

- All PwDD should walk on mother earth or on basement floors for a minimum of several minutes a day.

At night (if feasible)

- Unplug bedroom monitors;
- Unplug wireless charging stations;
- Unplug WiFi;
- Keep cell phones off as much as possible;
- Shut off breakers from electrical circuits in bedrooms.

The following are excellent links to support our *CCS* solution regarding cell phone radiation concerns:

<http://www.cbsnews.com/videos/brain-hacking/>

<https://journal.thriveglobal.com/how-technology-hijacks-peoples-minds-from-a-magician-and-google-s-design-ethicist-56d62ef5edf3>

<http://www.timewellspent.io/take-control/>

[what-is-technology-doing-to-us](http://www.timewellspent.io/take-control/what-is-technology-doing-to-us)

Sleep Disturbances

Basic Facts

Adequate sleep is one of the most critical elements to facilitate optimal health, quality of life and adaptive behaviour.

If sleep problems are the result of a generalized anxiety disorder, follow an anti-anxiety regime e.g. diet, supplements, exercise, and medications as recommended by a medical doctor or psychiatrist. If an individual falls asleep normally but is wide-awake in two or three hours, this is one of the primary signs of typical clinical depression. (In atypical depression, an individual can sleep twenty hours per day.) Consult a medication manager.

Optimal Support Solutions for Sleep Disturbances

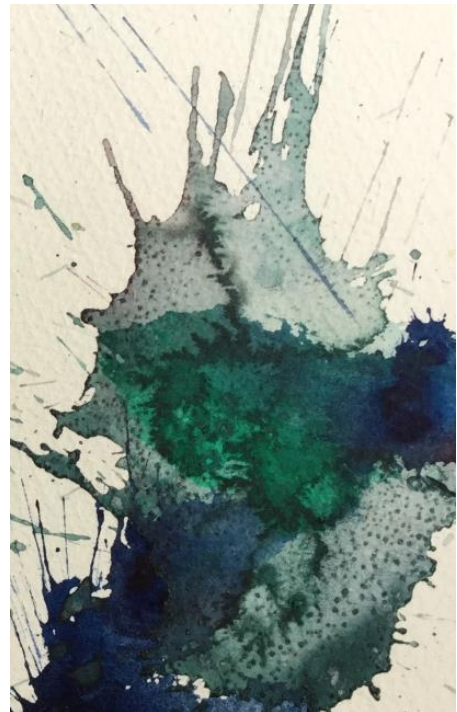
The following are suggestions to use while advocating with community professionals to help ensure adequate sleep:

- Do muscle testing with person, using clothing and bedding to rule out environmental intolerances disturbing sleep;
- Consult a naturopathic doctor to test and recommend supplements/diet.
 - Vitamin B⁶ (100-500 mg/day) helps with remediation of a deficiency of decarboxylase, which is an enzyme;

- Taurine is a powerful antioxidant that increases the activity of the calming neurotransmitter GABA. Supplements in the range of 500-2000 mg per day have been successful, if testing shows a deficiency;
 - GABA supplement (a calming neurotransmitter);
 - Magnesium supplement (100-500 mg/day) if testing shows a deficiency;
 - Melatonin supplement (3-5 mg/day);
- Eliminate alcohol – a central nervous system suppressant that backfires as a sleep aid;
 - Eliminate all stimulants such as caffeine, nicotine;
 - Use antihistamine medications for short periods (three nights maximum) to break the cycle of histamine dependence. Pantothenic Acid cleanses histamines (500 mg/day);
 - Ashwagandha is an herb that regulates the production of cortisol (that wakes people up in the middle of the night). Regulation recalibrates the circadian rhythms closer to morning (back to its normal time);
 - Increase serotonin levels;
 - Exercise (30 minutes of cardio) early in the day (see below);
 - Low/no refined sugar – one of the best substitutes is organic coconut palm sugar, but still use limited amounts.
 - Essential oils therapies



David Gifford is a local artist from Ingersoll, Ontario. His artwork has a unique experience to share with its viewers. David has autism and is non-verbal. By painting water colours, David has found another way to express himself where no words are needed.



David's Mother and Father, Kathleen and Terry are graduates of the Conscious Care and Support Course. This family are strong proponents of CCS recommendations, including the above suggestions related to Human Energy Balancing and Protection.