



BONUS INTERVIEW

Morgan Langan & Dr. Dan Engle

Digestion & Sleep



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Larry: Hi! This is Larry and Oksana. We have a really special and important bonus video about how the liver and digestive system directly affect sleep. We're going to be covering this topic with two amazing health leaders: Morgan Langan and Dr. Dan Engle. They're founders of the Rejuvenation and Performance Institute. Thank you so much for taking the time to join us.

Morgan: Great to be here with you.

Dr. Dan: Yeah, you're very welcome. It's a pleasure to be here.

Larry: So, before we get into it, you want to tell our audience a little about yourselves? Morgan, can you start?

Morgan: Sure. We're the Rejuvenation and Performance Institute, located at the Grave Grove Rejuvenation Center, in Sedona, Arizona. The center actually started because I got quite sick myself. I'll go into the story a little more but basically we are here to help people who are in a healing crisis. Five years ago we created the center and it's just been an amazing process. Through that we've taken 1,000 people through the program that we call the "whole body rejuvenation process." It focuses on the things you were talking about, the liver and the gallbladder.

Larry: Dr. Dan, can you talk a little bit about your background and what led to where you are today?

Dr. Dan: Sure. Yeah, so I'm a Western-trained physician. My original training is in psychiatry. Then I did fellowships in forensic psychiatry and child psychiatry. Once I got into my practice, my orientation, similar to Morgan's, was really stimulated by health opportunities that I had. I was getting

pretty darn sick, and as my digestive system got really altered because of a variety of factors, I recognized how significantly it impacted my energy and mood. Also, at about that time, I had a bunch of teachers come into my field who were practicing integrative medical models. So I eventually structured my practice around the holistic psychiatric model. It essentially looks at the functional medicine perspective of how different aspects of the body affect different aspects of the mind. So, for some people, that looks like establishing harmony in the digestive system to have optimal mental functioning. For other people, it may be rebalancing neurotransmitters through with vitamins, minerals, essential fatty acids, etc. For still other people, it's going to look at really opening up all the channels of detoxification and detoxing the body in a mindful way from the toxins we pick up in our average diet. That includes the organophosphate, pesticides, herbicides and chemicals that are so prevalent in modern-day farming. It also includes cleaning the body of parasites, heavy metals, etc. So when we know all the different areas and aspects to look at, and we have means through which to evaluate those, then we can really individualize somebody's healing program. So, from that platform of holistic psychiatry, I eventually got more into detoxification and rejuvenation medicine. For a couple of years, I was the medical director at the Tree of Life in Patagonia, Arizona. Then eventually I caught up with Morgan and Puma out in Grace Grove. That was after I had traveled through Peru for about a year and a half, looking at how the medicine there interfaced with the traditional plans from a different cosmology. So, my background's been pretty wide and multi-faceted. It's

really been at the center, with Morgan and Puma at Grace Grove, and then building this more concrete platform with the rejuvenation and performance institute, that I've really seen everything I've been learning. It's also where I've really seen Morgan and Puma's background all come together and coalesce into this really effective and sophisticated cleansing and rejuvenation program. It's the most effective I've either seen or become intimately familiar with. We just consistently have a good program that really is better than any of the others I've seen out there. I've seen a fair number of them. We were able to reliably and confidently speak of a 97 percent success rate on average, plus or minus a couple of points. Essentially that means whatever people are experiencing -- body, heart, or soul -- significantly improves going through the program. Then they continue that program when they go home, with ongoing coaching and support.

Larry: Beautiful.

Oksana: Thank you for sharing this. I really look forward to all the information we'll be covering today. I wanted to ask you, when the plebe connects it with how much energy you have, how exhausted you are during the day, how you're healing, what you're doing on a daily basis. I wanted to ask you: How actually is your liver health connected with your healthy sleep and sleep patterns? Can you tell us a little more about that?

Dr. Dan: Sure. Well, the liver is the chief detoxification organ in the body. There are multiple detoxification organs in the body. It's really important to have all your channels of detoxification open. So, when we're thinking about the detoxification channels that includes the liver, kidneys,

lungs, skin and lymphatic system. We focus on a liver and gallbladder flush as well as really focusing on the lymphatic system at the same time; they're integrally related. The liver is responsible for modulating and metabolizing, turning healthy, all the toxins we take into our body. There are two (actually three) different phases of the detoxification process: phase one and phase two pathways. Phase one pathways try taking whatever toxins the body may be trying to expel and turning them into something that can be either be more easily excreted from the body or actually turned into a more toxic metabolized substance, which makes phase two shut down. You really have to have both systems online. They go from fat soluble to water soluble pathways. Then eventually the liver is able to excrete that through the bile, and then the colon, and out through the bowels. It also assists the kidneys by making the toxins water soluble so they can be peed out. If your liver channels are clogged or weakened that weakness may have come from inborn errors in metabolism, such as genetic weaknesses, or from microbial infection, such as parasites. It also could have come from interference fields related to trauma or scarring, etc. If those are weakened, then gradually you build up this toxic load. That's why genetics has a part to play, but it's only one piece of the whole puzzle. So what happens is the liver is weak. Well, if the liver is weak, now you can't conjugate some of your hormones. So, the endocrine system is weakened and those hormones affect vitality, and they're integrally related to the adrenal system. That essentially sets us up for the "fight or flight" response. If the adrenals are weak, everything is kind of off. So my teachers, the guys I've learned from who have

been doing this a heck of a lot longer than I have and I respect quite a bit, they speak of two things needing to be “online” for health to be reestablished. One is the liver and the gallbladder, the other is the adrenal. So they’re integrally related. It’s because the liver is involved in so many different systems that if it’s off, everything’s going to be off. If your fight or flight system’s out of whack, everything is going to be off there, too. So it’s about vitamin conjugation and using D vitamins, for example. The liver helps D vitamins and makes them more usable for the brain. Most of the things that happen in the brain start in the gut and most of you don’t recognize that. For example, 90 to 95 percent of all the serotonin that’s utilized by the brain is actually produced and stored in the gut. So, we really have to start at the core. If the gut is off it’s because people are eating the standard diet, which is really deficient of your necessary trace minerals, vitamins, macro and micro nutrients. It’s just typically full of a lot of crap, processed foods and refined meats and these things that really aren’t genetically loaded for optimum wellness. If your digestive system is off, people just use that term. It’s in our common language to say, “I feel like crap.” But it’s because you’re full of crap. You haven’t really released the entire toxic load from the GI system, which is predominantly the small and large intestines.

Larry: You brought up something that’s really important there, and that is that serotonin is actually produced in your gut?

Dr. Dan: Yeah. I don’t think a lot of people know that at all.

Larry: Can you elaborate on that?

Dr. Dan: Yeah, well, it's that simple. The majority of the serotonin in the body is produced and stored in the gut. Then it's transitioned into the brain for utilization from a neurochemical standpoint. So, serotonin is the feel-good transmitter. It is predominantly associated with mood, particularly for women. Dopamine is associated a little bit more with men. But there's always a balance between serotonin and dopamine. Just speaking about serotonin by itself, and this is all very well researched, there's a great book out there called *The Second Brain* by a guy named Gershon. It's essentially a doctoral thesis on the connection between the gut and the brain. It is known in reproducible laboratory analysis that if the gut's off, the serotonin system's off. What makes serotonin is its ability to be optimally produced in transition across into the brain for utilization and that serotonin and dopamine balance. Serotonin makes melatonin and melatonin is the chief hormone that governs sleep. So, if your serotonin system's off, your melatonin system's going to be off. If your melatonin system's off, your sleep is really out of whack. There are a whole lot of reasons sleep can be out of whack besides melatonin. We can spend a week just talking about sleep. It's interesting if you think about longevity, and longevity's the big buzzword now in frontier medicine. A lot of different factors play into longevity. We try a meta-analysis, looking at all the factors and seeing which ones are the most predominant. The single factor most predominant and predictive for longevity is sleep, even more than diet and exercise.

Larry: Right. That's why we made this program. It doesn't end in today's lifestyle of stress and eating food that is nutritionally deficient and pretty much just cardboard.

People aren't getting enough sleep and it's fundamental to being able to do what needs to be done. If you're not rested, you're going to be even more stressed out and it becomes this cycle.

Dr. Dan: Yeah. It's a vicious cycle

Morgan: Larry, I'm going to interject her a little bit, two things. Oksana, you mentioned why the liver is so important. The production of these hormones, they are just a couple of the liver's functions. The liver actually has more than 500 functions that it performs in the body. Those functions primarily take place at night during deep sleep. So if you're not sleeping deeply when the liver is ready to process all of these functions, that is why people really get into problems. Once or twice is okay but over periods of time, that's when people start getting into trouble. That's how I got into this situation myself. I thought I was really macho, that I'd only sleep two hours a night. I was staying up until two o'clock in the morning. Then I would get up at four or five o'clock in the morning and go to work. Well, I thought that was great. It works for a little while. Then eventually you end up crashing because your liver doesn't really have an opportunity to really process. It needs that time of deep sleep to really process and take care of all of those functions.

Oksana: Exactly. It's rejuvenation time at night. If you don't have that your body's eventually just going to give up.

Larry: So, is it true that if your liver isn't functioning correctly, even if you are getting good sleep, then it's not performing its tasks at full potential to do what it needs to do?

Morgan: Dan, I'll leave you to answer that one.

Dr. Dan: There are a lot of reasons the liver could be performing optimally or really substandard, subpar. Sleep is one of them. Stress is another. Stress is just horribly toxic to the body. It's acidic, it puts us in this low-grade fight or flight mode all the time. Therefore, we're never really dropping into a parasympathetic state. And the parasympathetic state is really where rejuvenation happens. That's just looking at it from a kind of neurologic system. When you are dropping back into sleep, if your sleep's off your immune system's off. It's because your immune system is really active between 10 p.m. and two a.m. The liver is active more like between one a.m. and five a.m. That's why ideal sleep is typically between 10 p.m. and 6 a.m. and most people do well on average with eight hours. These are the things we're genetically and fundamentally programed to experience. Everybody's got a little bit different physiology and sleep needs, but the liver, interestingly enough, is pretty darn rejuvenating.

Larry: Thank God.

Dr. Dan: Yeah. Thank goodness. You could take like 90 percent of the liver out. There have been cases where 90 percent of the liver has been taken out and it's fully rejuvenated.

Larry: Wow. So there's good news for me, Dan.

Dr. Dan: Yeah, there's always good news.

Morgan: Another point I want to make here is about the human body clock. We have this natural rhythm and we think there's always a pill out there that's going to resolve something. The reality is our bodies have been

conditioned over thousands of years. These cycles come from the sun. If we're interrupting those cycles, no matter what kinds of pills or what kinds of things we do to try balancing them, we're completely out of whack with the rest of nature. I think that's a lot of what's happening on our planet today. We're completely out of whack with what's really happening with our biological clock and our connection to all it is.

Larry: What I find really fascinating is something you guys are really touching on. That's how important the digestive system and endocrine system are to good and restorative sleep. What would you guys recommend for maintaining the regular sleep schedule and getting that deep night's sleep that you so desire?

Morgan: I personally like to see an ongoing routine. When I have a routine I do better and I think most human beings do better with a routine. I would say 80 percent of our clients who come here to the center have sleep issues. It's because we're simply out of whack. So, what is the best system, you're asking? First of all, never eating after seven or eight o'clock at night. I know that was one of my biggest problems. When I changed that one habit, I started sleeping better. That's because the body uses so much energy in digestion. If your energy is going into digesting food instead of healing and rejuvenating itself, that's a big hit on the system. So having a regular, ongoing schedule is important. Of course, everybody's different in that regard but we still are human beings on a biological clock. So, early to bed, early to rise, on an ongoing, consistent basis, and eating small meals in the evening time is essential to getting good sleep.

Dr. Dan: Well, when we look at the habits most people engage in that really screws up sleep, that's a big one: eating too late. Another one is all of the electronic stimulation, like staying on the computer late at night, or watching TV late at night, because it's this photic stimulation. Many of the new screens aren't as bad as the other ones. If you've ever watched a video of an old TV screen, like if an old commercial or movie had an old TV screen in the video, you would see that pulsing light. That pulsing light stimulation is really disruptive to the neurochemistry. Anything with that bright light stimulation, as well as being really heady or really cerebrally inactive late at night, is going to disrupt sleep.

Larry: Okay –

Dr. Dan: There's a lot of EMF, or electromagnetic frequency stimulation, that's so ubiquitous now. It's very difficult to be in a Wi-Fi free zone. It's difficult to even conceive of what civilization even would like without Wi-Fi and cell phones and all that we now take for granted. But our nervous system and our circadian rhythm is still not yet experienced in dealing with that amount of stimulation. Just 20 years ago, we had these big cell phones, these big bricks, they were just huge. Now we have these little ones that are, essentially, these massive computers we put up to our heads. You actually can see the rate of temporal lobe tumors increasing, temporal lobes being right above the ear. Temporal lobe tumors in kids have jumped about 15 percent in the past 10 years. One of the reasons is kids are on cell phones as well but their cranial cavities, the bones that make up the skull, are thinner. So the Wi-Fi signals penetrate deeper.

Oksana: And they're really still developing as well.

Dr. Dan: When they're really still developing, exactly. It really disrupts optimal neural development.

Larry: Yeah. That's the consensus of a lot of experts we interviewed as well. The light is really screwing up our circadian rhythms and your body thinks it's daytime --

Dr. Dan: Yeah.

Larry: When it's really being exposed to pulsating light.

Dr. Dan: Yeah. One reasonable answer, too, though, is trying not to get a whole lot of that bright light stimulation, say, like after eight or nine o'clock. But a lot of people would say, "That's ludicrous; when am I going to do most of my work?" Well, you could cultivate a lifestyle that requires you to do less work. Sometimes it's an active process. You know, we just say, "Okay, this is going to be the time that I do my work. It's going to be on the computer, say, between 10 a.m. and six p.m. or 10 a.m. and eight p.m. After that I just don't do any more work and I commit myself to that so I can get good sleep. Because when I'm getting good sleep, I'm actually more effective at the times I choose to work." For the time you're on deadlines or people just aren't able to make that happen in their lives, then you use something such as melatonin because it rewires the circadian rhythm. It's also a great antioxidant for the whole body. Every cell in the body has a receptor for melatonin; it's not just for the brain and it's not just for sleep. It's actually a longevity hormone. Then, third, melatonin is really helpful particularly for someone traveling through multiple time zones. Sometimes people really have a phase-advanced or phase-delayed cycle.

For example, teenagers are phase-advanced, which means if you put them in a cave, left to their own devices, they would go to sleep later and wake up later than most adults. So naturally their schedule is phase-delayed. It's crazy the way the public school system has arranged their hours of study. They're asking high schoolers to start cerebrally active processes, in the classroom at eight a.m., which is really a few hours before they're really awake. The school systems that actually have seen this have advanced their schedules to be more like a 10 a.m. or 11 a.m. start time and a four p.m. or five p.m. end time. You see a 20 percent or so improvement in test scores. So if someone is phase-advanced, you can start getting early morning light stimulation. Wake up, get bright light, it's called "phototherapy" or just do it naturally. Get outside, get your bare feet on the ground, get connected to the earth's grid. We could talk a lot about grounding technology, getting connected to the earth's grid and looking at the sun. Not directly at the sun, but doing something active in the sun. You'll be getting a lot of good UV exposure, vitamin D therapy, grounding therapy, and light therapy. Coming into balance with nature is not complicated. The resolution of most chronic disease is equally not very complicated. We try to make it complicated because we want to squeeze everything into this lifestyle where people are just running the rat race. We're trying to fill out our schedule with as much doing as possible. When we undo, I think that's one of the benefits and why we're able to consistently say we have a 97 percent success rate. It is because when people come to the center, they undo a lot of their old patterns. The people who stay successful stay undone in those

patterns, meaning they start eating better, exercising better, getting in touch with nature. They recognize the lifestyle they had been leading is not actually serving them well. This gives them a lot of information about how to come back into balance. It's like the basics: water, food, exercise, love, touch, community. When those things are supported, everything comes back into harmony.

Larry: So let's bring it back to digestion and the liver. The liver is taking a huge, huge hit. We need to get that fixed. What would you recommend people do to get their liver back into shape so they can have that maximum, rejuvenating sleep?

Morgan: I'll start with that one, because it's such a big part of my healing process, Larry. When you and I first met, I think back in 2007, 2008, somewhere in that neighborhood, I was quite sick. One of the processes that really helped me was doing liver and gallbladder flushes. I mean, it really, really shifted things around. I have to admit I was a pretty heavy partier. I had a dude ranch operation and I drank a lot of alcohol. I ate poorly and my liver really took a hit. Through that process, when I began doing liver and gallbladder flushes, something really shifted in me. Not only did my sleep improve, but my digestive system started improving. My overall functioning, you know, the way my body could metabolize fats began to change. These are, again, all liver functions and it was, wow. Just the changes and shifts in my overall health and vitality, my energy levels, everything was enhanced through a liver and gallbladder flush. That's why we've become so focused. I'd say that's our primary focus, the liver, because we just see it time and time and time again.

Everybody who comes in just goes through this process. It's like, "Wow! I can't believe how good I feel." Aches and pains go away and just so many positive things happen when you care for your liver.

Oksana: Definitely. I mean, our body is already doing such an amazing job trying to combat all these external factors we have to deal with on a daily basis. It's keeping us alive and energetic and keeping us going. But having us just fix that is one thing, then you start changing your habits, you stop craving the food you normally used to eat. You're just kind of getting better, better, better, better. After feeling much better, no one would want to go back again to feeling sluggish, with low energy. No one would do that. But, without knowing how that good feels, you really don't know where you are and how far can you go, you know?

Morgan: I think that's a really great point. That's what I lacked was a system and. I think, Larry, when you and I first met, I didn't have a system. I was jumping around. David Wolfe was saying, "Try this." I'd try it, and Gabriel Cousens would say this and I'd do that. I never had a real reason to make it, to really understand how to make it happen. So now when you get a system and you do it, these liver gallbladder flushes on an ongoing basis, you're cleansing on an ongoing basis. As you say, Oksana, you just start feeling so much better that, you know, you can have some fun. This is a good lifestyle. I want everyone to recognize that. It's not like you have to be a monk sitting in a cave. But you have the tools to take care of yourself on an ongoing basis when you do have a little bit of a slip-

up or you're staying up all night having fun, or whatever it might be.

Larry: So, what are some of the symptoms one would feel, outside of low energy or needing a flush of their digestive system?

Morgan: That's a great question.

Larry: What are some of the symptoms?

Morgan: Dan, do you want to take that?

Dr. Dan: We see it all the time. Low energy is the first key. Our feeling is that every healing crisis is a toxicity crisis. So people are feeling, you know, toxic. They're feeling stresses, they're feeling all these things. It's really happening within the physical body but also there's an emotional piece to that. We find when you clean out all the junk, you're also not just connected physically. You're also connected emotionally and spiritually. I mean, that's what we really are here to do, is have a true spiritual connection and enjoyment in this life and on this planet.

Oksana: It's the trifecta effect, you know. You have to balance out your spiritual life, your physical life, your mental life. You are golden.

Dr. Dan: Yeah.

Morgan: Sure, we've known it. I love Western medicine. Western medicine brings us a lot of incredible things, but I think we've missed this whole piece. You know that since 1984 Nobel Laureate Carlo Rubbia proved to us that we're only one part physical matter and almost a billion parts energy. So, just trying to treat the physical part, as

important as it is, don't get me wrong, it's really important, I think it's a jumpstart. We also have to look at the energetic side of things and how our energetic bodies are reacting and being affected by the things we're doing.

Larry: No question about it. So, for those of you listening who are not getting this sleep that you need, who are feeling lethargic, Morgan talks about a system. He talks about needing a system to really get yourself in gear. That's exactly what Morgan and Dr. Dan have created with their cleansing system. I'd like you guys to talk a little bit about it.

Morgan: Yeah. You know our system. We call it the "health acceleration system." It's based on four primary principles: power, balance, strength, and, of course, endurance on a long-term basis. The power is really just the energy to really enjoy your life and be able to function. The balance piece of it is how you have that immune system built up to fight off toxins and other elements that enter into our system. Then, until all that's taken care of, until our energy is directed and we have a balanced immune system, we can never really get strong. I think that's really one piece that was missing from myself and from a lot of people. We're always pushing. We're always working out. We're always trying to get strong, but our immune system is always fighting because we're stuck being attacked and we're not really replenishing it. So then, only then, once we have the immune system balanced and the strength balanced, then can we go into a sustainable, long-term program. So that's kind of the steps we take people through. You know, we're focused first of all on getting that energy and the power built back up.

Larry: Yeah, that's really good. You guys give away a pretty amazing cleanse. I'll make sure to have a link directly below this audio for people to get it. If there was one thing you could recommend people do to get started, what would it be?

Dr. Dan: So, Larry, the one thing I would highly recommend is doing a liver and gallbladder flush. It's the simplest, easiest process you can possibly go through. It can be done during your weekly, when people come here and learn our process. They go home and they do it, but you also can do it from home. We like to set it up so people can begin on a Wednesday. They can do it while they're going to work, with basically some small changes in their diet, trying to eat more raw and vegetarian-type food. Then, gradually, going into the weekend you'll go into one day of just juice, without any oils. Then on that fourth day you just have some oil. That's the simplest process that we know. Then that oil allows the liver to release a lot of toxicity. That's the simplest way that I can go through it. This is easy. This worked for me and we want to encourage people to look at this. That's one thing that will absolutely work. We see it consistently, across the board.

Larry: We'll have a link below this audio, again, to your amazing work. You just go get it and do this free cleanse that's outlined and experience the power of what you've got. Thanks for sharing and I want to thank you for joining us. Again, I invite everyone to experience what it is you guys have to offer.

Oksana: Yeah, thank you so much

Morgan: Yeah. We love to share what we're passionate about. Because it's really, when you get an opportunity to have this feeling, that's why we're giving it away for free. Everybody should have this experience. Then you don't have to sell somebody about what they should do. They have the experience and they know how it feels and that's where we're going with it. So thanks very much for having us on your show, we really appreciate it. Oksana, it's been really nice talking to you.

Oksana: Thank you so much, we look forward to learning some more really cool stuff from you guys.

Dr. Dan: Thank you, take care.