to her body for any signs of relapse. When she slept well every night and woke up each morning refreshed and energetic, it was apparent that she had no relapse. She went for her clinical check at the hospital after 9 months and then 26 months to make sure that there were no slightest signs of relapse in her medical condition. Her clinical report has shown complete recovery with no relapse ever since.

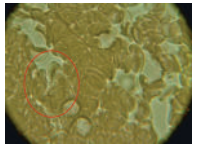
Simply by sleeping on the Energia Therapeutic Sleeping System improves your health and the quality of your blood stream

Veronica Tan, founder of REV22 is completely cured of Grave's Disease naturally, simply by sleeping to improve blood flow and energy flow. She was under medication for more than 10 years and since 7th June 2010, she stopped her medication without any sign of relapse.

June 2010 (Before Therapy)

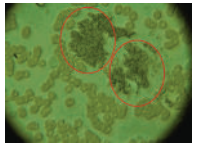


White blood cells close together (Sign of allergy)

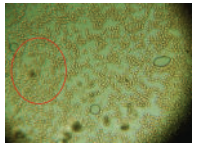


Unhealthy blood (Cholesterol blood cells)

June 2010 (1 month later)

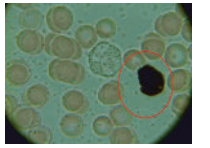


Uric acid crystals and Bowel toxic Crystals

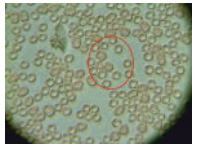


Heavy metal

Dec 2010 (6 months later)

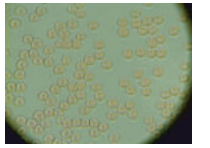


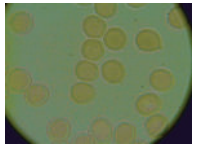
Black Crystal



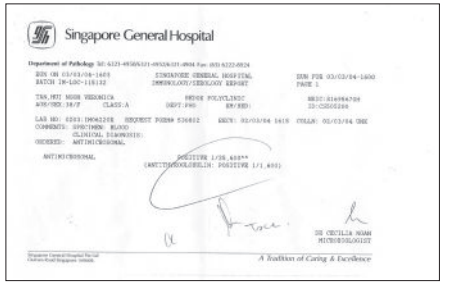
Target cells

Feb 2011 (8 months later)

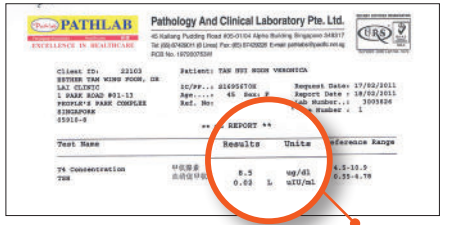




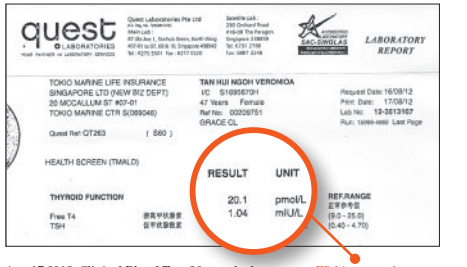
Healthy blood cells. Blood cells well oxygenated and energized cells are round and healthy



March 2004: Clinical Blood Test Antibody Positive

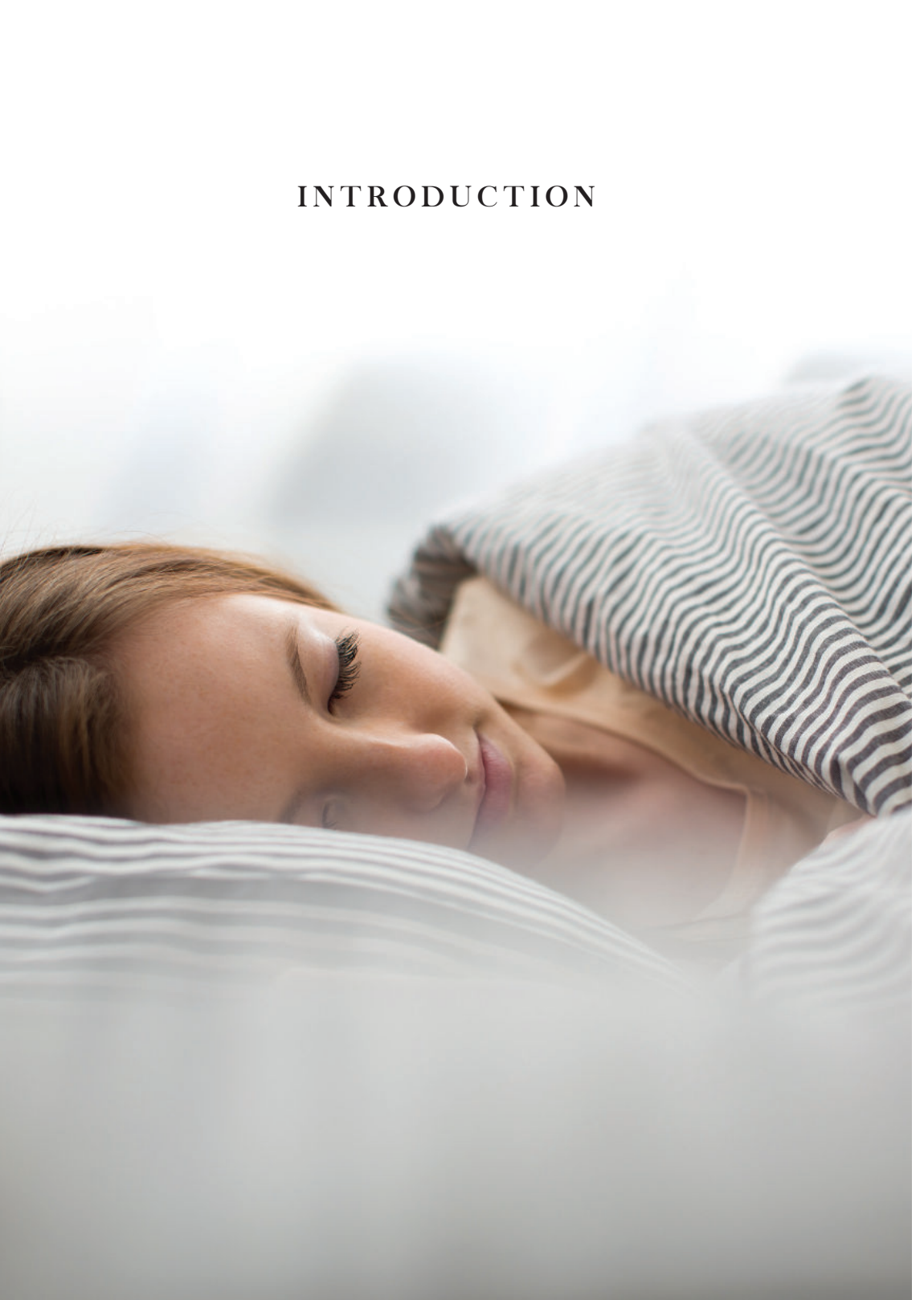


Feb 2011: Clinical Blood Test 8 months later



Aug 17 2012: Clinical Blood Test 26 months later

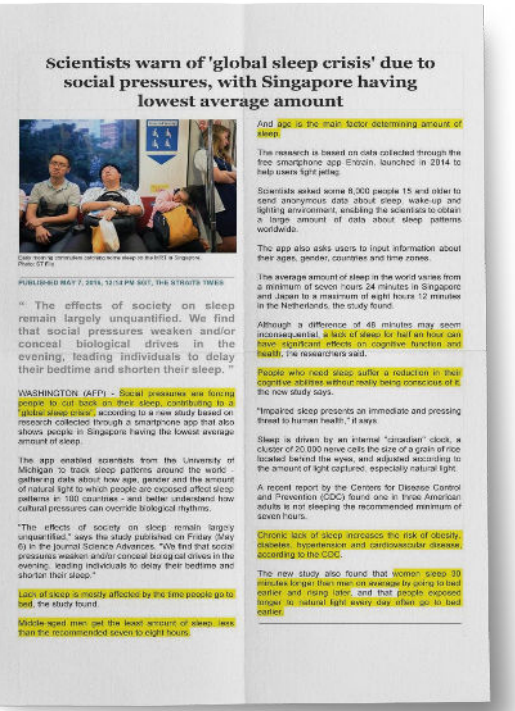
INTRODUCTION



There is an Irish proverb that goes, "A good laugh and a long sleep are the two best cures for anything." Good sleep promotes good health. Sleep represents a third of every person's life and it has a tremendous impact on how we live, function and perform during the other two-thirds of our lives. It is indeed as vital as the air we breathe and the food we eat, especially for those with chronic diseases or compromised immune systems.

Sleep problems, whether in the form of medical disorders or related to work schedules and a 24/7 lifestyle, are pervasive. Sleep disorders are common in both men and women; however, important disparities in prevalence and severity of certain sleep disorders have been identified in minorities and underserved populations.

Additionally, people are chronically sleep deprived as a result of demanding lifestyles and a lack of education about the impact of sleep loss. Sleepiness affects vigilance, reaction times, learning abilities, alertness, mood, hand-eye coordination, and the accuracy of short-term memory. Sleepiness has been identified as the cause of a growing number of on-the-job accidents, automobile crashes and multi-model transportation tragedies. The odds of being sleep deprived (less than 6 hours a night for adults) has increased significantly over the past 30 years as the lines between work and home have become blurred and digital technology has firmly become part of our lifestyles.



Scientists warn of 'global sleep crisis' due to social pressures, with Singapore having lowest average amount

Cabs leaving commuters perched on the steps of the MTS in Singapore. Photo: ST File

PUBLISHED MAY 7, 2019, 12:14 PM SGT, THE STRAITS TIMES

" The effects of society on sleep remain largely unquantified. We find that social pressures weaken and/or conceal biological drives in the evening, leading individuals to delay their bedtime and shorten their sleep. "

WASHINGTON (AFP) - Social pressures are forcing people to cut back on their sleep, contributing to a "global sleep crisis", according to a new study based on research collected through a smartphone app that also shows people in Singapore having the lowest average amount of sleep.

The app enabled scientists from the University of Michigan to track sleep patterns around the world - gathering data about how age, gender and the amount of natural light to which people are exposed affect sleep patterns in 100 countries - and better understand how cultural pressures can override biological rhythms.

"The effects of society on sleep remain largely unquantified," says the study published on Friday (May 6) in the journal Science Advances. "We find that social pressures weaken and/or conceal biological drives in the evening, leading individuals to delay their bedtime and shorten their sleep."

Lack of sleep is mostly affected by the time people go to bed, the study found.

Middle-aged men get the least amount of sleep, less than the recommended seven to eight hours.

And age is the main factor determining amount of sleep.

The research is based on data collected through the free smartphone app Entrain, launched in 2014 to help users fight jetlag.

Scientists asked some 8,000 people 15 and older to send anonymous data about sleep, wake-up and lighting environment, enabling the scientists to obtain a large amount of data about sleep patterns worldwide.

The app also asks users to input information about their ages, gender, countries and time zones.

The average amount of sleep in the world varies from a minimum of seven hours 24 minutes in Singapore and Japan to a maximum of eight hours 12 minutes in the Netherlands, the study found.

Although a difference of 48 minutes may seem inconsequential, a lack of sleep for half an hour can have significant effects on cognitive function and health, the researchers said.

People who need sleep suffer a reduction in their cognitive abilities without really being conscious of it, the new study says.

"Impaired sleep presents an immediate and pressing threat to human health," it says.

Sleep is driven by an internal "circadian" clock, a cluster of 20,000 nerve cells the size of a grain of rice located behind the eyes, and adjusted according to the amount of light captured, especially natural light.

A recent report by the Centers for Disease Control and Prevention (CDC) found one in three American adults is not sleeping the recommended minimum of seven hours.

Chronic lack of sleep increases the risk of obesity, diabetes, hypertension and cardiovascular disease, according to the CDC.

The new study also found that women sleep 30 minutes longer than men on average by going to bed earlier and rising later, and that people exposed longer to natural light every day often go to bed earlier.

But what if you have difficulties trying to sleep? Then it's no laughing matter. Statistics show that at least 40 percent of the population suffers from insomnia or sleep related issues. A lack of sleep can, not only, cause you irritation but also lead to health issues. Your chances of getting heart

disease, heart failure and heart attacks go up when you're deprived of sleep. It kills your sex drive, leads to weight gain, makes you depressed, increases forgetfulness and ages you faster. You'll also be more susceptible to strokes, diabetes, high blood pressure and irregular heartbeat. These are serious health problems and it's imperative that you get sufficient sleep to keep these health issues at bay.

People who struggle to fall asleep every night are all too familiar with the feelings of aggravation and irritation that arise when they just can't doze off. This irritation makes it all the more difficult for the body to relax and get some shut-eye. In some cases, falling asleep may not be the problem but sleeping soundly is. You may wake up several times a night or your sleep is fitful and restless. You wake up drained and exhausted despite sleeping. It would be a good idea to consult your doctor regarding this issue because you might have sleep apnea or some other condition that causes this problem.

In this guide, you'll find the natural remedies that will help you get a good night's sleep. All these are holistic methods and will not interfere with any medical treatment you're going through. It'd still be a good idea to discuss what you're doing with your doctor so that he or she is apprised of what you're doing.

Far too often, people try to medicate the problem away. We try to take pills as a quick fix to any problem. Sleeping pills will help you sleep but you'll become dependent on them. In some cases, you may wake up feeling groggy and lethargic.

Most people just can't sleep because they have an overactive mind. They've not learned to calm their mind. They're trying to sleep but their mind is busy having a conversation with itself and just won't take a break.

The natural remedies in this guide will help you with your sleep problems. You do not have to apply all the tips at once. Just try them out one at a time and you may be surprised that all you need is just one or two tips which work wonders.

Then all you need to do is stick to them. You'll sleep like a baby and wake up refreshed and ready to take on the world. Who knows... some of you might even fall asleep while reading this short report.

All levity aside, the natural remedies to a good night sleep in this guide have been proven to work for thousands of people. This is not untested theory. So, apply them and sleep well.

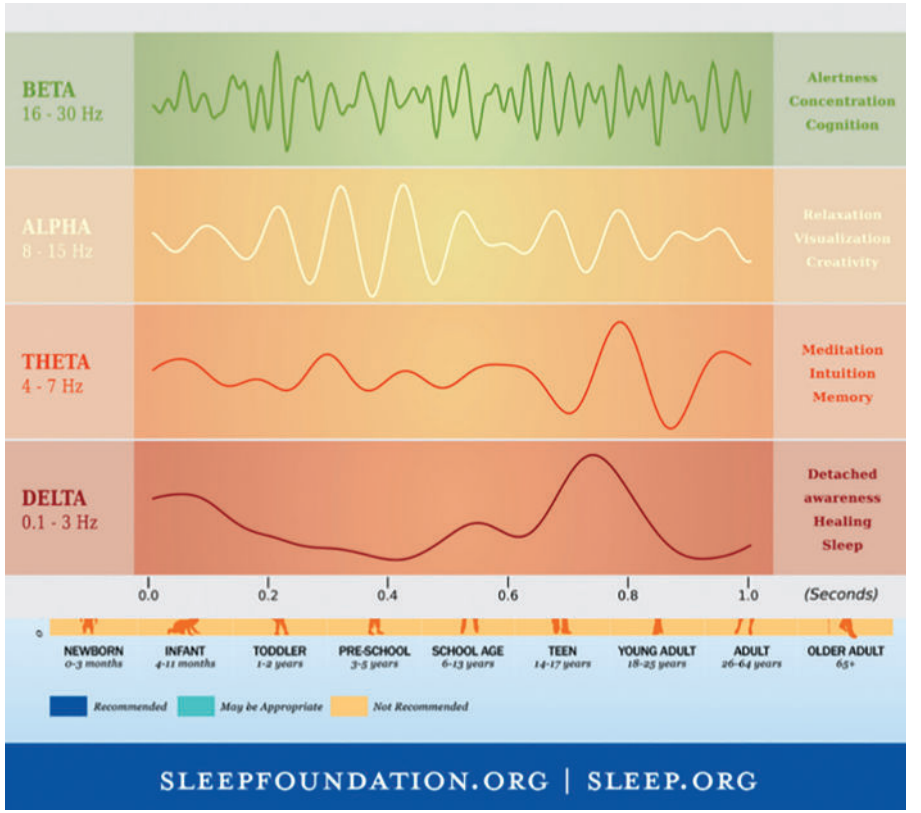
CHAPTER 1

UNDERSTANDING SLEEP

How much sleep do we need?

The Natural Stages of Sleep





STAGE 1

Stage 1 is the beginning of the sleep cycle and is a relatively light stage of sleep. Stage 1 can be considered a transition period between wakefulness and sleep.

In Stage 1, the brain produces high amplitude theta waves, which are very slow brain waves. This period of sleep lasts only a brief time (around 5 to 10 minutes). If you awaken someone during this stage, they might report that they were not really asleep.

STAGE 2

During stage 2 sleep:

- People become less aware of their surroundings
- Body temperature drops
- Breathing and heart rate become more regular

Stage 2 is the second stage of sleep and lasts for approximately 20 minutes. The brain begins to produce bursts of rapid, rhythmic brain wave activity known as sleep spindles. Body temperature starts to decrease and heart rate begins to slow. According to the American Sleep Foundation, people spend approximately 50% of their total sleep in this stage.

STAGE 3

- During stage 3 sleep:
- Muscles relax
- Blood pressure and breathing rate drop Deepest sleep occurs

This stage was previously divided into stages 3 and 4. Deep, slow brain waves known as delta waves begin to emerge during stage 3 sleep. This stage is also sometimes referred to as delta sleep.

During this stage, people become less responsive, and noises and activity in the environment may fail to generate a response. It also acts as a transitional period between light sleep and a very deep sleep.

Older studies suggested that bed-wetting was most likely to occur during this deep stage of sleep, but some more recent evidence suggests that such bed-wetting can also occur at other stages. Sleepwalking also tends to occur most often during the deep sleep of this stage.

REM (Rapid eye movement) Sleep

During REM sleep:

- The brain becomes more active
- Body becomes relaxed and immobilized
- Dreams occur
- Eyes move rapidly

Most dreaming occurs during the fourth stage of sleep, known as rapid eye movement (REM) sleep. REM sleep is characterized by eye movement, increased respiration rate, and increased brain activity. The American Sleep Foundation suggests that people spend approximately 20% of their total sleep in this stage.

REM sleep is also referred to as paradoxical sleep because while the brain and other body systems become more active, muscles become more relaxed. Dreaming occurs due to increased brain activity, but voluntary muscles become immobilized.

TYPES OF SLEEP DISORDER



Whatever sleep disorder you're experiencing as of this moment, one thing that remains certain is the pain and emotional stress it's causing you. Sleep disorder, unlike colds, don't just go away quickly. Sure, you can take medications, therapies and other self-help treatments but it doesn't add much help in making the disorder disappear permanently.

When you're diagnosed with a sleeping disorder, the first step the doctor would usually advise you to do is to acquire more knowledge on the type of sleep disorder you're experiencing. This is crucial, as the more information you have, the better you're going to combat and prevent the problem from escalating any further. To give you a heads up, here are the most common type of sleep disorder:

Insomnia Studies suggests that insomnia is one of the most prominent type of sleep disorder often experienced by 40% of the adult population. It's characterized as the inability of the person to get the right amount of sleep needed to feel refreshed and rejuvenated in the morning. People who are so much more prone to stress, suffering from depression, anxiety and those with underlying health condition are likely to incur insomnia.

Sleep Apnea According to research, 50% of sleep apnea cases are acquired by people at the age of 40 and above. When you suffer from sleep apnea, chances are that, your breathing temporarily stops during regular sleep hours due to blockage of the airways. The

sensation will interrupt your sleep almost every time, leading to various rude awakenings. A person may even feel irritated and groggy every morning due to lack of adequate sleep.

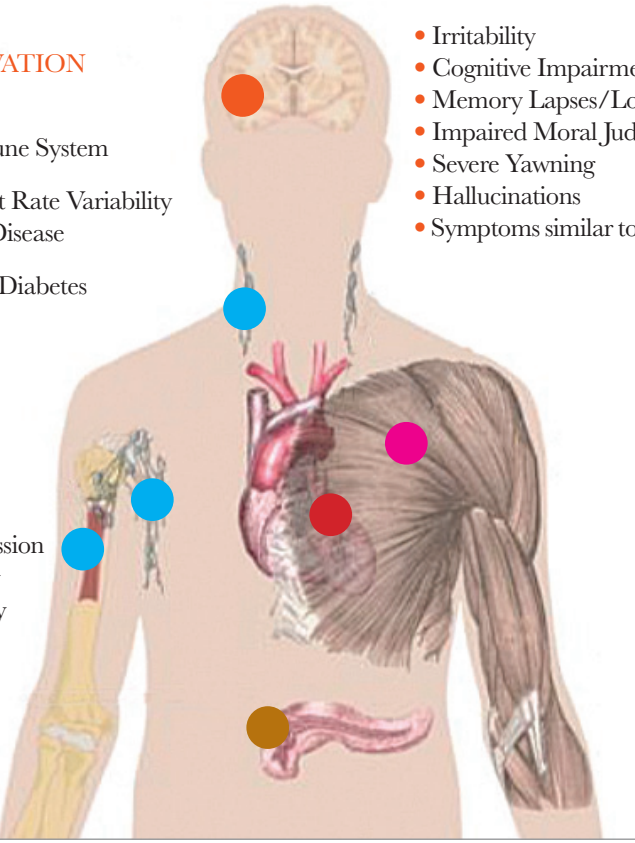
Narcolepsy This sleep disorder affects men more than women. Narcolepsy often involves uncontrollable and excessive daytime sleepiness, which can cause a lot of emotional, physical and psychological stress if not treated promptly. It's a dangerous form of sleep disorder, as the person can have 'sleep attacks' while driving, talking or even while working.

Jet Lag Although this isn't severe compared to other sleep disorders, jet lag can cause a person to experience intense fatigue, stomach defects, headache, daytime sleepiness that can affect the overall circadian rhythm. The symptoms usually occur within a day or two after the person has traveled in as much as two or more time zones.

EFFECTS OF SLEEP DEPRIVATION

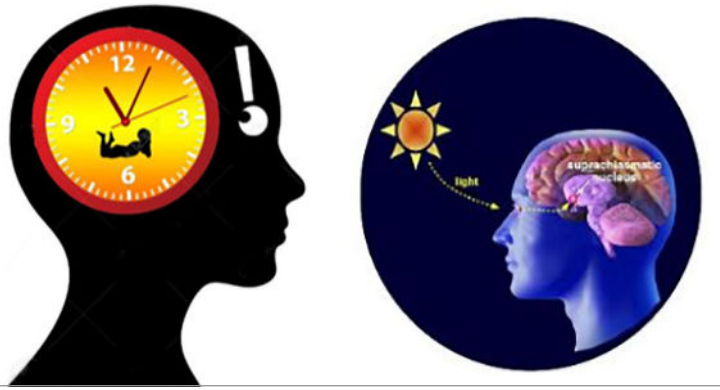
- Impaired Immune System
- Increased Heart Rate Variability
- Risk of Heart Disease
- Risk of Type 2 Diabetes
- Decreased Reaction Time
- Tremors
- Aches

OTHERS:
- Growth Suppression
- Risk of Obesity
- Decreased Body Temperature



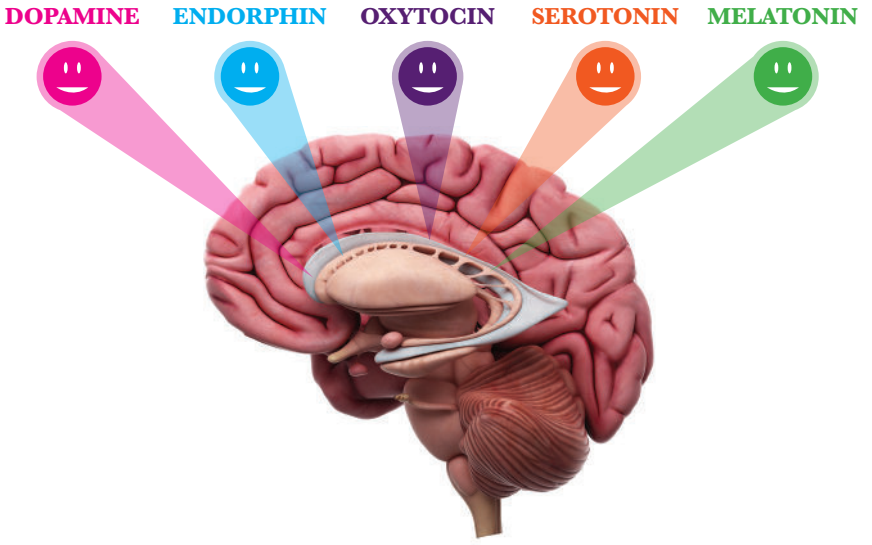
- Irritability
- Cognitive Impairment
- Memory Lapses/Loss
- Impaired Moral Judgment
- Severe Yawning
- Hallucinations
- Symptoms similar to ADHD

SLEEP HORMONES – MELATONIN (Responsd to Sunrise and Sunset)



THE HAPPY HORMONES

The happy hormones, mainly Serotonin, Melatonin, Endorphins, Dopamine and Oxytocins, are secreted by the pineal gland and pituitary gland deep inside the brain. The pineal gland is a pea sized gland that is photo sensitive and responds to nature – sunrise and sunset.



Serotonin – Will-Power or Happy Hormones

Serotonin is a neurotransmitter released by neurons in the brain. It's made from the amino acid tryptophan, which is a component of protein and which humans eating a normal diet consume in significant amounts. High levels of tryptophan in the blood signal the brain to make serotonin, which has many beneficial consequences on mood and affect, including promoting happiness, relaxation and the ability to get a good night's sleep.

Serotonin is sometimes thought of as a "happy" neurotransmitter. Where deficiencies in the molecule can lead to depression and fear, appropriate levels of serotonin secretion bathe neurons in the brain in chemicals that help promote feelings of comfort, contentment and well-being. In their book "Biochemistry", Drs. Reginald Garrett and Charles Grisham explain that the brain makes serotonin when it's signaled to do so. One signal is carbohydrate consumption, which explains why individuals may experience feelings of contentment or happiness upon eating a sugary or starchy snack. Serotonin is so important to happiness; in fact, patients with depression receive prescriptions to help the brain artificially increase serotonin levels, which relieves symptoms.

Melatonin – Sleep Hormones

Melatonin is a natural hormone made by your body's pineal gland. This is a pea-sized gland located just above the middle of the brain. During the day, the pineal is inactive. When the sun goes down and darkness occurs, the pineal is "turned on" by the SCN and begins to actively produce melatonin, which is released into the blood. Usually, this occurs around 9 pm. As a result, melatonin levels in the blood rise sharply and you begin to feel less alert. Sleep becomes more inviting. Melatonin levels in the blood stay elevated for about 12 hours - all through the night - before the light of a new day when they fall back to low daytime levels by about 7.30am. Daytime levels of melatonin are barely detectable

Dopamine – Reward Hormones

Dopamine is a molecule that our body produces naturally, and it's the substance that's behind our dreams and biggest secrets. Dopamine means lust, love, infidelity, motivation, attention, femininity, learning, and addiction. Dopamine is like a chemical messenger in the brain, which is technically known as a neurotransmitter and is responsible for sending signals from the central nervous system. It is what allows information to be passed from one neuron to another.

Dopamine's effects on the brain depend on a few different factors and is influenced by the other types of neurons that it's combined with. Scientists originally thought that this substance was related to real pleasure, the pleasure that we've experienced. However, it's recently been argued that dopamine is more related to anticipatory pleasure and motivation.

Dopamine is the central chemical in your brain that regulates how you perceive and experience pleasure. During pleasurable moments or situations, this neurotransmitter is released, which causes a person to seek out a desirable activity over and over again. Eating (especially foods with high levels of sugar) and having sexual intercourse are stimulants of dopamine being released in the brain. This is the reason why these activities are usually enjoyable and why people continuously engage in them.

Because dopamine is the chemical that promotes feelings of pleasure, it makes us look forward to enjoying life and various activities. Sometimes called "The Molecule of Happiness", dopamine tends to be the scientific explanation for why we can be happy or experience satisfaction. New research suggests that this chemical messenger may play a role in depression, along with the other neurotransmitters serotonin and norepinephrine.

Endorphins – Pain Relief Hormones

Endorphins are neurotransmitters, chemicals that pass along signals from one neuron to the next. Neurotransmitters play a key role in the function of the central nervous system and can either prompt or suppress the further signaling of nearby neurons.

Endorphins are produced as a response to certain stimuli, especially stress, fear or pain. They originate in various parts of your body -- the pituitary gland, your spinal cord and throughout other parts of your brain and nervous system -- and interact mainly with receptors in cells found in regions of the brain responsible for blocking pain and controlling emotion.

Until recently, much of what we've learned about endorphins has been gained from monitoring endorphins in the human bloodstream and in rats' brains. It wasn't possible to measure endorphin levels in the human brain without harming the subject, so the role of endorphins in the "runner's high" and other periods of euphoria or mood change were still hotly debated. However, new imaging methods allow researchers to study the ebb and flow of endorphins as they interact with human brain cells, verifying their role in the rush that exercise -- and other triggers -- sometimes prompts.

Oxytocin – Love Hormones

Oxytocin is a hormone produced by the hypothalamus and secreted by the pituitary gland. This important hormone plays a crucial role in the childbirth process and also helps with male reproduction. Understanding oxytocin will help you take better care of your health and lead you toward a better understanding of how your body functions.

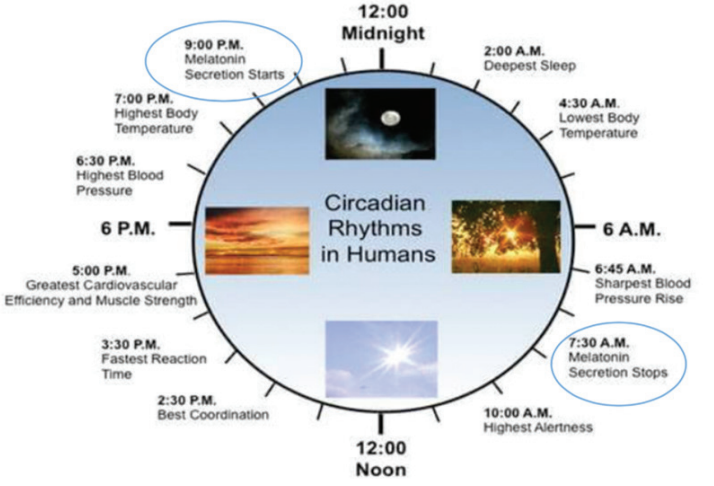
In women, oxytocin is responsible for signaling contractions of the womb during labor. The hormone stimulates the uterine muscles to contract, so labor begins. It also increases the production of prostaglandins, which move labor along and increases the contractions even more. Because of this effect, synthetic oxytocin (pitocin) is sometimes used to induce a woman to start labor if she cannot start naturally, or it can be given to make contractions stronger if a woman's labor is slowing. Once the baby is born, oxytocin promotes lactation by moving the milk into the breast. When the baby sucks at the mother's breast, oxytocin secretion causes the milk to release so the baby can feed. At the same time, oxytocin is released into the brain to stimulate further oxytocin production. Once the baby stops feeding, the production of the hormone stops until the next feeding.

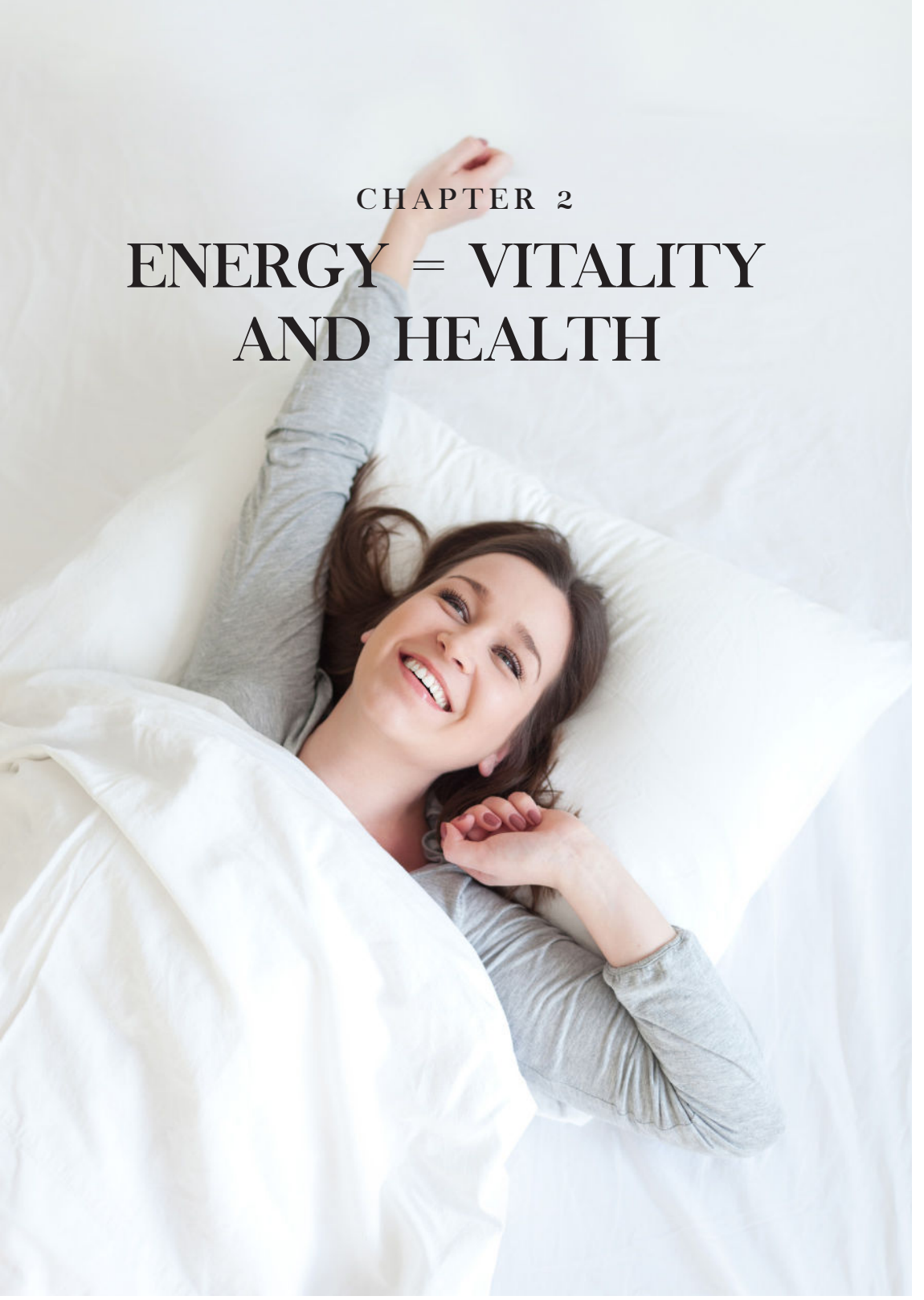
For men, oxytocin function is less important, but it does have a role to play in moving sperm. It also appears to affect the production of testosterone in the testes.

Studies of oxytocin have also found that it is an important chemical messenger that controls some human behaviors and social interaction. It is oxytocin that triggers the bond between a mother and an infant, and it may also play a role in recognition, sexual arousal, trust, and anxiety. Some research shows that the hormone may affect addiction and stress as well.

The Cicadian Rhythm

The circadian rhythm is a natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours. It can refer to any biological process that displays an endorgenous, entrainable oscillation of about 24 hours.





CHAPTER 2

ENERGY = VITALITY AND HEALTH

Disease is the result of lack of energy in functional systems of the Human Body

A human organism is made up of many trillions of living cells. Like the population of a state, every cell is a separate citizen, but can only survive in symbiosis with all the other members of the entity. This cell state can only function well when the majority of cells fulfil their tasks. For this, the cells need energy that, as previously described, is produced by a corporation of biochemical and bio-electrical processes and stored in the form of ATP in the cells.

ATP can, like energy stored in a battery, be used to fulfil a range of tasks in the organism when required. A large amount of the energy is used for the maintenance of the communication, transport, supply and disposal systems. The comparison with a state is apt, as a great part of the state's budget is also used for the same purposes. The cells also need support from the infrastructure of the entire cell state, especially when individual citizens are having problems, that is, when they have been injured or fatigued. Then the single cell in a tissue or organ is no longer able to fulfil its tasks. The entire organism supports the sick system and self-healing processes are initiated. There are a variety of such processes, as in a state, but they can all only be successful if the cell state can mobilise sufficient energy (in the case of the citizen state, this is symbolized by money.)

More than 5000 years ago, the Chinese recognized that illness is a sign of energy deficiency in the organism

It is not the disease that makes you feel tired and listless. It is the other way around. A lack of energy is the harbinger and the cause of every disease. The organism does not have enough energy to initiate its self-healing processes. A lack of energy can occur for many reasons, for example, lack of exercise, insufficient nutrition, pollutants in the air and food, acidity due to interference and risk factors such as too much stress, drugs and medication, as well as radiation caused by unnatural energy fields. Often, many of these causes can affect the body at the same time, but each individual cause is so important that we have devoted a separate paragraph to each. Less energy can be regenerated and stored with increasing age. The result of a chronic lack of energy is not only a progressively worsening disease but also weakened regenerative powers (healing) and a weakened defence system. The risk of contracting diseases is increased significantly.

Energy deficiency is often not recognized for many years

Pathological changes in energy can occur at all levels. The living organism (cell state) always tries to adapt to the external and internal conditions as much as possible. Therefore, for a long time, overall functionality can be maintained despite isolated internal disturbances. The body can activate many different balancing and regulating processes before a

particular system breaks down. We can illustrate this by using the example of the blood supply to the heart. After a heart attack, that is after the blockage of the coronary artery which supplies blood to the heart tissues, accompanying vessels can take over the supply of blood to the heart to a certain extent. The backup mechanism limits the damage to the functionality of the heart muscle. If a person does not listen to the warning signs, this slowly progressing, dangerous condition often goes unnoticed. Often, even a number of small heart attacks are not noticed.

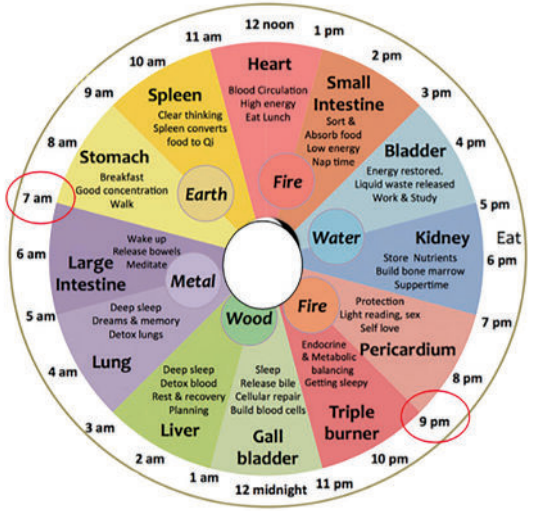
A dynamic, self-regulating system is the result of internal processes that balance energy between the different parts of the organism

According to traditional Chinese teachings, this balance of energy occurs continuously in a 24-hour rhythm along the body's meridians. Systems that are rich in energy always support the systems that have energy deficiency. Thus, through these processes, energy is always channeled to the system that is most active during certain times. The organism constantly function at an optimal level.

Each of the 12 symmetrical meridians, which represent energy exchange systems, include functional systems such as lung, large intestines, stomach, spleen-pancreas, heart, small intestines, bladder, kidneys, pericardium (blood circulation), triple energizer, gallbladder and liver.

Understanding that every organ has a repair/maintenance schedule to keep on a daily basis offers you the opportunity to learn how to treat yourself for improved health and well-being. It also allows you to identify exactly which organ system or emotion needs strengthening/resolving. Always use your symptoms and body cues as a guide, and if you make a connection above, such as that you get sleepy between 5-7pm, don't hesitate to research on what you can do to strengthen that meridian (which would be the kidneys). A great solution to deficient kidneys is having a sweet potato for breakfast!

Make sure to look at the emotional aspect too. If you're sleepy during kidney time, do you have any fears holding you back from reaching your true potential? Are you afraid of rejection? Failure? Addressing this emotion will strengthen the organ and improve your physical health forever.



Science and high tech gradually find proof and confirmation for the principles of Chinese Medicine

Western Scientific Medicine has for a long time shunned Chinese Medicine. The Medical Associations of many countries did forbid their doctors to practice acupuncture, which was placed into the same category as witchcraft. Sometimes, spectacular positive results were attributed to the placebo effect. The existence and nature of Meridians was not scientifically explained and science tends to believe, that anything that cannot be explained does not exist. However, in the 1950's, several teams of scientists found, independently to each other but at the same time, a surprising effect. These scientists were Dr R. Voll of Germany, J.P. Niboyet in France, J.Nakatani in Japan and A.K. Podschibjanin / W.G. Wogralik in Russia.

All and any of the Chinese acupuncture points have different electro-dermal activity than the surrounding body surface

What this means in simple words is: acupuncture points have clearly differing electric properties to the skin just millimetres away. For the first time, a scientific distinguishable and recordable proof was established for the existence of acupuncture points. This did not yet make much impression on Western Scientific Medicine, since the nature and scientific explanation of Meridians was not yet confirmed.

In the 1960's and 1970's, several teams of scientists established, with limited funds, that the electric resistance of these acupuncture points is related to the health conditions of people. From this, the electro puncture points is related to health conditions of people. From this,

the Electro puncture (meaning electric acupuncture) Therapy and the Electro puncture Diagnostic according to Dr Voll (German scientist) were developed. Both are based on the principle that HYPERFUNCTION (activation) of an organ or system reduces the electric resistance of the skin of a related acupuncture point and HYPOFUNCTION (sedation, fatigue, degeneration) increases the electric resistance of the same points.

These scientific discoveries provided proof for the theories of Chinese Medicine. The nature and existence of Meridians was, however, still not sufficiently confirmed.

What is the nature of Meridians?

The Russians have, of course, tried to determine the exact nature of the Meridians. A scientific paper of Dr. Sagrjadski explains Meridians as an accumulation of small vessels. Capillary and other vegetative systems which influence somatic Mechanoreceptors and free nerve endings. Meridians and how they work had at that time not been fully researched, but there was no doubt at all that they existed. They seemed to be the remains of an evolutionary (phylogenetic) very ancient communication and support system, which existed well before the brain and the nerve system of an organism started to control most of the body's functions. The individual organs of the organism are using the Meridian system to stay in touch with each other and with the outside world. It is reasonable to believe that in our complex and highly organized organism, an important organ such as the digestive system would maintain some form of direct communication and support with other important organs, on which it dependents for functioning.

Medec has learned from the experiences of Dr. Voll and Dr. Sagrjadski, and has returned to the principles of Chinese Medicine.

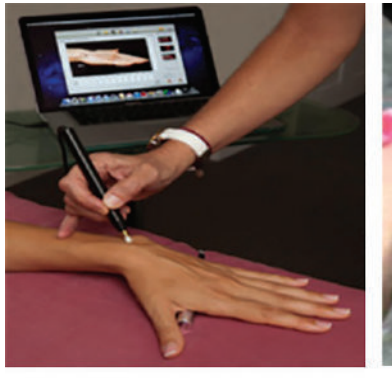
In 2000 the Australian company Medec started a research and development project that combines the experiences of electro-acupuncture and Traditional Chinese Medicine. Medec enlisted the services of Dr. Roland Heber, a German trained medical doctor, who is also a Master of Chinese Medicine to develop a holistic approach to early diagnosis and intervention – called the Medec Biograph. The Biograph shows the energy deficiency of people in a number of diagrams.

The Acugraph energy analysis enables a doctor, therapist or health centre via a computer database to:

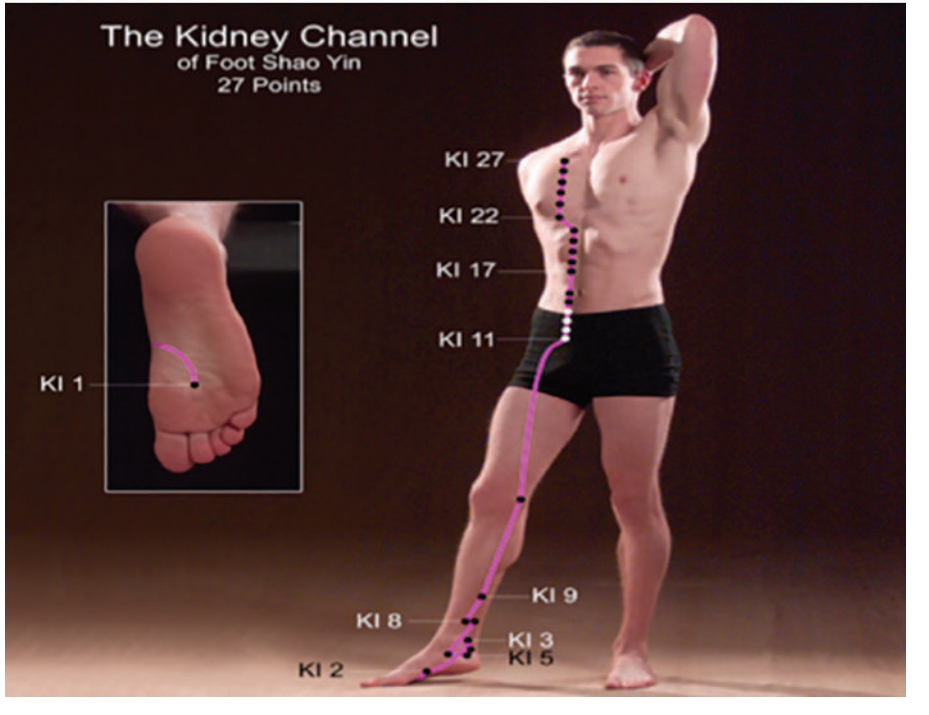
- Long term monitoring of the energetic disturbances of a person
- Early diagnostic of energetic disturbances of a person that can lead to functional problems and disease.
- Recommendation of holistic preventative methods to maintain health.
- An ongoing control of intervention and the success of a therapy.

Currently, Energia is using Acugraph energy analysis as a diagnostic tool to measure the energy level of the 12 meridian points from 10 fingers and 10 toes.

The Acugraph energy analysis is simple and easy to carry out, and gives a result that is equal or better than any other systems presently available to doctors and therapists.

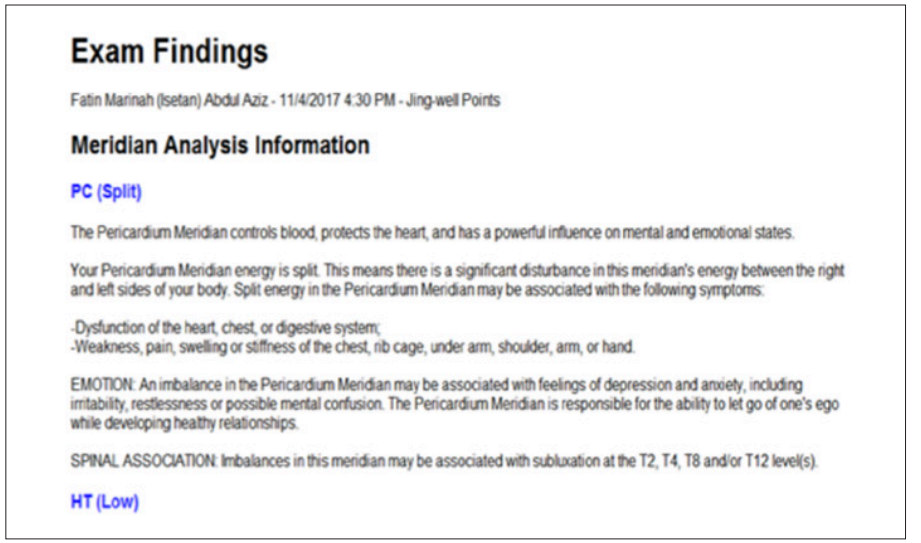






The Acugraph energy analysis impresses by its ease of use and by clear graphical diagnostic information. A measurement only takes 5 to 10 minutes. The measurements are reproducible. Several measurements can be done on a single patient within a day. Using a measuring pen, the therapist or nurse measures the endpoints on all fingers and toes. A number of graphs show the energetic makeup and relationship of various meridians to each other.

The diagram compares the energy levels of two measurements. This can be within minutes before and after a therapy, or with years in between. This diagram allows an effective therapy control.



Exam Findings

Fatin Marinah (Isetan) Abdul Aziz - 11/4/2017 4:30 PM - Jing-well Points

Meridian Analysis Information

PC (Split)

The Pericardium Meridian controls blood, protects the heart, and has a powerful influence on mental and emotional states.

Your Pericardium Meridian energy is split. This means there is a significant disturbance in this meridian's energy between the right and left sides of your body. Split energy in the Pericardium Meridian may be associated with the following symptoms:

-Dysfunction of the heart, chest, or digestive system;
-Weakness, pain, swelling or stiffness of the chest, rib cage, under arm, shoulder, arm, or hand.

EMOTION: An imbalance in the Pericardium Meridian may be associated with feelings of depression and anxiety, including irritability, restlessness or possible mental confusion. The Pericardium Meridian is responsible for the ability to let go of one's ego while developing healthy relationships.

SPINAL ASSOCIATION: Imbalances in this meridian may be associated with subluxation at the T2, T4, T8 and/or T12 level(s).

HT (Low)

Finally a full scientific explanation of the nature of Meridians is found

Many electric currents are continuously flowing in the human body. They can be bound to conductive circuits (nerves) or can be freely flowing in the body, as can be seen by the ELECTROCARDIOGRAM (ECG).

The movement apparatus consisting of skeleton and muscles, which is the largest part of the body mass, is bad conductor. Muscles are covered by Fascines, wrapped like a Faraday's cage and are therefore void from the free flowing currents. The basic body substance such as the connective tissue (Mesenchym) is, however, a very good conductor.

Thus, the intra-muscular Interstice offers only a small electrical resistance, which leads to the fact that it represents conductive circuits, because electric currents select the way of the lowest resistance. In an anatomical view, the meridians (spaces in between muscles) can be imagined like Canyons or Fjords. The meridians are, thus, not lines, but the surface projections of deeper body structures.

Western Scientific Medicine did not assign any special functions or importance to this "filling fabric" of the body. It is an omnipotent fabric, responsible for a multiplicity of supply – organization and derivative functions. In addition, it contains many different cell types. In widening parts of the columns, they are present in particularly large varieties. Close to the surface of the skin, these structures include an accumulation of small blood vessels and nerve endings. The Chinese call these places Acupuncture points, which translates into English as wells – and in fact, they contain more lymphatic fluids than the surrounding environment.

The anatomical accumulation of a variety of cells causes increased reactions, a readiness to trigger, which is able to be registered as locally decreased skin resistance (the crucial factor is, however, not the skin surface, but the hypodermis).

Any energy flow (electric currents) carries information, without which the body cannot exist. Since electric currents are directional, the meridians exhibit a directional quality; with raised arms the electric currents flows upward in "Yang meridians" and downwards in Yin meridians."

To ensure electric currents flow without congestion, the beginnings and termination points of the meridians must be elastically linked. In these termination ranges (i.e. around the nails), little connective tissue is present. The linkages are, therefore, made by Spinal nerves that are also terminated and connected in these areas. Meridians endpoints can, thus, also be seen as nerve termination points.

On the basis of these electrical – Chinese – Ions characteristics, the body has created an organizational structure, which functions holographically. It contains control functions of the heart and blood circulation (ECG), of the brain – (EEG), the muscles and movement apparatus (EMG) and spinal nerves – the nervous system (ENG). The Meridian Diagnostic system, therefore, includes a number of different diagnostic systems.

The number of interconnected areas opened in between muscle columns is larger than the 12 meridians (there are 20 fingers and toes) with 361 points. Therefore, there are

further Meridian systems: Governor vessel, conception vessels and special meridians, altogether there are over 1,400 further points.

In many places, the meridians lie close to the skin surface and form sensors (acupuncture points) there. In this way, internal systems are in close contact with the environment. These sensor points, which are 3 to 5mm in diameter, are called acupuncture points. The energy exchange and circulation system only fails when the organism suffers from a substantial overall energy deficit or when there are so-called energy blockages. In such cases, the isolated, energy-deficient system is not or insufficiently supported. A permanent energy deficiency manifests itself as a slowing down, even stopping, of the function of the affected organ system. Eventually, we recognize this as a disease.

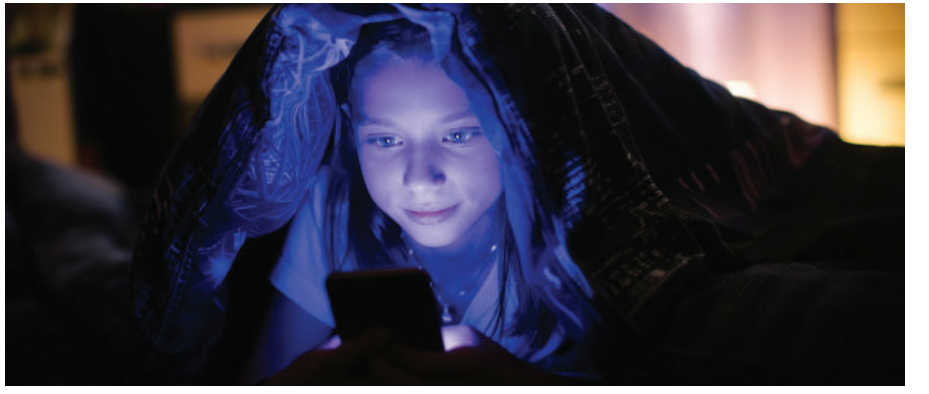
Yin and Yang – the five elements

According to the teachings of Chinese acupuncture, the meridians are subject to the rules of Yin and Yang and the five elements. In Chinese medicine, Yin and Yang represent the two opposing basic forces of the universe, which show themselves in all natural phenomena and also in the human organism. Yin represents the night, the water and the valley. Yang stands for the sun, the day, the fire and the mountain.

The five elements, wood, fire, earth, metal and water, are shown as responsible for the formation and expending of energy in a continuous cycle. The life energy "Qi" is created, according to these rules, within the organism and flows through these meridians, driven by the biological clock in a similar way to the tides. The amount of energy in each meridian varies – there are times of minimum energy and times of maximum energy. These rhythms are the reason that some complaints always recur at the same time of day. The organism continually tries to establish an equal distribution of energy and thus reach an energetic balance. This is the balance of Yin and Yang, right and left, top and bottom. Furthermore, each meridian connects to another as a pair and there is an internal energy exchange between the paired meridians. Sets of four meridians are connected to an energy circuit, so the 12 meridians are connected into three energy circuits. The meridians run through the inner body, but in many places, they come very close to the skin's surface, up to 2-3mm. These acupuncture points are points of exchange between the meridians and the outer environment.

Calcification of Pineal Gland that disrupt natural sleep cycle

Harmful blue light



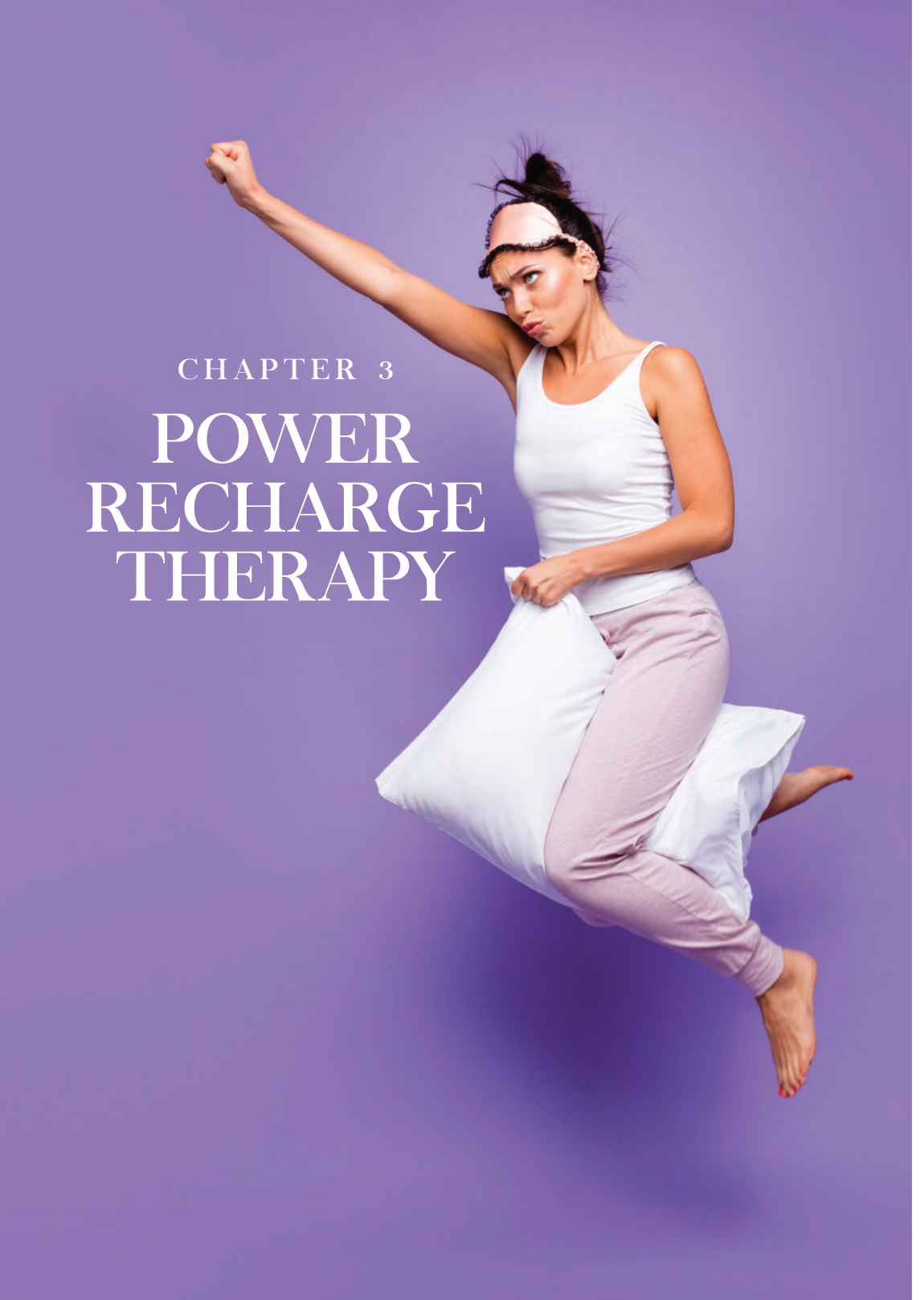
- Disrupts Melatonin; ruin sleep
- Sleep disruption causes low energy, poor memory and depression
- Reduces cognitive capacity and ability to focus
- Causes headache, memory loss, irritability, fatigue or depression
- Reduces blinking rate causing digital eye strain, dry and tired eyes

Harmful Flouride and Chlorine





- Disrupts Melatonin; ruin sleep
- The pineal gland absorbs more fluoride and chlorine than any other soft tissue in the body
- Impairs IQ, impairs memory, alter neuro-behavioural function
- Impairs bone strength, impairs thyroid function, impairs cell growth



CHAPTER 3

POWER RECHARGE THERAPY

Power Recharge Therapy, the whole body battery charger

You can think of Power Recharge Therapy as a "whole body battery recharger". By using a Power Recharge Therapy just 2 times a day for 20 minutes, you recharge your 100 trillion cells, improving ATP production, increasing oxygenation, enhancing circulation, promoting hydration, facilitating detoxification, and gaining a better overall absorption of nutrients. It's like putting little "tiny jumper cables" on all your cells and "jump-starting" them back to health.

Power Recharge Therapy is a natural remedy

Nature is far superior to doctors in the recognition and healing of diseases. Doctors may administer the therapy, but in the end, it is always nature that does the healing. Nature has acquired this ability in the course of the evolution of life in the battle for survival.

Naturopathy tries to activate the natural energies of the organism to heal it. Even tiny amounts of substances can have great effects, as the successes of homeopathy demonstrate. Through the administration of magnetic forces, the capacity of the organism to heal itself is activated or strengthened by the conveyance of very little energy. Modern medical technology calls such methods "minimal energy techniques".

The natural pulsating magnetic energies penetrate throughout your entire body. One of the benefits of Power Recharge Therapy is that the magnetic fields effortlessly pass through all your tissues and cells for deep healing, giving your body more energy and vitality.

Our fast-paced lives are becoming ever more demanding and complicated. For many, it is only a matter of time before the signs of fatigue, pressure and stress begin to take their toll. Prescription and illicit drug use for depression, anxiety and insomnia are at an all-time high. At Energia, we have an innovative and powerful alternative: the Light & Sound Therapy.



The integrated Light & Sound Relaxation Therapy, can best be described as a "spa for your brain." It works seamlessly with Power Recharge therapy to melt away stress, improve oxygen circulation to your brain, and deepen your ability to enjoy relaxation, restorative sleep and to naturally improve emotional balance without drugs or side effects. Used regularly in conjunction with the Power Recharge Therapy, the Light & Sound Therapy is the perfect antidote for a modern culture that incessantly bombards us with more and more, faster and faster pace.

While every cell of your body enjoys the oasis of rejuvenation provided by the Power Recharge Therapy, the Light & Sound Therapy simultaneously bathes your brain with the rest and renewal it needs to return to balance and equilibrium. Mental focus, clarity and productivity improve. Irritability gives way to a sense of well-being.

The Light & Sound Therapy uses LED-goggles and headphones, integrated with the Power Recharge Therapy, to provide you with specially designed and anticipated wellness brain waves, which vibrates within the natural frequency range of the brain.

Masterful German engineering makes it just that easy to achieve the balance and renewal you need to thrive with optimal health.

I've seen Power Recharge Therapy help so many people with so many different conditions. In fact, I can almost guarantee it can help anyone to improve their quality of health. Of course, I cannot make any claims for treating or curing any disease, but when you see not just one, not just a dozen, but hundreds of people benefit in such profound ways, you begin to speak with passion and confidence. I'm speaking of the hundreds of people that I have personally worked with.

Just to be clear, Power Recharge Therapy or any energy medicine device for that matter does not heal or cure disease. What it's really doing is jumpstarting our body's own natural healing process. The body is self-healing, self-regulating and self-regenerating. It has the natural ability to heal when given the proper energy and elements needed for sustaining life.

Light & Sound Therapy helps with hormonal balance

Light & Sound Therapy helps stimulate both the Pineal Gland and Pituitary Gland to secrete happy hormones from within. When I first got a Power Recharge Therapy mat back in 2010, I noticed I got to sleep easily and slept deeply. That was a point in my life where I was having problems sleeping. Since I have been using Power Recharge Therapy daily, I have no more problems sleeping soundly every night.

I've heard directly from hundreds of users that better sleep is one of the first things they notice, AND it was one of the most important factors to their healing and recovery. I've heard many stories of people with serious health issues who had terrible insomnia. They felt tired, sick, depressed, day in and day out. After JUST ONE NIGHT of sleeping deeply, they would call me telling me how they felt like a new person!

Pulsating magnetic fields (especially the Schumann and geomagnetic frequency) stimulate the production of Melatonin in the pineal gland. Melatonin is one of the most important hormones for sleep and anti-aging. It is a powerful antioxidant that has been research proven to be able to protect the body from cancer. Power Recharge Therapy also helps with the production of HGH (Human Growth Hormone) in the pituitary gland. HGH is another vitally important hormone for sleep, rejuvenation and longevity.

It's important to emphasize that the body HEALS, REPAIRS and REGENERATES itself during deep sleep. During deep sleep your body creates new cells. You need at least 6-7 hours of sleep per night, ideally around 8. HGH and Melatonin are produced during deep sleep and both of these hormones are known for their anti-aging properties. Power Recharge Therapy promotes deep sleep, thus recharging your body and giving you more energy during the day. Which leads us to the next benefit of Power Recharge Therapy, MORE ENERGY!

After pain relief, the most positive feedback we receive from people is better sleep and relaxation. According to an article published in The Straits Time in January 2017, Singaporeans are known to be overachievers, but they lag behind when it comes to sleep. Four in 10 people, or 44 per cent, lack sleep on weekdays, according to a study by SingHealth Polyclinics. They had less than seven hours of rest a night. Meanwhile, 26 per cent failed to clock enough sleep on weekends. Even healthy people can have intermittent nights of restlessness and lack of deep sleep.

If you use a Power Recharge Therapy mat with a proper biorhythm clock, it will have a nighttime setting with theta-delta frequencies that help induce the brain with the commonly known frequencies for sleep and deep relaxation (delta and theta frequencies are around .5-7 Hz). These pulsating magnetic frequencies at the lower theta and delta frequencies directly and tangibly assist the mind and body to have a deep and rejuvenating night's rest.

CHAPTER 4

ALTERNATIVE REMEDIES TO A GOOD NIGHT SLEEP



Remedy 1 – Your Bedroom Is For Sleeping

Do not watch TV in your bedroom or treat it like a home office. There are many people who sit on their beds and work on their laptops. They then wonder why they can't sleep. Do not clutter your bedroom.



Keep your bedroom cool. You will sleep faster and better in cool surroundings. Your body temperature needs to drop a little so that you start feeling sleepy. One good technique to employ will be to take a hot or warm shower before bed. This will raise your body temperature but once you step out of the shower, your body will start to cool down and this will be a cue for your body to become sleepy. By the time you sleep, you'll neither feel hot nor cold. This would be a good ritual to follow every night.

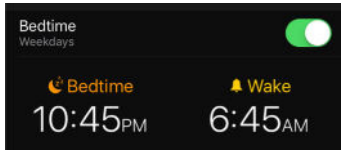
You'll get the best quality sleep in a dark room. Use thick curtains to shut out any light that may come in. Street lights, light from the neighbor's house, etc. can affect your sleep if they enter your bedroom. Your body needs to be in darkness to release melatonin which is a sleep inducing hormone.

Make sure there are no electrical appliances in your room that give off light. This applies to your mobile phones, tablets, laptops, etc. You want to aim for complete darkness so that your sleep quality is good.

Technology has made more people suffer from sleep issues than any other causes. Studies show that watching TV, looking at your computer screen or your mobile phone screen

before bedtime has an adverse effect on your sleep patterns. The light emitted from these screens not only stimulate your mind but will also suppress your melatonin levels. This is detrimental because you'll have shorter random eye movement sleep (REM) and wake up feeling tired instead of rested.

Only go to your bedroom when you need to sleep. Your mind will associate your bedroom with sleep and will automatically start to unwind and get ready for bed when you step into it.



Remedy 2 – Have a Fixed Sleep Schedule

If the last time you had a bedtime was aged 6, it's time to get back to it. There is a reason why we send children to bed at a certain time and as an adult, it's just as important to avoid erratic sleep because it can throw you off balance. Try to follow a regular sleep and wake routine (as much as possible) and see if you experience a great night's sleep. Weekends are usually the downfall to routines so try to be as consistent as possible.

If you're getting an average of 8 hours every night consistently during the week, you should feel less inclined to throw the alarm clock out of the window on Saturday morning. The best way to set your new schedule in motion is by making small 15-minute adjustments until you reach your proposed bedtime and wake-up time. One of the biggest mistakes to make is to sleep at a different time each day. The best way to get a good night's sleep will be to sleep at the same time daily. This will set up a kind of pattern or ritual that your body adapts to.



By sleeping at the same time daily, it will become a habit and you will notice that with time, you start feeling sleepy and begin yawning as bedtime approaches. This is a good sleeping pattern.

If you're staying up at odd hours daily and trying to burn the candle at both ends, the times you go to sleep will be irregular and your body will not associate any particular time as being a good time to go to bed. Avoid this problem.

Remedy 3 – Morning Sungazing (15 to 30min per day)



Benefits of Sun Gazing (15 to 30 min a day)

➢ Helps decalcify the Pineal Gland
➢ Increase production of Serotonin and Melatonin
➢ Increase intuition
➢ Increase eye sight and vision
➢ More energy and vitality
➢ Increase sex drive and stamina
➢ Raise consciousness and awareness
➢ Improve overall health, longevity and spiritual well-being

- Get at least a 1 hour of natural sunlight a day and get outside (even if it is cloudy, the sun's energy still gets through).
- Use only FULL spectrum incandescent lighting in your house. Avoid fluorescent and compact fluorescent lights at all cost!

Remedy 4 – Food and Nutrition

You can easily enhance sleep quality through eliminating trigger foods around bedtime. Being aware of trigger foods can help you sleep better and promote healthy habits. We've rounded up a list of food and drinks you need to be wary of near your bedtime if you want a night of sound sleep.

Caffeinated Beverages

One of the worst foods to ingest around bedtime is caffeine-rich food and drinks. The role of caffeine (found in coffee, tea) is to make a drowsy soul active and attentive. It is a stimulant that promotes alertness. Some studies also show that caffeine delays and shortens the sleeping time of individuals.





Spicy Food

Spicy food before bedtime can cause indigestion which makes it difficult to sleep well. It is speculated that this may be due to capsaicin, an active ingredient in chili peppers, affecting sleep via changes in body temperature. The ingredient capsaicin worsens the symptoms of acid reflux.

Sugar-Rich Food

When you eat a lot of sugar right before bed, your blood sugar climbs high and then falls rapidly as your body releases hormones to bring the levels under control. This swing in hormones and blood sugar levels impairs sleep. The other reason to avoid starchy or sugary food is it gives you immense energy in a very short period making the body highly active.





Fatty Food

If the last meal of your day is high in saturated fat, it can diminish the quality of your sleep and of course, make you gain weight. High-fat foods take much longer to digest causing bloating and indigestion that significantly interferes with sleep. This leads to more fragmented sleep, so you wake up the next morning without feeling refreshed.

Alcohol

Alcohol disrupts the circadian rhythm of the body negatively. This is the reason you wake up in the middle of your sleep. Alcohol also makes you dehydrated and often thirsty in the middle of the night with frequent washroom trips.



Abstaining from consuming these foods at night can significantly improve your sleep quality and time, making you feel refreshed the next day to hit your day and goals with a positive mind.

Cherries

Tart cherries are a fantastic bedtime snack because they help your body produce more melatonin, the hormone that controls your circadian rhythm (source). More melatonin in your system helps you fall asleep faster.



You can eat tart cherries plain throughout the day, or have a cup of unsweetened cherry juice before you head to bed.

Walnuts

Like cherries, walnuts contain melatonin, but they are also high in tryptophan, an amino acid that helps you to fall asleep (source). Keep in mind though, that tryptophan works even better to help you fall asleep when it is combined with carbohydrates.



Besides tryptophan, walnuts are also packed with omega-3s and antioxidants, which makes them overall a healthy food. Try eating a handful of walnuts before bedtime. They are also great when added to a bowl of yogurt. Which leads us to our next food...

Almonds

Almonds are a good source of magnesium, which promotes both sleep and muscle relaxation. Almonds supply enough protein to help stabilize your blood sugar level while sleeping. They also help your body switch from your alert adrenaline cycle to your rest-and-digest cycle. Eat just a handful of dry roasted almonds or a tablespoon of almond butter at least one hour before going to bed to fall asleep faster.

Milk and Yogurt

Turns out that warm milk can help you fall asleep at night (source)! Dairy products contain both protein and tryptophan, which help you to sleep better.



Try Greek yogurt with walnuts and tart cherries (you'll get the benefits of all of the top sleep foods!). To help reduce sugar intake, look for unsweetened yogurt. If you can't resist a little bit of sweetness, you can drizzle honey over the top. Eat 30 minutes before bed.

For those who can't tolerate dairy, almond-based products are a great alternative, as almonds are also very high in tryptophan. So give almond milk, or almond yogurt, a try!

Bananas

Bananas are perfect superfruits that are packed with potassium and magnesium, which have a relaxing and calming effect on your body. This calming effect will help you to doze off at night. In fact, magnesium deficiencies are related to restless leg syndrome and nighttime muscle cramps, two conditions that can certainly interfere with your sleep. Make it a goal to eat one banana a day to see if that helps your sleep problems.



Try mixing up a smoothie with bananas! It gives a sweet flavor to a smoothie, and adds a smooth consistency.



Honey

Raw honey is a good food to eat before bed due to the fact that it contains a high amounts of carbs. Remember, high carb foods combined with tryptophan = bed time! So when eating honey before bed, make sure to eat foods high in tryptophan, (source).

Organic honey is a true miracle food to eat directly before you go to sleep. A spoonful before bed or mixed with chamomile tea could give you a more restful sleep.

Lettuce

A salad with dinner could speed up your bedtime since lettuce contains lactucarium, which has sedative properties and affects the brain similarly to opium. You can also try this brew: Simmer three to four large lettuce leaves in a cup of water for 15 minutes. Remove from heat, add two sprigs of mint, and sip just before you go to bed.





Kiwi

Kiwi is high in serotonin, a neurotransmitter that plays a key role in your circadian rhythm, and has been shown to help you fall asleep more quickly (source). It's also high in antioxidants and potassium and is considered a superfood. Studies show that 2 kiwis eaten an hour before bed is the optimal amount.

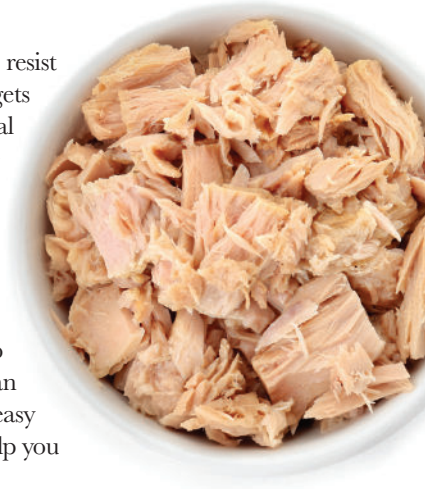


Pistachios

Pistachios contain melatonin (source), the hormone that controls your circadian rhythm, as well as omega-3s, both of which promote a good night's sleep. Make sure to eat some pistachios before bed or throughout the day!

Fish

Whenever my mommy makes fish for lunch, I couldn't resist sleeping in the afternoon! The afternoon nap certainly gets longer than usual. Fish are rich in tryptophan, a natural sedative, with shrimp, cod, tuna, and halibut having the highest levels, even more than turkey. Most seafood, especially tuna, is high in vitamin B6, which your body needs to make melatonin and serotonin.



Tuna, and other fish such as salmon and halibut, are high in omega-3s, which can help you sleep better (source). Go for sustainably wild caught fish if at all possible. You can eat tuna for dinner, or have it as a snack before bed. An easy snack idea is to eat canned tuna with crackers, this can help you fall asleep!

Whole grains

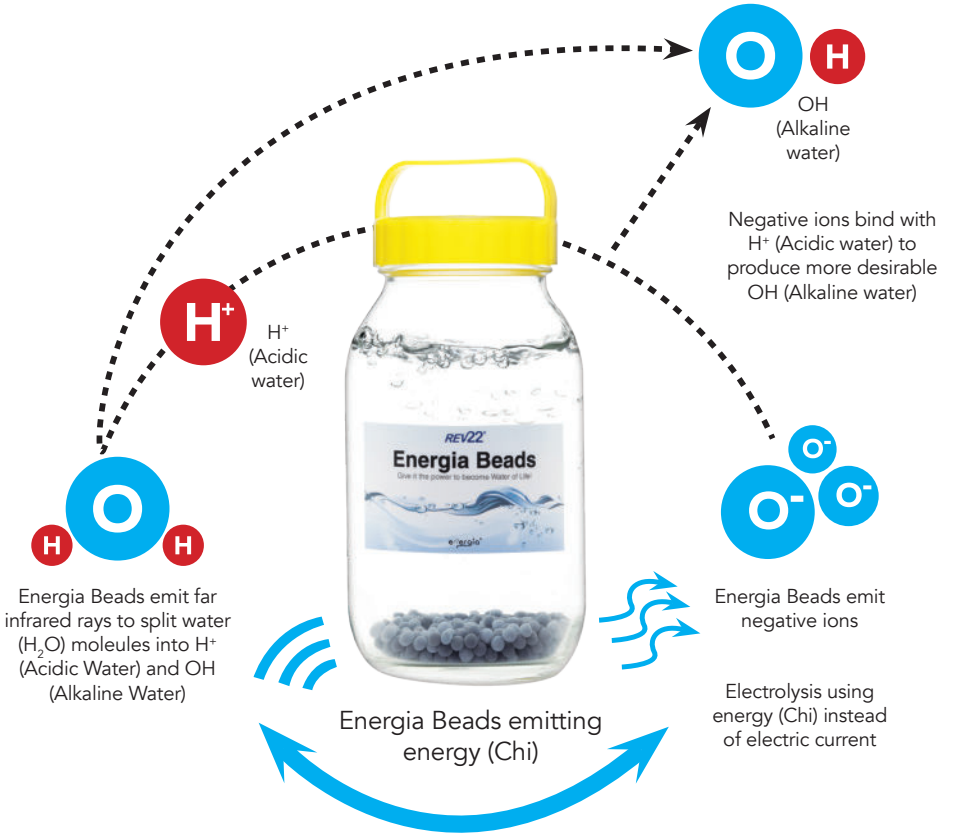
Eating carb-filled foods like whole-grain bread, rice, and cereal can make you sleepy by causing a quick blood sugar spike (source). This can be the perfect thing to help you fall asleep. However, if you have issues with waking up in the middle of the night, you may want to steer clear of this solution. Waking up in the middle of the night is often the result of your blood sugar dropping after the initial spike.



Remedy 5 – Naturally Alkaline Water

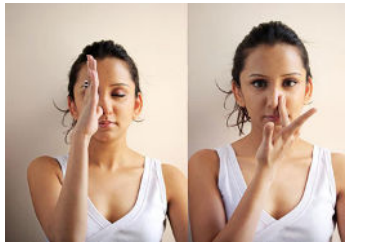
Invest in a good water filter to filter off the chlorine and heavy metal that comes down the pipe. Fill the filtered water into Energia beads to convert the water into naturally alkaline and energy water at very stable pH of 8 to 8.5. Naturally alkaline water is like water from longevity village in Okinawa or miracle water from Lourdes!!

Invest in a good shower filter. Most health food stores now carry decent shower filters, but do some research. This is a must!



Remedy 6 – Deep breathing exercise and Meditation

One of the best techniques to sleeping quickly is to breathe deeply. Many people find this to be a very effective method. The breathing technique is simple enough to learn and master.



All you need to do is inhale deeply for 5 seconds. Now hold your breath for a count of 3 seconds and then exhale slowly for a count of 5 seconds. Aim to do this 10 to 15 times.

It's so effective that many people doze off before they even complete 15 repetitions. This technique works so well because it relaxes your body and lowers your heart rate. Your body is put in a state that makes it crave sleep. You should definitely try out this remedy.

Meditation is good for you!

Scientists say so, psychologists and doctors say so, your neighbor says so and media agrees. Very well, but why is meditation good for you? How does it help? First of all, there are many kinds of meditation and they may potentially have different benefits. Many people focus on the physical benefits— improved sleep patterns, a better immune system, more ability to focus, less stress, higher pain tolerance, for example—while others may be more interested in psychological benefits, such as increased empathy, patience, focus, and so on. Another benefit that inspires people to meditate can be spiritual: the space to go deeper into their faith, a greater sense of connection and an opportunity to explore the non-material are just a few facets of the spiritual dimension.



The reason why you should meditate is very much connected to what you're interested in developing. Once you've established a regular meditation practice, you may discover that meditation is benefiting you in ways that you hadn't even imagined.

Remedy 7 - Exercise

Exercise is one of the best natural remedies for sleep. The harder your training regimen is, the better you will sleep. If you spoke to any soldier in boot camp and asked them what the one thing they can't get enough of is, almost all of them will invariably say sleep.

- Walk at least 30 minutes a day
- Do cardiovascular training if possible 3-5x/week
- Do strength training if possible 3-5x/week
- Yoga, Qigong, Tai chi, Dancing, Gymnasium, Workout, Trampoline, etc
- Swimming
- Cycling or roller blading

Exercise is one of the best natural remedies for sleep. The harder your training regimen is, the better you will sleep. If you spoke to any soldier in boot camp and asked them what the one thing they can't get enough of is, almost all of them will invariably say sleep.



The reason for this is that physical exertion tires the body. Your body will then need rest to recover from all the exercise. It does this best by sleeping. You may have noticed that when you spend a day swimming at the beach and running about in the sun, by nightfall you can't wait to hit the sack. Now you know why.

As mentioned in the point above, exercise is great for sleep BUT you should not exercise for at least 4 hours prior to bedtime. If you exercise too close to your bedtime, you boost your metabolic rate and you're more awake due to the increased blood circulation.

Your heart is busy beating away and it takes a while for the body to calm down. It's best to work out early in the day so that by bedtime, you're exhausted and can't wait to doze off. Do not be too active before bed.

Remedy 8 – Essential oil



1. Lavender
Oh yes, this essential oil likely doesn't surprise you. Lavender is well-known for its relaxing and calming effects on the body. The reason I love this oil most is it's safe to use on all ages–babies through adults. In addition to supporting healthy sleep, this oil is also a great way to freshen up laundry and fragrance your home without harsh chemicals or synthetics.

2. Frankincense
This is my absolute favorite essential oil for our family. It's perfect for balancing emotions, supporting healthy sleep, calming your mind and supporting your body's natural response to healing. When my mind won't shut off at bedtime, this is the first oil I reach for. And to be honest, if I don't know what oil to use, I will usually try Frankincense essential oil first.

3. Cedarwood
This oil is insanely cost effective, and it works beautifully. It costs around four cents per drop–a steal in my opinion! Cedarwood essential oil supports healthy function of the pineal gland, which releases melatonin...the body's natural sleepy hormones. This oil has a unique woodsy scent. If you aren't keen on the smell, mix it with lavender and apply to the bottoms of feet. Then cover with socks and melt into bed.

4. Ylang ylang
Ylang ylang means "flower of flowers." Historically, the ylang ylang flower has been used to cover the beds of newlywed couples on their wedding night. That's because this powerful oil helps to balance male and female energies, supports focus and restores peace. This oil is a delight to diffuse 30 minutes before bedtime and throughout the night.

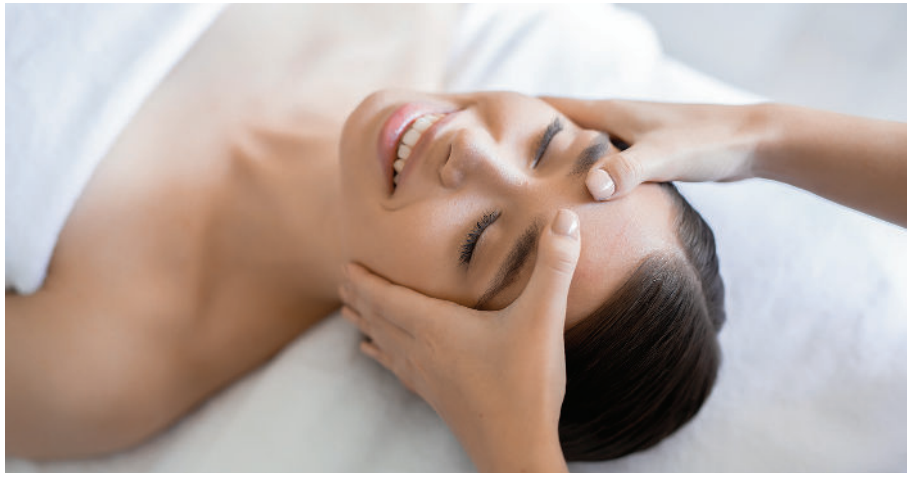
5. Marjoram
Marjoram essential oil is steam distilled from leaves and it's known as the "herb of happiness" to the Romans and "joy of the mountains" to the Greeks. This oil is extremely

soothing and relaxes the nerves. I love to apply 1-2 drops of this oil straight to the back of my neck below the hairline. I usually blend with a bit of coconut oil to smooth and apply it evenly.

6. Vetiver
Because vetiver essential oil is distilled from the roots of the plant, it smells very rich and earthy. This is another great oil to try for sleep because it is psychologically grounding, calming and stabilizing. It can take you awhile to get used to the smell, so if you are a vetiver newbie, you can try mixing it with a floral or citrus oil, such as lavender or bergamot.

7. Roman chamomile
For centuries, mothers have used this oil to calm children. This oil is perfect for restlessness and anxious feelings. I love using this oil because it's another one that is great for all ages. It has a light, floral scent and is wonderful for creating a peaceful atmosphere in your bedroom.

Remedy 9 – Touch therapy



In Touch Therapy, therapists place their hands on or near their patient's body with the intention to help or heal. In doing so, therapists believe that they are consciously directing or modulating an individual's energies by interacting with his or her energy field. The focus is on balancing the energies of the total person and stimulating the body's own natural healing ability rather than on the treatment of specific physical diseases.

Touch Therapy is based on the following assumptions:
➢ The human being is an open energy system composed of layers of energy that are in constant interaction with self, others, and the environment.
➢ Illness is an imbalance in an individual's energy field.
➢ Clearing or balancing the energy field promotes health.
➢ All humans have natural abilities to heal and enhance the healing in others.

Types of Touch Therapy:
➢ Deep tissue acupressure massage therapy
➢ Aromatherapy massage therapy
➢ Reflexology
➢ Chiropractor



Suana Ozone Bath
The use of a sauna should be an important part of any detoxification program. The sauna increases the eliminative, detoxifying and cleansing capacity of the skin by stimulation of the sweat glands and also promotes healthy skin tone and texture due to increased blood circulation. Using the steam sauna with ozone allows the steam to surround the body and ozone can be introduced through the skin. Humid heat opens the pores, which allows the ozone through the skin to the bloodstream, where it can travel to the fat and lymph tissue. It is very important to cleanse the lymph tissue of toxins and the ozone/steam sauna is the easiest and best way to accomplish this.

Artificially induced hyperthermia (rising body temperature results in the destruction of bacteria and viruses) combined with heavy sweating and a cleansing effect initiated by ozone will result in elimination of toxins accumulated mainly in the lymphatic system relieving the liver from the difficult task of dealing with them. Through the centuries, men and women have used steam to purify the skin, soothe sore muscles, boost circulation and to simply relax and enjoy deeper sleep quality. The combined action of moist heat and ozone cleanse the lymphatic system, which carries 90% of the body's fluids. Ozone brings oxygen to the tissues for enhanced health and vitality. The combination of steam and ozone is a natural, effective way to promote a refreshing

sense of well-being. We believe that an Ozone/Steam Sauna cabinet represents a pleasant and easy to follow form of body cleansing.

Benefits of ozone sauna:

➢ Relaxes and loosens muscles by reducing the buildup of lactic acid and increasing muscle flexibility.
➢ Oxidizes toxins so they can be eliminated through the skin, lungs, kidneys and colon.
➢ Boosts blood circulation, helping injured muscles to repair quicker.
➢ Stimulates vasodilatation of peripheral blood vessels relieving pain and speeding the healing process.
➢ Eliminates bacterial and viral infections of all kinds.
➢ Speeds up the metabolic processes of the inner organs and endocrine glands resulting in a loss of 200-450 calories in a 20 minute session and promotes deeper quality sleep at night.

Remedy 10 – Healthy Social Activity (Hobbies)



Think of the importance of social activities for children. They learn to interact with others, build friendships, and keep their brains and bodies healthy as they grow. For adults, social activities help to counterbalance the stress of work and lead to happy, fulfilling lives.

Maintain and build new relationships

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also:

• Increase your sense of belonging and purpose
• Boost your happiness and reduce your stress, sleep deeper at night
• Improve your self-confidence and self-worth
• Help you cope with traumas, such as divorce, serious illness, job loss or a loved one's death
• Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Acquire new skills

Socially engaging activities are a great way for people to learn new skills and sharpen existing talents. It can be studying a new language, painting, picking up Tai Chi, or taking exercise classes. There is much out there to discover. Social activities can be energetic and active like dancing, cycling, swimming or fishing, or they can be quiet and calming like table games, card games or solving puzzles. No matter the biological age, there is always an opportunity to learn something new. We can achieve any goal we set our minds to. Learning new skills can build confidence and help us take control of our lives.

Stimulate the mind

It's important to keep busy at any age. All social activities, such as signing up for a cooking class, taking up gardening or playing cards with friends, provide some degree of mental stimulation. Each activity keeps the brain and body actively engaged. Not only are social activities enjoyable, but they also keep our minds sharp and healthy.

Stay connected

People who do not make a conscious effort to stay socially active begin to withdraw from the world and suffer physical, mental, and emotional consequences due to a lack of social stimulation. Social activities help lend a sense of purpose, whether it's simply the routine of having a schedule and a place to be or the sense of accomplishment that comes from reaching a goal. Social activities help us stay involved and active in the community.

Improve health and well being

Friends also play a significant role in promoting your overall health. Adults with strong social support have a reduced risk of many significant health problems, including depression, insomnia, high blood pressure and an unhealthy body mass index (BMI). Studies have even found that older adults with a rich social life are likely to live longer than their peers with fewer connections.

Increase motivation
Remaining socially active can inspire us to do more and benefit from the enhanced motivation from success in learning a new skill or craft. With increased motivation, people will feel more inspired to experience new things and participate in more social activities, which will only further enhance their mental stimulation and self-confidence.

Remedy 11 – Pet therapy

Pets can enhance your mood
Whether you believe it or not, pets are a great way to improve your mood, sleep quality and temperament. Research has shown that people who suffer from various diseases have lesser chances of depression if they keep pets as compared to those who are suffering from similar diseases and don't keep pets.





A source of exercise
Want someone who will accompany you for walks? Dogs can be great companions and will happily go out for walks, at times even urging you for a walk, when you're too tired, thereby keeping you active and fit. Other activities related to pets like feeding, bathing, playing and cleaning are also good ways to exercise.

An antidote for loneliness
No matter how low or lonely you keep, a pet will always be there for you. Whether you want to pour your heart out to them or tell them your secrets, you know it's all safe with them! Pets give you unconditional love and are always faithful.

Reduce stress
Stressed out? Pets are known to reduce stress and anxiety levels. Experts say that people can get relieve from stress and depression, if they spend time with their pets.

Long life
Several studies have revealed that people who tend to spend their time with pets are more likely to live longer than people who don't.

Better social skills
Want to improve your social skills? It is said that people who keep pets are said to be good in their social relations. Kids who grow up with pets at home are always respectful towards living things.

ENERGIA TECHNOLOGY

energia®
energy flow . good blood flow



CHAPTER 5

Let Nao-technology and mother nature improve your blood flow and energy flow

Experience the subtle yet powerful therapeutic effects of "Sunrise" (Far infrared rays) and "waterfall" (Negative ions) embodied in the Energia products. These natural forces enhance the flow of "Chi" in your body, as you sleep in the comfort of your home. Energia products use Nano-technology to integrate 100% superior Tourmaline and other minerals into the fibre.





Far Infrared Rays

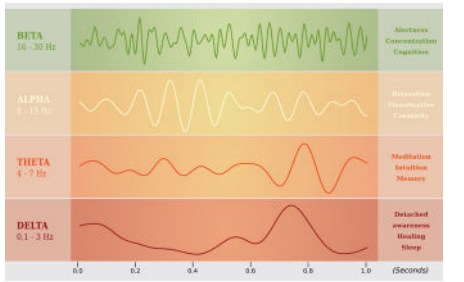
Good Energy Flow

- This natural sunrise energy restores body's "Chi"
- Improves the blood and energy flow
- Detoxification via urine, bowel and sweat
- Improves skin texture and immunity
- Reactivates "Biological clock" for better sleep, higher energy and clarity of mind
- Helps in brain development

Negative Ions

Good Blood Flow

- Found in nature around waterfalls, beaches, forests and in Energia
- Keeps the blood well-oxygenated and alkaline
- Oxygenates major organs
- Lowers drowsiness, improves alertness, mental and physical energy
- Helps in brain development



Alpha Waves (Second Stage of Sleep)

- Relax your body and mind
- Put you into the second stage of sleep in preparation for quality sleep

energia®
energy flow . good blood flow

Energia Products: Healing While Sleeping

"Therapy at the comfort of your home while sleeping"
Sleep Well, Wake Up Recharged and Free from Discomfort

ENERGIA THERAPEUTIC SLEEPING SYSTEM AND ENERGIA PILLOW



Mattress pad + Comforter + Pillow
Single, Super single, Queen and King sets

- Improve deep sleep, and wake up fully recharged with clarity of mind, by activating your "biological clock" to respond to sunrise and sunset by secreting Serotonin during the day and Melatonin during the night
- Naturally relieves stiff neck, shoulder pain, headache, migraine, backache or leg pain
- Natural detoxification
- Improve blood flow and energy flow from head to toe throughout the night
- Naturally boost up immune system and restore hormonal balance
- Energia Junior pillow helps in children's brain development

ENERGIA THERAPEUTIC NECK SUPPORT



Companion for travellers and deskbound workers

- Relax and enjoy restful sleep during your trip
- Improve blood flow and energy flow around the neck
- Reduce incidence of jet-lags
- Naturally relieves discomfort of neck and shoulder
- Enjoy clarity of mind, increase concentration and productivity
- Protect body from radiation while working on computer

ENERGIA THERAPEUTIC CORSET

Therapy around the waist

- Improves blood flow and energy flow of the major organs around the waist such as liver, kidneys, pancreas, bone marrow and reproductive organs
- Naturally improve bowel problems such as constipation and diarrhoea
- Improve digestion and metabolism
- Naturally relieves back and tummy discomfort



energia®
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ENERGIA THERAPEUTIC KNEE BRACES

Keep knees warm and free from discomfort



- Keep the knees warm
- Improve blood flow and energy flow around the knees
- Naturally relieves knee discomfort
- Strengthen knee muscles
- Improves knee flexibility

ENERGIA THERAPEUTIC SINGLET

Therapy around the chest and heart



- Keep chest warm
- Improve blood and energy flow around the chest
- Naturally relieve chest discomfort
- Strengthen lungs and heart
- Boost immune system

ENERGIA THERAPEUTIC GLOVES

Therapy at your fingertips



- Keep your hands warm
- Improve blood flow and energy flow around your hands
- Improve finger and nail health
- Naturally relieve joint discomfort
- Improves flexibility of finger joints

ENERGIA THERAPEUTIC EYE MASK

Your daily 8 hour eye rejuvenation



- Improve blood flow and energy flow around the eyes
- Improve sleep quality
- Naturally relieves eye discomfort
- Excellent to overcome jet-lag for frequent travelers
- Improve dark eye rings, eye bags and fine wrinkle

ENERGIA THERAPEUTIC HAT

Therapy around the head



- Keep head warm
- Improve hair and scalp health
- Naturally relieves discomfort of head
- Improve blood flow and energy flow around head

CHAPTER 5

energia®
energy flow . good blood flow

Energia Products: Healing While Sleeping



ENERGIA THERAPEUTIC SOCKS

Therapy on the go

- Improve blood flow and energy flow on your feet
- Keep feet warm
- Improves flexibility of ankle and toe joints
- Improve strength of feet
- Naturally relieves feet discomfort

ENERGIA THERAPEUTIC BEADS ***Water of life***

- Naturally converts drinking water into alkaline and energised water, pH 8.5
- Enhances detoxification and hydrates your body effectively; due to it's micro cluster property
- Spray on face as natural toner
- Spray on skin rashes to naturally relieve skin itch and rash
- Spray on cuts to hasten natural healing



ENERGIA THERAPEUTIC PET MAT

Healthy and happy pets

- Keep pet warm
- Improve blood flow and energy flow of pets
- Improve blood pH and quality of blood stream
- Boost immune system for optimal health
- Improve quality sleep during the night and energy during the day



CHAPTER 6

SUCCESS STORIES



THE ENERGIA SLEEPING SYSTEM HELPED ME OVERCOME MY OBSTRUCTIVE SLEEP APNEA AND IMPROVES MY SLEEP QUALITY



Mr Eric Quek

Financial Consultant Age 40+
Obstructive Sleep Apnea (OSA) since 2004

"Now I can wake up even before the alarm clock goes off, which has never happened in the past."

Diagnosed with OSA since 2004.

Had surgery for OSA in 2005.

Used CPAP machine for 3 months in 2005 post-surgery, but felt uncomfortable, could not sleep well and woke up feeling even more tired and lethargic than he was before the surgery.

Found Energia and started using the Energia Sleeping System in 2012.

From then on, he sleeps well, wakes up recharged and free from aches and pains such as stiff neck and headache everyday.

THE ENERGIA EYE MASK HELPS ME OVERCOME JETLAG AS A FREQUENT TRAVELLER



Mr Coen Tan

Managing Director & Master Trainer, Ministry of Influence.
Frequent traveller who dreads long haul flights and jetlags

"The Energia Eye Mask is one of the first items on my packing list every time I travel abroad! I NEVER leave home without it!"

Used to have trouble sleeping in planes, and used to dread his long haul flights to the U.S. However, with the Energia Eye Mask, he no longer have difficulty sleeping in the planes or abroad, and always wake up feeling refreshed and energised.

THE ENERGIA PILLOW, CORSET, EYE MASK, SOCKS AND BEADS IMPROVE MY FAMILY'S HEALTH - INSOMNIA, MIGRAINE AND MYOPIA



Mr Jaap Huigen

Managing Director,
Tanktransformator Pte Ltd
Insomnia
Son, James - Migraine
Son, Jordan - Myopia

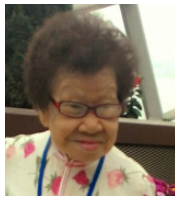
"I am grateful and feel blessed for having found Energia to help me improve my sleep quality and that my twin sons no longer suffer from Migraine and Myopia."

Suffered from Insomnia for years, looking for solution.

Chanced upon Energia in 2015 and took a leap of faith to purchase the Energia Bundle consisting of the Pillow, Corset, Eye Mask, Socks and Beads.

Felt awful, restless and could not sleep on the first night but understood that it was healing crisis. He persisted and was able to experience better sleep quality from the second night onwards.

THE ENERGIA PILLOW AND SOCKS HELPS MY MUM OVERCOME INSOMNIA AND ECZEMA

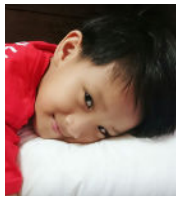


Ms Ruby Cheok

Sales Promoter
Daughter of Mdm Lee Yin Khum, Age 93
Insomnia and Eczema

"Thanks to Rev 22, my 92 years old mother no longer suffers from insomnia, eczema from wheat allergy, after using the Energia Pillow and Socks for 9 months in 2016. Her concentration and mental clarity tremendously improved, and she is now an active member of the NTUC Eldercare Silverace."

THE ENERGIA PILLOW
HELPS MY SON OVERCOME ECZEMA NATURALLY



Mr Ah Long Tan
Managing Director,
CAS Pte Ltd
Father of Ian
Eczema since the
Age of 4 1/2

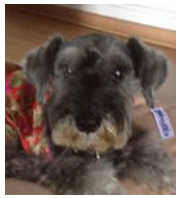
"Now Ian sleeps soundly with the Energia Pillow and Socks and wake up recharged everyday. I am glad to say that we are no longer worried parents and we no longer stop him from enjoying seafood (his favourite) and being active in outdoor activities."

My son, Ian, was diagnosed with Eczema, triggered by seafood, chicken, hot weather and haze when he was only 4 1/2 years old.

Brought him to see doctors, tried prescribed medications and over- the-counter creams on him, and stopped him from taking seafood and chicken and from doing any outdoor activities.

Bought the Energia Pillow and Socks for him in 2015, and his Eczema has disappeared almost completely after about 6-9 months.

THE ENERGIA PET MAT
HELPS MY PET OVERCOME BACK PAIN



JULIE TAN
Executive Secretary
Pet Lover cum Owner
of Mushi, the Schnauzer,
age 16, who suffered
from back pain

"The moment we brought the Energia Pet Mat home, she immediately laid on it. We notice that she enjoys lying on it and sleeps very soundly at night. She now has the habit of having her daily siesta on the Energia Pet Mat. She is super active and her vet has commented that she looks young for her age."

Mushi, her pet Schnauzer, was diagnosed with back pain in March 2014 by a vet who recommended that she buy an infra red lamp to relieve Mushi's back pain.

She chanced upon the Energia Therapeutic Pet Mat and bought it for Mushi, instead of buying the infra red lamp.

THE ENERGIA SLEEPING SYSTEM, HAT, NECK SUPPORT AND SOCKS HELPED ME OVERCOME MY SEVERE HEADACHE AND INSOMNIA WITHOUT REMOVING MY BRAIN TUMOUR



Ms Sham
Housewife Age 50+
Brain Tumour since 2014

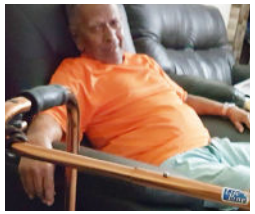
"Now I am very happy and my favourite product is the Energia Hat that I wear wherever I go."

Diagnosed with brain tumour since 2014. She suffered from severe headache and insomnia. Doctors suggested that she went for brain surgery but it was too high a risk.

She chanced upon Energia **Sleeping System** at a roadshow at Bedok Mall in 2015. During the initial period, sleeping with our **Energia products,** she experienced a lot of healing crisis - shivering uncontrollably under the comforter, vomiting, tinge of blood from nose each time she sneezed, no appetite and lethargy. She persevered and experience breakthrough only after 6 months.

Since 2016, she was happily recovered and able to enjoy quality of life - shopping, travelling and dining without much discomfort.

THE ENERGIA PILLOW, CORSET, SOCKS, KNEE BRACES AND BEADS ENABLE A WOUND THAT NEVER HEAL FOR TEN LONG YEARS WAS 80% HEALED IN 6 DAYS



MR SUBRAMANIAM
Retired Electrician
Age 94
Leg Ulcer
on weekly four layers wound dressing at the hospital since 2007

BEFORE USING ENERGIA
Both legs on weekly four layers wound dressing







DAY 1: 20 May 2017
At The Adelphi
Remove bandages from both legs and did wound dressing with Energia water



DAY 3: At Home
Did wound dressing with **Energia water** and applied **aloe vera sap,** followed by Energia Power Recharge Therapy at home. **Wound 50% healed**

DAY 6: At Home
Wound 80% healed



THE ENERGIA CORSET AND KNEE BRACES ON BOTH ELBOWS RELIEVE PAIN NATURALLY WITHOUT MEDICATION AFTER ACCIDENT





MS VERONICA TAN
Business Owner Age 50+
Body crushed between two vans - sustained injuries and bruises on both elbows, both knees, upper back and abdomen
on the 2nd March 2017

DAY 1

- Energia **Power Recharge Therapy** x3 sessions and wore **corset** and **knee braces** on both elbows.
- Pain score before therapy - 10.
- Pain score after therapy - 9.
- Went to run errand followed by dinner at Concord Hotel with **knee braces** and **corset** throughout the day.
- Pain score end of day 1 - 8.

DAY 2

- Woke up with pain score - 6.
- Energia **Power Recharge Therapy** x3 sessions and wore **corset** and **knee braces** on both elbows.
- Pain score after therapy – 5.
- Went to run errand at Adelphi with **knee braces** and **corset** throughout the day.
- Pain score end of day 2 - 5.

DAY 3

- Woke up at 4 am with pain score of 4.
- Went to Changi Airport with **knee braces** and **corset** for departure to Taiwan for 4 days.
- Wore corset and **knee braces** on both elbows throughout the trip.
- Pain score back to Singapore - 1.

ENERGIA POWER THERAPIES AND PRODUCTS (PILLOW, CORSET, BEADS AND SOCKS) CONTROL MY DIABETES NATURALLY



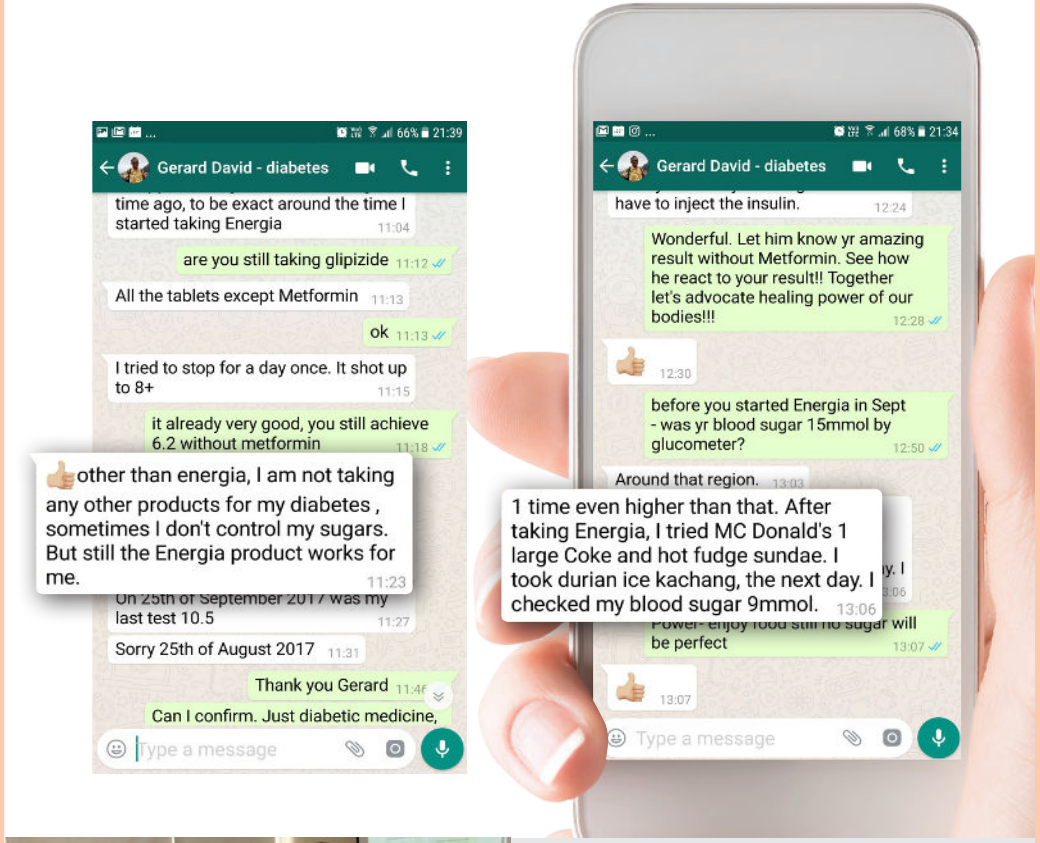
GERARD DAVID PEREIRA
Diabetic since 1997

DATE	Hba1c
14 May 1997 to 20 Sept 2017 (20 years)	10.5 - 18 %
Metformin 500mg 2 x per day Glipizide 5mg 2 x per day Forxiga™ 10mg 1 x per day Linagliptin 5mg 1 x per day Dr wanted to start insulin therapy (Sept 2017)	
25 Aug 2017	10.5%
22 Sept 2017	15% (Glucometer)
Started sleeping with Energia Pillow, corset, socks and beads Weekly recahrge and detox therapy Self Action (without doctor's advice) Stopped Metformin (due to frequent hunger) Reduced Glipizide down to 5mg once in the morning	
30 Nov 2017	10 %
30 Dec 2017	8.5 %
2 Jan 2018	7.1 %
18 Jan 2018	**6.2%** (Glucometer)

REMARKS
Ideal 4.5 to 6.4
Unacceptable > 8.0
Sub-optimal 7.1 to 8.0
Optimal 6.5 to 7.0

ENERGIA TESTIMONIALS

ENERGIA POWER THERAPIES AND PRODUCTS (PILLOW, CORSET, BEADS AND SOCKS) CONTROL MY DIABETES NATURALLY





Gerard - It is not the medication that controls my blood sugar;
It is Energia!!
August 2018 – I further reduce to only Glipizide 1 tab in morning, My Hba1c is only 5.5

ENERGIA SLEEPING SYSTEM
EXCELLENT FOR CHILDREN WITH LEARNING DISABILITY



BENEDICT KOH

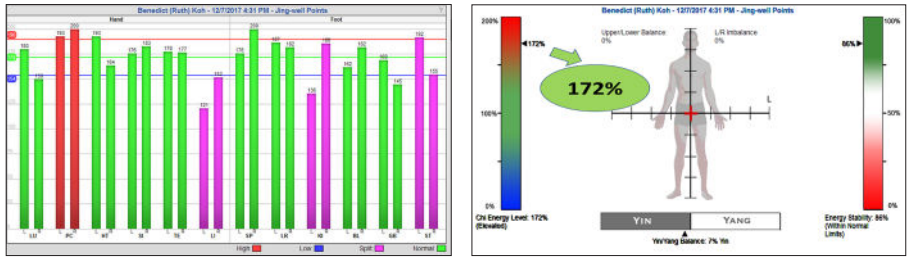
6 yrs old
Global Development Delay (GDD)

Before started Energia
- Difficulty falling asleep every night
- Unable to communicate well with complete sentence
- Frequent tantrums
- Unable to follow instructions

both in school, at home and swimming activity

Therapies
- Morning – Childcare; Afternoon – Rainbow Centre
- Physiotherapy
- Occupational therapy
- Speech therapy
- Swimming classes

(7 Dec 2017) **Acugraph Energy Analysis; Energy level 172%**



ENERGIA TESTIMONIALS

ENERGIA SLEEPING SYSTEM
EXCELLENT FOR CHILDREN WITH LEARNING DISABILITY



BENEDICT KOH

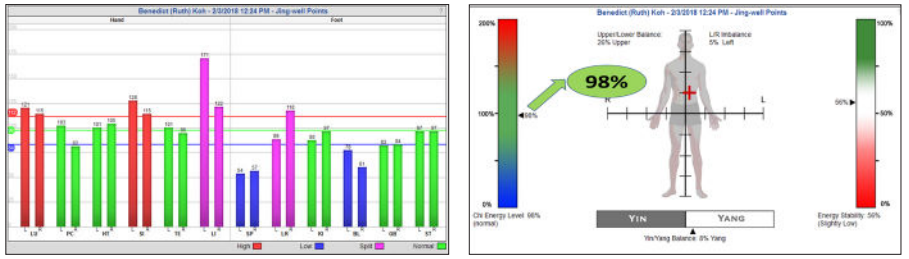
6 yrs old
Global Development Delay (GDD)

7 Dec 2017
Started sleeping on Energia Sleeping System
- Able to fall asleep much easier
- Able to wake up with less tantrum
- Able to speak clearer

2 Jan 2018 (1 month)
- Attend normal stream at Gan Eng Seng Primary School
- Enjoy school activities
- Concentrate in class
- Able to speak with complete sentence
- Able to follow instruction during swimming class

2 February 2018 (2 months)
- Receive stage 1 Award for swimming well

(3 Feb 2018) **Acugraph Energy Analysis; Energy level 98%**



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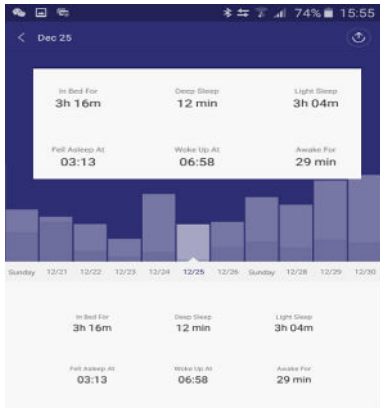
ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT FOR CHRONIC INSOMNIA



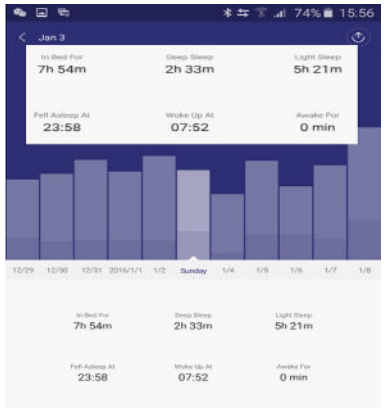
Hannah Ore

Engineer
Chronic Insomnia
Since 18 Years Old



25 Dec 2015:
Before started Energia

- Difficulty falling asleep and waking up tired
- Fatigued in the day
- Average 4 hours sleep / night
- Less than 1 hour of deep sleep



3 Jan 2016:
1 week after Energia

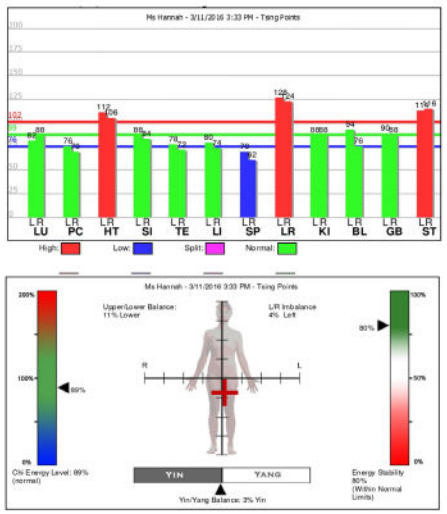
- Longer and deeper sleep, wake up more refreshed
- Much better energy in the day
- Average 7 to 8 hours sleep / night
- 2 hours of deep sleep

ENERGIA TESTIMONIALS

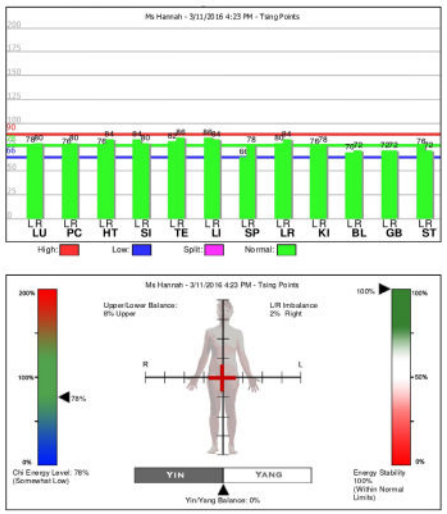
ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT FOR CHRONIC INSOMNIA

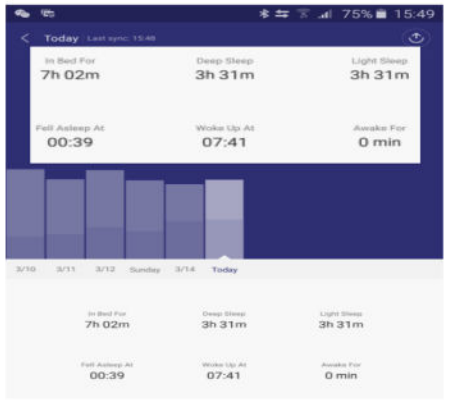
(11 March 2016) Acugraph Energy Analysis

Before Recharge Therapy



After 20 mins Recharge Therapy





15 Mar 2016:
3 months after Energia and that night after Power Recharge Therapy

- Consistent long and deep sleep, wake up revitalized
- Alert and energetic in the day
- Average 7 to 8 hours sleep / night
- Achieved 3.5 hours of deep sleep

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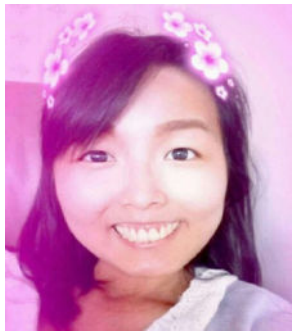
ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT IN REGENERATING NEW CELLS FOR NATURAL REPAIR



Jasmine Leng
25 Years Old
Suffered From:
Mixed Connectivity Tissue Disorder followed by Avascular Necrosis

Dec 2011: Before started Energia
- Diagnosed with Mixed Connectivity Tissue Disorder
- Menstruation stopped
- Easily tired

Feb 2012: Started using Energia
- Bought Energia sleeping system
- Sleep quality improved
- Increased energy with better clarity of mind
- Started to have regular menses
- On long term steroid medication

May 2016:
- Diagnosed with Avascular Necrosis
- Experienced severe joint pain everyday
- Daily mobility was affected
- Doctor scheduled for hip replacement surgery in July 20
- Due to her critical condition, she rented the EPRT system to use 3x per day for 30 nights.

June 2016:
- Though the AVN condition still exists, she was able to move around with greater ease after 1 week.
- Pain significantly reduced by 75% after 2 weeks.
- Follow up with doctor – No surgery required
- Stop steroid medications

"Now I decided to purchase the EPRT system to enjoy regular Recharge therapy at the comfort of my home."

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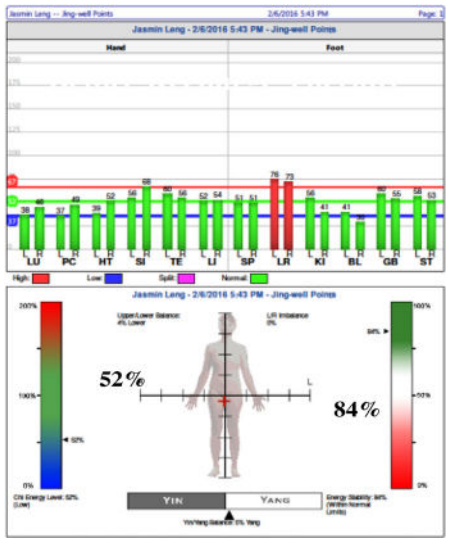
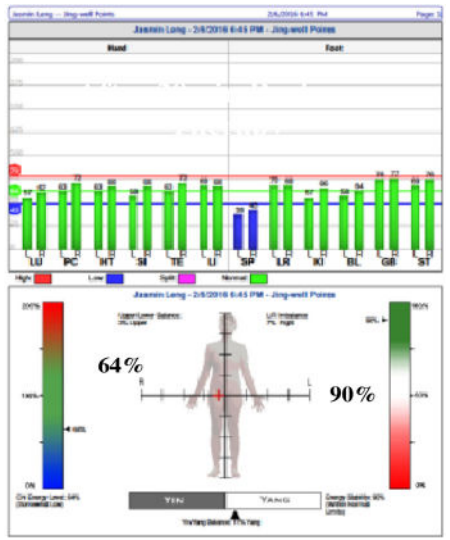
ENERGIA TESTIMONIALS

ENERGIA SLEEPING SYSTEM & POWER RECHARGE THERAPY
EXCELLENT IN REGENERATING NEW CELLS FOR NATURAL REPAIR

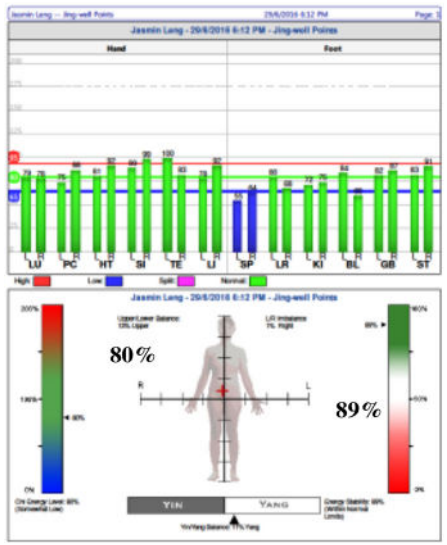
(2 June 2016) Before Power Recharge Therapy



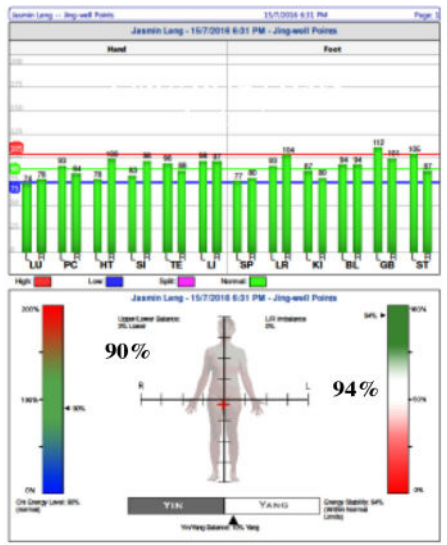
(2 June 2016) 20min After Power Recharge Therapy



(29 June 2016) 27 Days After Daily Power Recharge Therapy



(15 July 2016) 43 Days After Daily Power Recharge Therapy



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ENERGIA POWER THERAPIES AND CORSET
REDUCE PAIN FROM FRACTURED WRIST WITHOUT TAKING PAIN KILLERS





Ms Veronica Tan
Fracture left wrist
on Feb 2018



- 25 Feb 2018: Fell from edge of van; landed on left hand, face and knee
- Fracture left wrist
- Face, right knee and right hand injury
- No pain killer; wrap corset 24 hours
- Receive Power Recharge Therapy

Day	Pain Score	Power Recharge
1 & 2	10	5 hourly
3 - 5	5	8 hourly
6 - 10	3	12 hourly
11 onwards	1	12 hourly









(Day 7) Speaker @ Self-healing SymposiumCorporate Talk; (Day 8) Mandarin Garden; (Day 10) OCBC HQ; (Day 12) Decision Science



FINAL WORDS

These natural remedies are highly effective and you'll only benefit from the advice in this report if you apply the remedies mentioned.

Your doctor may provide you with magnesium supplements and other supplements that help with your sleep issues. Do note that supplements and sleeping pills are two different things.

Supplements are usually vitamins or minerals that work with your body to help it sleep. You could be lacking these vitamins and by consuming them, your body will function optimally.

Sleeping pills, however, are designed to work on your brain to make you feel drowsy. These pills can become an addiction and just like most types of medication, some people may experience side effects like lethargy during the day, memory loss, etc.

If your doctor recommends you sleeping pills, it would be best for you to try out the natural remedies first before you resort to taking the pills. If the problem can be remedied naturally and holistically, that is your best option.

Do note that natural remedies take some time to work. That's because you're addressing the causes and not the symptoms. Sleeping pills may get you to sleep but this is just a temporary fix.

Natural remedies will fix the root cause. If you can't sleep because you're using the computer daily up to bedtime, you'll frequently have problems sleeping. Pills will not fix the problem... only stopping usage of devices that have screens will resolve your sleep problem.

So, be alert and try to figure out what is preventing you from sleeping easily and sleeping well. Once you get to the root of the problem, you'll know what to do and be able to sleep soundly. A great day starts with a good night.

ENERGIA BRAND'S MISSION AND PROMISE TO YOU:

Sleep Well – Melatonin

Wake Up Recharged – Serotonin

Free from Pain – Endorphins

ENERGIA VISION



My prediction in the very near future is that we'll find Power Recharge devices in most homes, just as most homes have computers and televisions. Especially with the decline of the earth's magnetic field, coupled with the exponential increase in unhealthy EMFs or electrosmog. Energy medicine is the medicine of the future and earth-based Power Recharge Therapy to be done at the comfort of your home is the most essential, natural, research-proven and effective form of energy medicine that is available today.

I hope you have enjoyed this book and gained great value from its information, research and recommendations in your quest for a deep quality sleep every night.

Email: **info@rev22.com** | **www.energia.sg**

energia.sg

Natural *and* Effective Remedies *for a* Good Night Sleep

Veronica's remarkable recovery from her own illness serves as an inspiration for people who seek healing and recovery. As a Type 9 Peace-Maker in the Enneagram Personality System, Veronica's life mission is to bring harmony and freedom to the world. As Veronica's Enneagram Teacher, I am thrilled to witness the accomplishment of her new book "The Healing Power Of Your Body", and I am proud that she has answered her higher calling to serve humanity by helping others sleep and rest more peacefully. True to her mission as a Peace-Maker, Veronica has dedicated her life to helping people achieve harmony through natural healing.

Nicole Ling
Clinical Psychotherapist &
Enneagram Teacher

★★★★★

We all know that wealth without health is nothing. Yet, the wellness industry is replete with people disappointed by "get well quick" schemes that don't work, and confused by the myriad of treatments. With all that hype and fads flying around, Veronica Tan has distinguished her as a thought leader in alternative healing. In this book, she marries robust and thorough research with her years of deep experience in working with patients with various diseases and ailments and in healing herself and her family.

Whether you're concerned about getting treatment for your ailments, or just trying to better understand how your body heals. Whether you're a looking for advice on restoring your health, or to share with your group an elegant solution for health. The Healing Power of your Body is a go-to resource for you.

Coen Tan
Speaker, Trainer and Coach in
Influential Communications
Founder, Ministry of Influence Pte Ltd

★★★★★

Veronica walks the talk when it comes to Energy Medicine. Her passion for energy healing and power recharge therapies are seen in her own well-being and daily works; which speak volumes in her book, The Healing Power of Your Body. The way the various energy mediums are explained and elaborated in this book makes it a compelling read. As my personal experience goes about reading this book, it helps one to indulge in the basic realm of their individual healing sources both inside and out (in the surroundings) and lays a deeper connection with oneself.

Power Recharge Therapy as a line of healing that may be uncommon, yet indeed successful which is clearly reflected in the case studies presented. The case studies presented in the book not only strengthens one's belief in it but also develops an urge to try it as an alternative healing therapy without any side effects. I would highly recommend this book to anyone who wishes to explore their physiology from nature's perspective and tap on to their self-healing powers. This book is indeed a game changer for life!

Ujjwala Baxi
Registered Dietitian, Diabetes Educator,
Health Promotion Board Youth Ambassador
Founder of Poshan - Cure thru Diet

★★★★★

Veronica is a 'walking encyclopedia' of her own right when it comes to energy medicine. Her integrative repertoire of knowledge is years of self-healing, healing others and research through clinical practice. Her indomitable commitment and devotion to educating contemporary society on the healing forces of nature is admirable and respectable. "The Healing Power of Your Body" successfully dissects the anatomy of energy in the human body, blood flow and cellular repair and their interrelationship on prophylaxis that is intelligible to common man.

The knowledge is feasible and applicable to anyone with a vision to optimize their health, well-being and disease prevention. It's evident that energy medicine of any modality aims to heal the human as a whole through interconnecting the emotional, physical and spiritual beings. Veronica's writing is impressive, linking knowledge and research data from various disciplines as evidence that a change in energy has a domino effect on health. The efficacy of energy medicine, as Veronica cites in this book, has been practised as far back as the beginning of Chinese medicine, is an alternative free of side effects and complementary to other practices. Her book is a great reminder of our natural biology and its power in self-healing.

Teressa Siu
TV Host, International Wellness Speaker,
Founder - LotusLifeTV

★★★★★