

## SLEEP & WEIGHT LOSS

### End insomnia and water retention.

I had problems with insomnia and water retention for decades. Adding taurine, magnesium, and potassium to my diet helped me drop more than 30 pounds of water weight as of September 2018. Magnesium helps me go to sleep. Potassium helps me sleep through the night or go back to sleep after a bathroom trip.

Below is my nutrient routine. Start with what I do and experiment to find what works best for you. The whole time I've been losing water weight I've been eating butter, chocolate, and ice cream.

However, for two winters in a row, I gained 15 pounds even while I was getting taurine, potassium, and magnesium everyday. From November to March, I gained 15 pounds. From April to October, I lost 15 pounds. The third winter I drank dandelion leaf tea morning and evening, a diuretic that improves kidney function. I bought dandelion leaves in bulk. Dandelion root has laxative qualities, so I drank only dandelion leaf tea. I stopped gaining weight during the winter. However, my summer weight loss with dandelion leaf tea was slow. I drank dandelion leaf tea for two years with no significant weight loss during the summer.

In the February 2018, I switched from dandelion leaf tea to bilberry capsules. Bilberry is also good for kidneys, but has laxative qualities as well. I drink black tea when I take my bilberry capsule. Black tea has constipating qualities. Constipating black tea prevents the laxative effect of bilberry. Less than two months after starting with bilberry, I had lost a couple of pounds of water weight. I didn't lose weight during the winter drinking dandelion leaf tea. I just didn't gain weight. Getting rid of the water weight means getting my hearing back. My inner ears are so plugged up with water that I wear an inexpensive hearing aid. My hearing has improved since I lost weight. I hear better lying down than standing up, apparently because the water shifts when I lie down.

Bilberry good for kidneys:

<https://www.webmd.com/vitamins/ai/ingredientmono-202/bilberry>

### Read this article before you start.

“Huge’ differences even though people ate the same foods”

Mary Brophy Marcus

CBS News

November 19, 2015

As of September 1, 2018, you can still find this article online by typing the title into a search bar.

### Beware of magnesium supplements with added sodium.

I decided to try a magnesium citrate that had “High Bioavailability”. After a few days of taking it, I gained weight. The label revealed the second ingredient was croscarmellose sodium. I went back to my previous brand and lost weight again.

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My daily routine for sleep and weight loss:

- Upon waking – One extra-strength bilberry capsule with one cup black tea to counteract the laxative quality of bilberry
- Breakfast – One 160 mg magnesium citrate capsule
- Lunch – One 160 mg magnesium citrate capsule
- Dinner – One serving high taurine food (no salt chicken thigh, turkey thigh, clams, scallops, mussels, sardines) with one 160 mg magnesium citrate capsule
- About 8:00 – One extra-strength bilberry capsule with one cup decaffeinated black tea
- An hour before bed – One 160 mg magnesium citrate capsule with a small snack and one cup high potassium Bolthouse Farms Green Goodness Smoothie

If I wake up during the night because I'm upset about something, I eat a small potassium snack and take my morning magnesium capsule. That helps me get back to sleep. I take magnesium both with and without calcium foods.

A friend of mine drinks this Sweet Dreams Smoothie for sleep. It contains magnesium, potassium, melatonin, and serotonin. She does not have water retention problems.

- <http://www.healthysmoothiehq.com/sweet-dreams-smoothie>

### **Pay attention to my schedule, because timing is important for me.**

Different schedules have left me sleeping less and gaining weight, even when I'm eating these three nutrients in the same amounts. Start with my schedule, then experiment if you don't get results. I sleep best when I have a lot of potassium in the evening. Taking magnesium capsules too close together means more dreams and lighter sleep. Too much magnesium causes diarrhea. I gained weight when I tried to eat taurine foods for lunch. I brew my black tea for 15 to 20 minutes.

I make most of my own food (even condiments and spice mixes) using Redmond Real Salt, a natural sea salt with more than 60 trace minerals. Read about it at [realsalt.com](http://realsalt.com).

I eat salty meals only on holidays. I can feel myself gaining weight the same day that I eat the salty meal. It takes several days for my weight to go back to my pre-holiday weight. During Thanksgiving dinner 2017, I drank a Mike's Hard Lemonade with the salty meal. I didn't gain water weight after the meal. For Easter, I drank a Jack Daniels Lynchburg Lemonade. I didn't gain water weight after the meal. After I've lost all the extra water weight and have my hearing back, I'm going to treat myself to weekly salty meals with a Mike's or Jack Daniels lemonade beverage.

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### Improve the quality of your sleep.

I improve the quality of my sleep with 15 minutes of aerobics at night as well as a playlist of peaceful sounds and music. Below is my sleep playlist. It is most effective when I listen to it 3 to 4 hours before going to bed. I cut one earphone off a set of earphones so I can listen to my playlist at low volume while doing everything else, including talking to other people and watching television.

- Birds singing
- Jungle river
- Ocean waves
- “Weightless” by Marconi Union

Choose the nature sounds and music that relax you. Marconi Union used scientific theories of the brain in writing “Weightless”. Search online for: weightless marconi union. Find more suggestions for anxiety reducing music in the article below.

Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent

Melanie Curtin

*Inc Magazine*

May 30, 2017

<https://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>

### Pass this PDF file on.

Feel free to pass this information onto anyone who could use it. No one should endure weight gain or hearing loss when they don't need to. Everyone needs enough sleep. The world would be a better place if everyone just got enough sleep. According to research in the article below, “Rested Employees Are Honest Employees”.

“Why Bosses Cut Some Employees Slack for Unethical Behavior”

Based on the research of Yajun Zhang, Kai Chi Yam, Maryam Kouchaki and Junwei Zhang

KelloggInsight

Kellogg School of Management

May 1, 2018

As of September 1st, 2018 you can still find this article online by typing the title into a search bar.