

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 13 – The 3 B's: Bedroom, Body & Brain

It is day 13 of Glow15. You have three more days to the beginning of a whole new lifestyle that will activate your youth in every single one of your cells, and the best part of it, is all we are doing is something that your body naturally wants to do.

That's what gets me so excited. To think that we have this process. This process of activating autophagy naturally in our body, and all we have to do is spark it. It doesn't cost us anything. It doesn't take any great effort. It just takes some knowledge, and the great news is that we have got the brains, and the knowledge, of some of the brightest minds from around the world that helped to put the Glow15 plan together, and I am so thrilled to be able to deliver it to you.

For Day 13, we're going to talk about more of the ways we can enhance our autophagy during the nighttime and the evening time. I'm going to focus on the three b's, bedroom, body, and brain. Your bedroom needs to be an environment that is designed to relax. I want you to go into your bedroom and take a look around, and pay attention to each and every object that's in your room. Is that object there to help you relax? And if it's not then I want it out.

A lot of people have a desk in their bedroom. It's not an office. A lot of people have gym equipment in the bedroom. It's not a gym. Try to remove as much as you can so it's really an environment where your brain says, I'm here to relax and go to sleep.

One other thing I want you to think about are the tools to help you sleep. Don't be shy to have an eye mask, or earplugs, or a sound machine. Those are all really useful tools in the bedroom. There's something to be said for different sounds. You've probably heard about white sound, maybe you use white sounds, but have you heard about pink sounds, or brown sounds?

Well, those two sounds are so therapeutic for your sleep. They really get you to relax. They help to work with your hormones. If you have a sound machine, make sure have one that incorporates brown, or pink, sound. It will make a big difference for you.

The next focus on the three b's is brain. Your brain at night, for some reason, just like my brain, according to the research, can really get active. The moment you lay your head down you start going through all the activities that you didn't do in the day. What needed to be done? At night, I'm designing organizational structures. I'm doing all sorts of weird things in my brain at night. It's very hard to calm it down!

I don't know if you experience this, but sometimes our brains go up on high gear. They don't realize that it's time to quiet down and slow down. This is a time when you give your brain some direction, and you help your brain to start that process of relaxing, and letting go, because at night when we sleep is when our brain actually cleanses itself.

It has to have the opportunity to do that deep cleansing. In order to do that, I often use meditation, I use affirmations, I do deep breathing, to really help me get into that wonderful state that my brain needs in order to go to sleep.

The third b is body. At night there are lots of things, tons of quick switches, that we can do to help our

body get ready to go to sleep, and then sleep deeply and well. One of them, is simply by taking a hot shower about 20 or 30 minutes before you want to go to sleep.

When you take that hot shower, you get out, and your body is going into a cooling down process. As it's starting to cool down your body is also being told to promote the production of melatonin, which again, helps you fall asleep. Always feel free to take a hot shower.

Something I love to do, and I do it especially when I'm traveling, is I love to take beauty baths. I'm going to give you lots of ways to get the benefits from a beauty bath, but when you take a beauty bath, what I like to do is, I like to make a nice warm bath, and then I'll add one to two cups of Epsom salt.

Why? Because the Epsom salts are filled, obviously, with magnesium. It's magnesium that's in the Epsom salt, and the Epsom salt is then absorbed into your body. We know that magnesium affects 300 plus chemical reactions in our body, and it's also one of the number one deficiencies that we here in the US experience.

Getting a magnesium bath through Epsom salt is a great way to relax your body, and get you ready for bed.

Those are the three b's that I hope you've learned quite a bit from. It's just a sampling of what you're going to be doing to really upgrade your overall experience of when you sleep.

I think with all the powerful research that's out there now around circadian rhythms, around the Nobel Prize that came out just in 2017 around circadian rhythms, we've learned how important our biological clock is, and how important it is to take care of our body, our brain, and our bedroom to get the very best autophagy activating benefits while we snooze.