

Night Work

Night work. Do you realize the brain is working at night?

The cells in the brain actually do not remove the trash during the day. They save it up. And part of the work at night is the brain cleaning itself up and taking out the trash.

It only makes sense. We don't have myelin sheets to protect everything inside the brain. There are many things inside the brain that need cleanliness to keep it in good working order. The blood brain barrier is like the placenta for a baby — it keeps out all large molecules that might harm the brain. So at night, there's a huge cleaning effort to make everything clean.

Well, the next day, we need to take vitamin C and electrolytes to finish up that cleaning job in the morning. Vitamin C is the same signature as sugar. Some people say the brain lives on sugar water. I would say the brain thrives on vitamin C water. So it's an excellent opportunity in the morning before you eat. To make the brain super happy, happy brain makes for happy health.

Why? Because the brain can rob other cells in the body to get what it needs. We don't want that. So the second drink to take in the morning would be some type of ancient sea salt. Ancient salt not been heated 1200 degrees. It has all the trace elements that are found in nature. Take about one half a teaspoon in 16 ounces of water in the morning before you eat. Then you've provided the brain with trace elements that it needs.

Now I admit that in our day and age our topsoil has been depleted a lot and we lack daily magnesium totals that we used to have before 1900. Enough is missing so that you do need a magnesium supplement. The easiest one to take is just one you put on your skin in four or five different places because it absorbs through the skin. It absorbs 100% and does not affect the gut. The absorption of Magnesium through the skin creates a whole list of really nice expensive supplements that you would have to buy to stay healthy. So that's a wonderful way to take magnesium. Make the brain happy and have great health.

Now, night work is not just related to cleaning up. It also is compacting short term memory to long term memory. That is a lot of work. And it has to go back over and over, up and down its cycle to make that happen. As you begin to hydrate the brain in this way, you not only improve the brain's ability to be healthy but you improve the brain's ability to sleep.

Another key to good health is good sleep. Ask yourself do I wake refreshed in the morning or am I groggy? Am I waking up during the night? Maybe the brain needs some tender loving care. So I recommend for a good night's rest — begin treating the brain in these simple ways.