

SLEEP APNEA is defined as the failure of the nervous system to automatically continue the process of breathing. Subjects "forget" to breath during sleep and wake up in panics gasping for air.

If the condition weren't so serious this subject could be called "fright nights". Many subjects suddenly bolt up in the middle of the night gasping for air. Their partners subsequently find themselves night after night in an unwanted alert, listening for interrupted breathing patterns. Sleep becomes difficult for the subject and very uneasy for their partners. Snoring adds to this serious issue in 99% of the cases.

In 2004 we assembled a group of remedies around the pressure of the Cerebellar Tonsils against the respiratory nodules of the brain stem. The remedies were successful for too few and partially successful for some. The remedies have been reported as helpful for other issues, such as tension at the base of the skull so we have kept the remedy in our list. However, the end result for sleep apnea and snoring was less than a full success, so we have continued the research.

In 2006 we assembled remedies based on the bending (spondylosis) of the Atlas and sphenoid bones. The spondylosis of the Atlas pressures autonomic nerves in a way that makes the subject "forget" to breath. Plus the torquing of a bending Atlas pulls the ligaments of the sphenoid bone in a way that cuts oxygen and air passage. When the sphenoid bone is already genetically bent, the air passages close more.

The remedies are called **Sleep Silent** for snoring and **Sleep Smooth and Silent** for sleep apnea with snoring. The remedies are yet to be widely tested. The strong need for a snoring/sleep apnea remedy pushes us to release these findings early. All of the few that have used it reported results in the early stages.

SUMMARY OF REMEDIES
FROM 2004

(with range of mega bottles needed)

CEREBRAL TONSILOMA (with retrovirus)	2-4
COXSACKIE A # ?	1-2
COXSACKIE B # ?	1-2
MILIARY TUBERCULOSIS	1-2
TB NERVES	1-2
TB MENINGES	1-2
TB SPINE	1-2

CLASS PICTURE

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SUMMARY OF REMEDIES

(with range of mega bottles needed)

SLEEP SILENT	3-4
SLEEP SMOOTH AND SILENT	3-4