? “Can’t Sleep No Matter What You Try? The Real Problem Is in Your Cells, Not Your Mind” #health Transcript

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Introduction

He hadn't truly slept in 60 years. Not He hadn't truly slept in 60 years. Not once through the night, not even an hour once through the night, not even an hour without interruption. He tried without interruption. He tried everything. Sleeping pills, meditation, everything. Sleeping pills, meditation, herbs, therapy, even alcohol just to herbs, therapy, even alcohol just to numb the night. But nothing worked. His numb the night. But nothing worked. His body felt heavy. His mind fled his life body felt heavy. His mind fled his life like he was trapped in a cycle of like he was trapped in a cycle of relentless exhaustion. Then something relentless exhaustion. Then something changed. not in his thoughts but in his changed. not in his thoughts but in his cells. If you are still struggling to cells. If you are still struggling to sleep, even when you are doing sleep, even when you are doing everything right, there is a reason and everything right, there is a reason and no one is talking about it. Here is what no one is talking about it.

Three things every patient should know

Here is what you will walk away with today. Three you will walk away with today. Three things every smart patient should know. things every smart patient should know.

First, a small daily habit that helps First, a small daily habit that helps regulate your sleep rhythm without regulate your sleep rhythm without pills. Second, a surprising insight pills. Second, a surprising insight about why you might feel drained even about why you might feel drained even after 8 hours of sleep. Third, the most after 8 hours of sleep. Third, the most overlooked truth in sleep medicine. Your overlooked truth in sleep medicine. Your insomnia might not be mental. It might insomnia might not be mental. It might be molecular. You have probably been be molecular. You have probably been told that sleep is all about melatonin, told that sleep is all about melatonin, stress, or hormones. But what if that's stress, or hormones. But what if that's only half the story?

only half the story? What if sleep depends on how calcium What if sleep depends on how calcium moves inside your brain? Calcium isn't moves inside your brain? Calcium isn't just a bone mineral in your brain. It just a bone mineral in your brain. It acts like a light switch, telling your acts like a light switch, telling your neurons when to fire and more neurons when to fire and more importantly when to stop. We now know importantly when to stop. We now know that certain night shift brain cells that certain night shift brain cells work like internal sleep counters. They work like internal sleep counters. They build up microscopic calcium pulses all build up microscopic calcium pulses all day. Then release them during deep day.

Small daily habit that helps regulate your sleep rhythm without pills

Then release them during deep sleep, signaling your body to power sleep, signaling your body to power down. So here is one thing you can do down. So here is one thing you can do today. Get 10 minutes of real sunlight today. Get 10 minutes of real sunlight on your face tomorrow morning. No on your face tomorrow morning. No sunglasses, no window glass, just you sunglasses, no window glass, just you and the morning light. That light and the morning light. That light activates your brain's internal clock by activates your brain's internal clock by flipping on your clock gene and about 12 flipping on your clock gene and about 12 hours later it triggers your body to hours later it triggers your body to release melatonin naturally.

release melatonin naturally. Here is one of the simplest most Here is one of the simplest most powerful ways to restore your sleep powerful ways to restore your sleep rhythm.

Surprising insight about why you might feel drained even after eight hours of sleep

rhythm. rhythm. Now the second thing I want you to know Now the second thing I want you to know if you sleep 8

hours but still wake up if you sleep 8 hours but still wake up drained it is not in your head. It might drained it is not in your head. It might be in your calcium signaling. When be in your calcium signaling. When calcium gets stuck inside your cell calcium gets stuck inside your cell batteries, your cells can't produce batteries, your cells can't produce clean energy. That's not fake fatigue.

clean energy. That's not fake fatigue. It's real, measurable cellular It's real, measurable cellular exhaustion. exhaustion. exhaustion. Think of it like a car engine floated Think of it like a car engine floated with fuel that can't ignite. Inside each with fuel that can't ignite. Inside each brain cell, there is constant traffic brain cell, there is constant traffic between calcium storage rooms and power between calcium storage rooms and power centers. But stress jams that traffic centers. But stress jams that traffic like molecular gridlock. And while you like molecular gridlock. And while you sleep, your brain is supposed to clean sleep, your brain is supposed to clean itself. It rinses out toxins through a itself. It rinses out toxins through a system we call the glimpmphatic system.

system we call the glimpmphatic system. And guess what helps coordinate that And guess what helps coordinate that cleansing process? Calcium signals. If cleansing process? Calcium signals. If calcium flow breaks down, your brain calcium flow breaks down, your brain can't recharge. You wake up foggy, can't recharge. You wake up foggy, tense, emotionally raw. It is not just tense, emotionally raw. It is not just bad sleep. It is no recall.

bad sleep. It is no recall. Some people even wake up gasping at Some people even wake up gasping at night but don't have sleep apnnea. That night but don't have sleep apnnea. That could be calcium dysregulation in the could be calcium dysregulation in the brain stem. the area that controls your brain stem. the area that controls your breathing rate. Heart rate spikes, breathing rate. Heart rate spikes, sudden panic, night jolts, they may not sudden panic, night jolts, they may not be anxiety at all. They might be ionic be anxiety at all. They might be ionic imbalance. Even your heart can feel this imbalance.

The most overlooked truth in sleep medicine

Even your heart can feel this log jam sparking nighttime jolts that log jam sparking nighttime jolts that mimic panic attacks. mimic panic attacks. Now, here is the third and most Now, here is the third and most important thing you need to know. Sleep important thing you need to know. Sleep depends on calcium signaling. Not just depends on calcium signaling. Not just thoughts, not just hormones, not just thoughts, not just hormones, not just routines.

routines. routines. If that internal calcium flow is broken, If that internal calcium flow is broken, your brain can't shut down. But if you your brain can't shut down. But if you restore it, sleep comes back. Deeping restore it, sleep comes back. Deeping your brain switchboard, tiny sleep gates your brain switchboard, tiny sleep gates need smooth calcium drifts to produce need smooth calcium drifts to produce the healing sparks of deep sleep. That's the healing sparks of deep sleep. That's where memories come together. That's where memories come together. That's where your body repairs itself. This is where your body repairs itself.

AIC Therapy (Anti-Orbital Ionic Calcium)

This is why some doctors now use something why some doctors now use something called AIC therapy, anti-orbital ionic called AIC therapy, anti-orbital ionic calcium. It is not a sleeping pill. It's calcium. It is not a sleeping pill. It's a biological reset. AIC helps your body a biological reset. AIC helps your body remove calcium from where it's stuck.

remove calcium from where it's stuck. Redirect it to where it belongs. Redirect it to where it belongs. Stimulate your calcium balancer, the Stimulate your calcium balancer, the hormone that restores calcium rhythm. It hormone that restores calcium rhythm. It doesn't sedate, it reprograms gently.

doesn't sedate, it reprograms gently.

How the manu2019s life has changed

AIC therapy untangles this microscopic AIC therapy untangles this microscopic traffic jam, guiding calcium back

into traffic jam, guiding calcium back into harmony so real sleep can finally harmony so real sleep can finally unfold. And that man we started with unfold. And that man we started with after starting AIC therapy, he told us after starting AIC therapy, he told us it felt like a deep release in my brain.

it felt like a deep release in my brain. That night he finally slept fully deeply That night he finally slept fully deeply without interruption. without interruption.

He woke up saying, "This is the first He woke up saying, "This is the first time I've ever felt rested. Even my time I've ever felt rested. Even my palms have changed. Because when the palms have changed.

Closing remarks from Dr. Server

Because when the calcium flow heals, the night becomes a calcium flow heals, the night becomes a workshop of recovery, not a nightly workshop of recovery, not a nightly struggle. So if nothing has worked for struggle. So if nothing has worked for you and you are starting to wonder if you and you are starting to wonder if your body has failed you, please hear your body has failed you, please hear this. You are not broken. You are just this. You are not broken. You are just missing a signal. And when you restore missing a signal. And when you restore it, you don't just sleep. you start to it, you don't just sleep. you start to feel like yourself again.

feel like yourself again. If this helped you see sleep in a new If this helped you see sleep in a new light, hit subscribe for more signs that light, hit subscribe for more signs that speaks to yourselves.

speaks to yourselves. And if you know someone who is And if you know someone who is struggling with sleep or fatigue, please struggling with sleep or fatigue, please share this with them. You never know who share this with them. You never know who