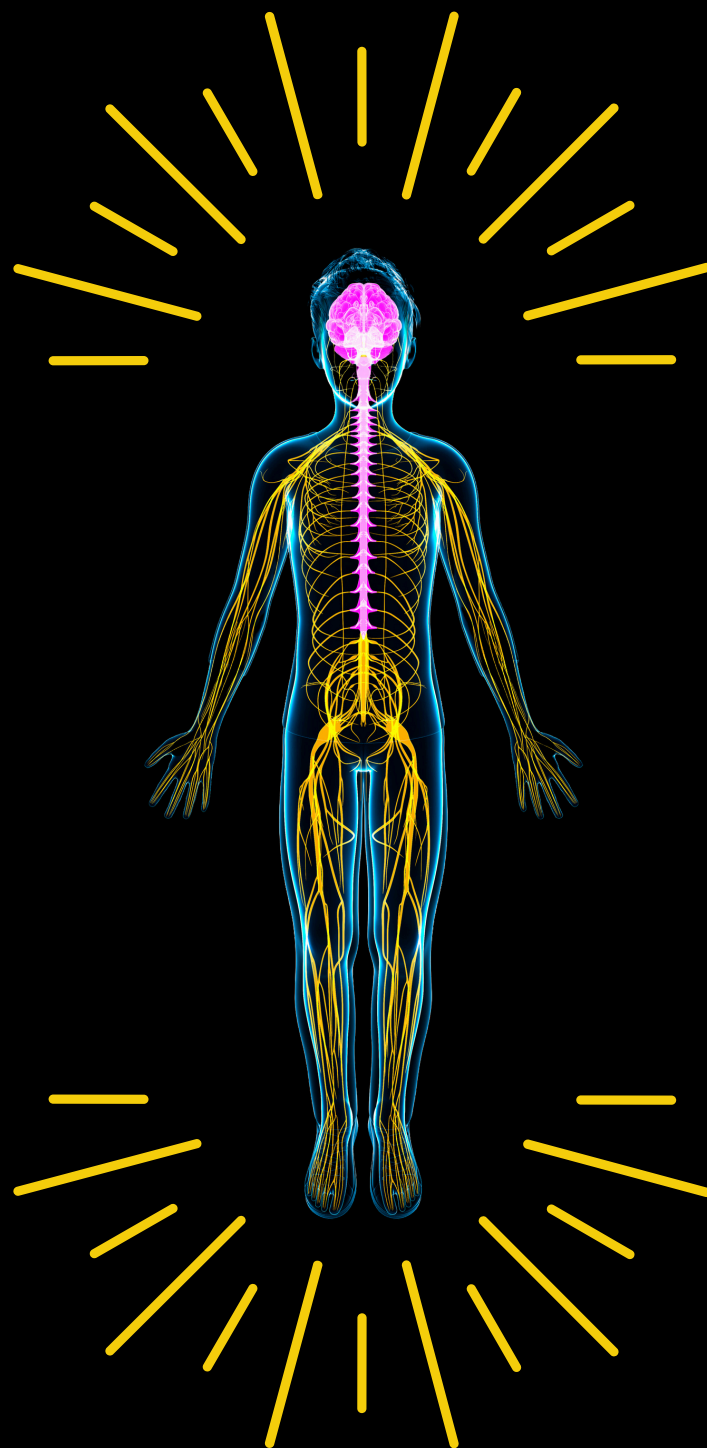


My Daily Practice For Restoring my **Nervous System** From Ongoing Exposure to Stress.

1. Night Time
2. Morning Time
3. Food Preparation
4. Hydration
5. Toiletries & Self Care
6. Insight into WhyThe?!£@!



WHO TURNED THE
LIGHTS ON?



NERVOUS SYSTEM
ECONOMY



Night Time

My Daily Practice

What we want is quality sleep, not waking up at 3am from the stress dancing around our system.

Here's what I do...

1. Magnesium supplement 1 hour before bed
2. Magnesium Oil on bottom of feet as you go to sleep
3. Lemon-Eucalyptus Essential Oil burning while you sleep
4. Soft non-verbal sound playing in the background; Eg.
Green Noise, 432 Hz music, Schubert, Emiliano Toso
5. Warm in the bed with a cold room - window open for optimal oxygen levels
6. Black Out Curtains if early dawn wakes you up
7. A 3-Minute Breathing Exercise in the bed using a 1:2 in:out ratio. Eg. 5 counts in, 10 counts out.
8. Direct the Subconscious Mind - a gratitude practice can be as easy as recalling 10 things you are grateful for as you reinforce to your subconscious you are supported.



Morning Time

My Daily Practice

What we want here is energy to beat the band!

1. So regular physical exercise is key. I have a 20-minute walk twice daily, I use a personal rebounder throughout the day - 4.5 minutes of vigorous jumping every 90-minutes, 7 minutes of stretching morning and night. Nb. A 20-Minute walk outside as early as possible in the morning sun is so good for you (morning sun is different than lunchtime sun)
2. Zinc, Vit D3 and B Complex at a minimum
3. N-Acetyl Cysteine (NAC) - what a game changer this has been. Highly recommend you stick this on your research list.
4. Omega 3 Fatty Acids - or if you can add wild salmon to your meal (not farmed)
5. Ashwagandha tablet, powder or get it in tea form.
6. Quality Greens Supplement - really important for anyone not already investing in a clean, organic, unprocessed food
7. 3-Minutes of Big, deep, full exaggerated breaths in and out activating your sympathetic on the way in, and your parasympathetic on the way out.
8. I burn Peppermint Essential Oil or Grapefruit by day at home, or in the office. Ideal for productivity and creativity.

My Daily Practice

1. **Read your labels.** The first 5 ingredients typically make up 80% plus of the contents.
2. **Wherever possible use bone broth to cook vegetables, pasta, rice, anything that would normally be cooked in water.** I use 1 liter of Sadie's Bone Broth to make soups, stews - an excellent dish to max out on all of the anti inflammatory herbs in one go: turmeric, cinnamon, ginger, cumin, garlic, cayenne
3. **Swap dairy for sheep or goat products**
4. **Filter or boil tap water**
5. **Wash fruit & veg in a mixture of 4 parts filtered water, 1 part Apple Cider Vinegar**
6. **Probiotics and/or Sauerkraut, yoghurt, kefir - find the one that works for you and include it at lunch**
7. **Flaxseed, hemp seed, sunflower seeds - get the ground up kind and liberally add them to everything**
8. **Food cutting tools like a spiraliser to make vegetable noodles, and create a variety of salads and veg based dishes.** I have a dremel machine for cutting up vegetables so food prep is way easier
9. **Turkey crown prepared weekly and kept in fridge for salads, sandwiches, evening meals.** Quality protein and Easy maintenance



Hydration

My Daily Practice

1. Max 2 coffees a day, and before 11am
2. Homemade lemon zest, grated ginger, cinnamon stick, turmeric powder tea
3. Bottles of sparkling water on hand - no soda, pop or juice of any kind. (Never drink your fruit)
4. Holy Basil (Tulsi) Organic Tea
5. Peppermint Tea
6. Turmeric Tea
7. Ashwaganda Tea

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Toiletries & Self Care

My Daily Practice to reduce cortisol

1. **Natural and organic toiletries wherever possible. Ireland has a great natural brand in Kinvara that I love. Dr. Organics and Sukin are good too.**
2. **Magnesium Salt baths**
3. **Body Loofah in the shower for circulation & detox,**
4. **Diva Cup or Moon Cup - chemicals in pads and tampons are nauseating. (literally)**
5. **Somatic Body Massage fortnightly**
6. **DIY Clay Masks monthly**
7. **Tai Chi or Yoga - 8-minutes during the day**
8. **Pause & Reflect - currently this is a weekend practice - where I lie on the floor with feet straight up the wall for 10 minutes. I combine this with a mindful practice (or conscious 1:2 ratio breathing) to remind myself to slooowwwwwwwww down and feel my heart.**

My Daily Practice

Ongoing stress silently takes a toll on the body, impacting sleep, weight, focus, mood, and behaviour.

While you might notice symptoms like brain fog, irritability, or self-isolation, you may not realise stress alters the brain and can lock the body into believing it must operate exclusively in survival mode.

This state, called dysregulation, compromises well-being, forcing your body to grind through life in ways that look a lot like "Highly Functioning, Not Ok".

Dysregulation disrupts bodily systems, creating a cycle that cannot be broken by words or positive thinking.

Instead, stress must be addressed through a nervous system care to restore regulation.

Lowering cortisol levels as part of this recovery, matters.

