

Finally REAL Hope For Insomnia.....

Here's The FREE REPORT You Requested!

"KEEP Reading This FREE Report To Discover What Many Doctors Don't Know About INSOMNIA. Find Out The Truth About Your Problem And How To Get Rid Of It Once And For All... Without Drugs!"

Inside This Insider's Report, You'll Learn...

- What Many Doctors Don't Know About Insomnia!
- The Hidden Spot Most Doctors Fail To Check As The Cause Of Your Problem!
- Why Taking Pills And Doing Exercises Probably Isn't A Good Idea If You Want To Get Rid Of Insomnia Once And For All!
- Why Only Going To Your Family Or HMO Doctor Could Lead To Years Of Misery And Frustration.
- Why There is No Surgery for INSOMNIA.
- How To Naturally And Safely Get Rid Of YOUR INSOMNIA!

And Much More

Dear Insomnia Sufferer,

First of all, congratulations on reading this FREE report! You're going to discover how to avoid years of misery and frustration – the same misery and frustration millions of Americans suffer every day because they don't have this seldom discussed information right in front of them like you do right now!

Insomnia is a disabling epidemic that is sweeping America as we speak. Many of your family, friends, and co-workers will experience the same sleeplessness as you do because of a number of factors, including misinformation and inappropriate care.

That's why this report was written...so keep reading to find out what many doctors don't know about insomnia. The truth WILL shock you!

Reading this FREE report may be one of the most important things you've read this year. Why? Because finally, **an authority on insomnia** is breaking their silence and revealing the shocking truth about this problem that most doctors don't know! The information in this report is vital if you want to avoid years

of increasing sleeplessness, misery, and frustration. So please read this report from beginning to end. It may end up saving your life as you know it right now!

You see, what's so dangerous about insomnia is that it's not an injury like a broken bone or a cut or scrape. Insomnia usually comes on slowly. You may feel that you just had a bad night, or maybe you just brush off the sleeplessness thinking it's nothing, and then it slowly builds and builds. Your insomnia becomes worse and worse. You become more irritable and start to snap at family and co-workers.

And then one day you realize you just aren't the same person you used to be. And that's when you go to your family doctor to get checked out.

If you were to go to your family or HMO doctor complaining about lack of sleep, you'll probably hear something along the lines of..."You probably have insomnia. Try these meds and if they don't work, we can try some others." How many different medications have YOU tried for insomnia???

This is a blaring alarm that your doctor may not be the person to talk to. You see, most doctors do great with general medicine. If you have an ear infection or the flu, medical science **can do wonders!** But when it comes to a condition like **insomnia**, many doctors just give you medications and send you on your way. They may not have the experience to properly diagnose the true cause of your problem and get rid of your problem for good.

THAT'S RIGHT! MOST DOCTORS DON'T KNOW HOW TO TREAT INSOMNIA WITHOUT MEDICATIONS!

Insomnia is a tricky condition. You see, your insomnia can have a number of causes. Some of those causes – like consuming caffeine, eating a large meal, or exercising shortly before bed – can all be easily rectified by making changes! What we are talking about is the insomnia that does not seem to have a known cause. Every day, thousands of patients who suffer from insomnia make the mistake of going to their family doctor because they don't have the information you're about to read. Going to your family doctor and taking medications may result in your insomnia becoming more severe, and worse yet, you may never get rid of the problem. Don't put yourself at risk for misery, suffering, and the decreased income from missing time from work.

Here Are The Dark Secrets About Insomnia Medications...

The main problem with the treatments most doctors prescribe for insomnia is that they never go after the **root of the problem**, but focus on the **symptoms**. And when the medications wear off (which they do because the brain habituates to all stimuli), you'll often find they only cover up your problem for a short time and did nothing to fix what's causing your insomnia in the first place.

Some doctors give their patients the newest medications on the market like **Lunesta, Ambien, Ambien CR or Rozerem**. Some will use anti-depressants like **Trazadone or Amitriptyline**. Some will use an anti-seizure med such as **Clonazepam or Neurontin** (I guess it doesn't matter that in 2004 Pfizer was fined \$430 million for recommending this med off label – that is, what it was NOT intended for). **AS YOU KNOW, ALL OF THESE MEDICATIONS HAVE SIDE-EFFECTS AND SOME ARE HABIT FORMING!**

1. Insomnia is your body's way to telling you there is something wrong.

If you are taking pills so you can sleep and more pills to get through a day of work, then you are probably making your problem worse because you've sabotaged your body's only means of keeping you healthy. Obviously, this form of treatment is not a permanent fix because no matter how many pills you take, you'll never get better!

2 These pills can cause dangerous side effects like liver failure, kidney damage, and gastrointestinal hemorrhage.

Trust us on this, these 'side effects' are 100 TIMES WORSE than the insomnia that you're taking these pills for in the first place!

So, if your doctor is treating you by covering up your insomnia with meds...

YOUR Doctor's Treatment Could Be Making Your Problem Worse!

Since none of the treatments your doctor may be giving you are meant to actually correct the true cause of your problem, logic says your condition will only get worse. If you're like most of the long-term insomnia sufferers we've talked to, your life has probably become less than it should be.

OK, so you've done the pills. What's next? Not MUCH!

Fortunately for you, if your doctor's treatments fail, it doesn't mean you're incurable...it just means your doctor was looking in the wrong place! The majority of doctors out there tend to get so sidetracked with focusing on the area involved that they overlook something so incredibly obvious it will shock you!

You see, in order for you to go to sleep, your brain has to SLOW DOWN. FOR ANY SENSATION to travel to your brain, it has to find a pathway. In essence, it needs a road to get there just like you need a road to get to your job in the morning.

In your body, this road is called your nervous system. And...

The weird thing about nerves is if you interfere with the nervous system anywhere along its 'road', it can make you lose sleep!

We know this may come as a shock to you, but imagine this: If the REAL cause of your insomnia were to be found to be treatable and permanently eliminated...then yes, your insomnia would disappear.

Imagine how your life will change. You won't have to take those pills anymore! You won't have to worry about all of the side-effects that go along with the meds.

We invite you to relax, close your eyes, and picture in your mind a night and the following day without your bothersome insomnia, a day where you could do whatever you want and not worry about extreme fatigue due to lack of sleep.

Can you picture that image in your head? What favorite activity are you doing? How healthy and happy do you look? Who are you spending this time with?

Isn't a moment like this what life is all about?

How would you like to make that fantasy into your reality? How would you like to, once and for all, get rid of your insomnia and all that goes with it? No more reduced life, no more irritation, no more limitations...just a happy, enjoyable, worry-free life.

Hello. Our names are Dr. Brad Ralston and Dr. Lucas Gafken, Clinic Directors of Chiropractic Neurology Center here in Indianapolis.

We've spent years helping patients who suffer from chronic insomnia discover the truth about their problem and also ELIMINATE their insomnia naturally without any drugs!

That's why we put together this valuable, FREE report. Frankly, we got sick and tired of seeing people just like you suffering through a lifetime of insomnia and misery because no *one* ever bothered to reveal to them the truth about their condition!

In fact, since we've been helping people just like you eliminate their insomnia, we've focused a majority of our practice and skills at helping patients with neurological conditions!

There is really nothing more pleasing than helping people just like you finally able to sleep through the night and living life on their own terms once again!

That's why we offered you this FREE report. We want you to know the truth about insomnia almost everyone out there doesn't seem to want you to know. Because we know that chances are great that we can eliminate your insomnia!

If you're suffering from constant, bothersome insomnia that you don't want to get worse, then there is hope for you to get rid of your problem once and for all!

In fact, we've helped design a quick and easy INSOMNIA Evaluation that can determine where your problem is REALLY coming from. In fact, doctors all over the country are now using this method to help insomnia sufferers from all walks of life.

But, we have to warn you...It's in your best interest to get your condition evaluated right now because later on, if you procrastinate on this, your condition might deteriorate to the point where we can't help you.

Our EVALUATION Is The Best Way To Find Out What's REALLY Causing Your Problem!

If you are currently suffering from insomnia, don't procrastinate, just call the office, come on in, and you can get an INSOMNIA EVALUATION.

The INSOMNIA Evaluation is a series of quick and painless tests that help determine:

- 1. What is the true cause of your problem?**
- 2. Will it get worse in the future?**
- 3. Is there a way of eliminating the problem quickly and easily?**

The evaluation is quick, easy and, most importantly, painless!

What's important is that you take a moment now to schedule your insomnia evaluation, and as we said before, the sooner the better.

If your problem worsens, it may be more difficult to evaluate, take longer to fix, and you may need surgery. So get this test soon.

If time is a problem, we can schedule you at a time convenient for you. (When was the last time a doctor told you this?) How can we do this? Again, the evaluation itself is quick (and painless), so we can most likely fit you in our schedule soon.

What Causes INSOMNIA?????

INSOMNIA is USUALLY caused by an over-firing of the upper brainstem (also known as the mesencephalic reticular activation system). There are three parts to the brainstem: upper, middle, and lower. NORMALLY, the brain fires impulses down to the lower two-thirds of the brainstem, and this lower portion slows down the upper brainstem. When there is a loss of the impulses firing from the brain to the lower brainstem, the upper brainstem will over-fire and the result is...INSOMNIA!!!!

At this point, you may be asking..."Sounds good but what do YOU do to fix it? What makes YOU different from all of the other doctors that I have seen?"

Answer...WE TREAT INSOMNIA PATIENTS WITH A 2-PRONGED PROGRAM...WE TREAT THEM NEUROLOGICALLY AND METABOLICALLY!

#1: COMPLETE NEUROLOGIC TESTING WITH EWOT (Exercise with Oxygen Therapy):

OXYGEN... your brain and nervous system need TWO things to survive: FUEL and ACTIVATION. Activation comes from the treatments that are listed below. Fuel comes in the form of OXYGEN and glucose. You get the glucose from the food that you eat, which is why it is important to eat a healthy diet. **AS YOU AGE, YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** One of our treatments is to give patients oxygen to increase their body's fuel delivery system. It's called EWOT or Exercise with Oxygen Therapy and it's like gas in the car... if you don't have any gas in the car, you are not going anywhere. If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

UNILATERAL ADJUSTING... the right brain controls the left side of the body and the left brain controls the right side. If there is a decrease of firing or impulses in one side of the brain, WE ONLY WANT TO ADJUST YOU ON THE OPPOSITE SIDE. Makes sense, doesn't it? Also, WE WILL ONLY USE VERY LIGHT ADJUSTING SO YOU WILL NOT GET WORSE! Have you ever had an adjustment and felt worse afterward? It is because the adjustment was TOO MUCH for your nervous system. It over-stimulated, or (get ready for another \$3 term that neurologists use) it "exceeded metabolic capacity."

AUDITORY STIMULATION... listening to sound in one ear will stimulate the opposite side of the brain and increase impulses.

OLFACTORY STIMULATION...smelling different scents will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. SMELL GOES DIRECTLY TO THE BRAIN.

CALORICS... warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your cerebellum. The cerebellum fires to the brain, the brain fires to the lower brainstem (ponto-medullary region), and your lower brainstem slows down the upper brainstem (mesencephalon).

#2: COMPLETE AND THOROUGH METABOLIC TESTING:

1. **AUTOIMMUNE DISORDERS:** Has your doctor specifically checked you for an autoimmune disorder? Autoimmune means that your immune system is attacking one or more parts of your body. There are two parts to your immune system, TH1 and TH2.

The first part, called our T-Helper 1 System (TH-1), is our immediate immune response system. It is responsible for an immediate attack against foreign invaders like bacteria viruses, mold, fungi, or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T- Cells. It is our front line defense.

The other part of our immune system is our T-Helper 2 System (TH-2). It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

The balance between these two sides of our immune system is very important to look at with many insomnia patients. IF one of these parts is dominant, you could have an autoimmune disorder. An autoimmune disorder is where your immune system is attacking your body and it could be causing your sleepless annoying nights.

2. **5 FOODS THAT MAY BE HURTING YOU & INTESTINAL PERMEABILITY:** Has your doctor specifically checked you for any food sensitivities that could be contributing to your insomnia? **Each time that you eat a food that you are sensitive to, it can INCREASE your levels of a hormone called cortisol. THESE 5 FOODS COULD BE SLOWLY KILLING YOU AND YOU DON'T EVEN KNOW IT BECAUSE YOU HAVE NOT BEEN TESTED!** This could be why even though you are taking medications and exercising, you still have those horrible nights where you can't fall asleep! Most of the time food sensitivities are a direct result from gastric membranes that are leaky and allow these 5 foods the harm you and rob you of your health. This is a condition called LEAKY GUT SYNDROME.
3. **THYROID:** Has your doctor run a COMPLETE thyroid panel? Your thyroid CONTROLS your body metabolism so if you suffer from insomnia...IT MUST BE THOROUGHLY CHECKED! We are not talking about a simple test for TSH (thyroid stimulating hormone), we are talking about the COMPLETE BATTERY OF **THYROID TESTS which includes Total T4 (tT4), Total T3 (tT3), Free T4 (fT4), Free T3 (fT3), Free Thyroxine Index (FTI), Resin**

T3 Uptake (T3u), and the thyroid antibodies...TPO and TGB! Your THYROID is EXTREMELY important and needs to be checked! Did you know that many doctors consider TSH levels from .35 to 5.0 to be “normal.” Optimal or “functional” TSH levels should be 1.8 to 3.0. What is YOUR TSH level? If it is not 1.8 to 3.0, have you had the FULL battery of thyroid tests? Has it ever been checked? If not...WHY?

4. **ADRENAL GLANDS:** Has your doctor checked your **adrenal glands?** Your adrenal glands are your “stress” glands and they are JUST AS IMPORTANT as nearly any test you could ever do in treating your insomnia!!! An **ASI** (Adrenal Stress Index) needs to be run on you that will check your cortisol levels at 8 am, noon, 4 pm and 10 pm. Cortisol and melatonin push and pull against each other. We’ve all heard of melatonin and how it is considered our “sleep hormone”. Elevated cortisol, our “stress hormone”, can cause melatonin problems and not ever allow you to get a good night sleep.
5. **ANEMIA:** Has your doctor checked you for blood disorders such as anemia??? Anemia simply means you ARE NOT going to get oxygen to your tissues. There are different kinds of anemia such as iron, B12, Folic acid etc. And we can test for each one. Anemia is very important to find and correct. Without oxygen available for your brain and nervous system, most likely, no treatment will work! No supplement will work. No nutritional program will work.
6. If you are male have you ever been evaluated for Andropause?
7. If you are female had your doctor ever ordered an expanded female hormone panel?
8. If you are female and post-menopausal has your doctor ever assessed your risk factors for developing uterine or breast cancer?

HORMONE LEVELS DRAMATICALLY AFFECT THE BRAIN AND BODY!!!!

If you answered “NO” to any or all of these questions then there is a good chance that your insomnia is not being managed properly!!!

THESE TESTS NEED TO BE RUN ON YOU TO GET TO THE BOTTOM OF WHAT IS CAUSING YOU TO SUFFER FROM INSOMNIA!!! Anything less means that you are in for years of misery!

Can you see that by treating you neurologically and metabolically, we can HELP YOU?!?!?

Please understand that we've spent years helping patients who suffer from insomnia discover the truth about their condition and we would like to help you too!

That's why we put together this valuable, FREE report. Frankly, we got sick and tired of seeing people just like you suffering through a lifetime of misery because no *one* ever bothered to reveal to them the truth about insomnia!

There is really nothing more pleasing than helping people just like you finally become symptom-free and living life on their own terms once again!

That's why we are giving you this FREE report. We want you to know the truth about fibromyalgia that almost everyone out there doesn't seem to want you to know. We know that chances are great that we can help you!

Due To The Constant Monthly Interest In This Free Report, This No Obligation, INSOMNIA EVALUATION Will Be Available To You Only If You Act Soon.

We hope you've benefited from discovering the truth about insomnia that, believe it or not, most doctors aren't even aware of. So get this free second opinion before it's too late!

Remember, you have a limited time to schedule your INSOMNIA EVALUATION. After that, we probably won't be able to see you.

Congratulations on taking responsibility for your own welfare! We look forward to helping you, just as we have helped many others!

Sincerely,

Dr. Brad Ralston --- Board Certified Chiropractic Neurologist

Dr. Lucas Gafken --- Board Eligible Chiropractic Neurologist

P.S. – You must call [317-848-6000](tel:317-848-6000) for your Insomnia Evaluation.

P.S.S. – Of course, if you have any questions, give us a call. We'll address your concerns or answer any questions you have about your condition, and then you can decide if you want us to look at your problem.