

**Sleeping problems in WA polio survivors** rose from 36% in 1989 to a high 80% by 2004. And only a small proportion of this was from sleep apnoea. We have been working on bringing those figures down but sleep apnoea is increasing as people age and muscles weaken further.

However, we are finding remedies for a lot of the other reasons people are not getting the restful sleep they need, to wake up fresh, rested and ready for another day! Getting a good deep sleep is important so that the body can clean and restore all our cells and organs to keep the body running smoothly.

## **PAIN - good news fixes!**

Increasing numbers of people are telling me that their sleep is disturbed by waking with an **ache in the shoulder and/or hip that they are lying on**. So this comes back to tendons in these joints, stiffening up when not moving.

**Solutions: - Gelatine.** 1 - 4 teasps a day dissolved in hot drinks eg coffee, soup, cocoa, Milo, Bonox. Any hot fluid you can drink. (NB keep stirring it as you drink or you will end up with coffee jelly! - you can eat it.)

**Borax.** Usually needed if there is an arthritic component. Lick top 1/3 of forefinger, dip in Borax powder, lick off and wash down with a drink, once a day.

**Manganese.** 3 x 200 mg chelate twice a day. (stiffness & joint twinges; helps with balance too - so falls with polios)

And the **new additional one** that has helped me from the first night - **PUMPKIN SEEDS!**

**The effect was dramatic.** It is only a food - certainly worth a try!

I do need the others as well though.

## **Heat shock proteins?**

Heard of them? Probably not. Few people outside of the world's most sophisticated laboratories have, but it goes back to old-fashioned things like the **Hot Spring Pool** in Nedlands that some polios were taken to as part of polio treatment. Soaking in a hot tub (or hot shower) increases the heat in your body - and triggers your own production of these tiny molecules - heat shock proteins. They are **nature's answer to excess heat and free-radical stress**.

They are specifically designed to come to your body's rescue, serving as a **repairman for damaged proteins** and cells. When they're working in high gear, the effects can feel **soothing**, like a hypnotic twilight, working to calm your mind so your body can repair itself and **have you sleeping like a baby...**

**Exercise** triggers these too but polios can't workout to the point of exhaustion. There is a food that triggers them too - **Asparagus...**if you like it. But a **hot bath or shower every night before bed is the best option**.

Most of the Solutions on the list above that I have made are self-explanatory - just try them according to the problems you are having, but I will explain a few.

PROBLEM	SOLUTION
Feel Cold	Hot bath/shower, heat the bed
Hungry	Protein supper & hot milk/cocoa/Milo
Indigestion	Bicarb fizzing in lemon or fruit juice
Racing mind	Zinc tablets (3 x 30mg elemental Zn)
Restless legs	Magnesium twice a day
Burning feet	Vitamin B5
Cramps	Magnesium powder straight away!
Pain	Gelatine, borax, manganese, pepitas
Snoring	Try chin strap, sleep on side
Bladder	Pumpkin seeds, magnesium
Over-tired	Carnitine, sea salt on tongue in bed
Worry/stress	Zinc, magnesium
Coughing	Vit D, coconut oil, Vicks on soles feet
Allergies	Vit C, Vit D, B5



## **MAGNESIUM CHELATE**

Researchers found that magnesium also helps decrease cortisol, the 'stress hormone' that can keep you up at night - tossing and turning. It also helps your muscles relax which gives you that calm 'sleepy' feeling that helps you unwind after a long day.

Certainly if you have a **cramp** (including anal cramps that often may wake you at night) **DO have extra magnesium** immediately. Take as powder (open the capsule if that is all you have) onto your tongue and wash down with a drink -

should work within 2-5 mins. If it doesn't, you need more.

Magnesium should be **taken twice a day regularly - to bowel tolerance** ie just below the dose that gives you diarrhoea. It only lasts 12 hours or so then you need to top-up. We need magnesium for many body enzymes.

**Bicarbonate for Indigestion** - need 1/2 teasp in 1/2 cup of something acidic (lemon or fruit juice) to fizz up. Doesn't work well in just water or milk.

**Pumpkin seeds** provide tryptophan to make **melatonin**.

**Castor oil rubbed on outer eyelids** as going to bed **DOES WORK** - gives you a much deeper restful sleep.

**SALT TRICK** - if you are desperate - have a glass of water to drink, then get a pinch of good quality Celtic sea or Himalayan salt, put it **on your tongue** when your head is on the pillow, and you should be asleep before it melts!