

Confidential Insomnia Report!

Here's The FREE REPORT You Requested!

"KEEP Reading This FREE Report To Discover What Many Doctors Don't Know About INSOMNIA. Find Out The Truth About Your Problem And How To Get Rid Of It Once And For All... Without Drugs!"

Inside This Insider's Report, You'll Learn...

- What Many Doctors Don't Know About Insomnia!
- The Hidden Spot Most Doctors Fail To Check As The Cause Of Your Problem!
- Why Taking Pills And Doing Exercises Probably Isn't A Good Idea If You Want To Get Rid Of Insomnia Once And For All!
- Why Only Going To Your Family Or HMO Doctor Could Lead To Years Of Misery And Frustration.
- Why There is No Surgery for INSOMNIA.
- How To Naturally And Safely Get Rid Of YOUR INSOMNIA!

And Much More!

Dear Insomnia Sufferer,

First of all, congratulations on reading this FREE report! You're going to discover how to avoid years of misery and frustration – the same misery and frustration millions of Americans suffer every day because they don't have this seldom discussed information right in front of them like you do right now!

Insomnia is a disabling epidemic that is sweeping America as we speak. Many of your family, friends, and co-workers will experience the same sleeplessness as you do because of a number of factors including misinformation and inappropriate care.

That's why this report was written...so keep reading to find out what many doctors don't know about insomnia. The truth WILL shock you!

Reading this FREE report may be one of the most important things you've read this year. Why? Because finally, **an authority on insomnia** is breaking his silence and revealing the shocking truth about this problem that most doctors don't know! The information in this report is vital if you want to avoid years of increasing sleeplessness, misery, and frustration. So please read this report from beginning to end. It may end up saving your life as you know it right now!

You see, what's so dangerous about insomnia is that it's not an injury like a broken bone or a cut or scrape. Insomnia usually comes on slowly. You may feel that you just had a bad night, or maybe you just brush off the sleeplessness thinking it's nothing, and then it slowly builds and builds. Your insomnia becomes worse and worse. You become more irritable and start to snap at family and co-workers.

And then one day you realize you just aren't the same person you used to be. And that's when you go to your family doctor to get checked out.

If you were to go to your family or HMO doctor complaining about lack of sleep, you'll probably hear something along the lines of..."You probably have insomnia. Try these meds and if they don't work, we can try some others." How many different medications have YOU tried for insomnia???

This is a blaring alarm that your doctor may not be the person to talk to. You see, most doctors do great with general medicine. If you have an ear infection or the flu, medical science **can do wonders!** But when it comes to a condition like **insomnia**, many doctors just give you medications and send you on your way. They may not have the experience to properly diagnose the true cause of your problem and get rid of your problem for good.

THAT'S RIGHT! MOST DOCTORS DON'T KNOW HOW TO TREAT INSOMNIA WITHOUT MEDICATIONS!

Insomnia is a tricky condition. You see, your insomnia can have a number of causes. Some of those causes – like consuming caffeine, eating a large meal, or exercising shortly before bed – can all be easily rectified by making changes! What I am talking about is the insomnia that does not seem to have a known cause. Every day, thousands of patients who suffer from insomnia make the mistake of going to their family doctor because they don't have the information you're about to read. Going to your family doctor and taking medications may result in your insomnia becoming more severe, and worse yet, you may never get rid of the

problem. Don't put yourself at risk for misery, suffering, and the decreased income from missing time from work.

Here Are The Dark Secrets About Insomnia Medications...

The main problem with the treatments most doctors prescribe for insomnia is that they never go after the root of the problem, but focus on the *symptoms*. And when the medications wear off (which they do because the brain habituates to all stimuli), you'll often find they only cover up your problem for a short time and did nothing to fix what's causing your insomnia in the first place.

Some doctors give their patients the newest medications on the market like **Lunesta, Ambien, Ambien CR or Rozerem**. Some will use anti-depressants like **trazadone or amitriptyline**. Some will use an anti-seizure med such as **clonazepam or neurontin** (I guess it doesn't matter that in 2004 Pfizer was fined \$430 million for recommending this med off label – that is, what it was NOT intended for). **AS YOU KNOW, ALL OF THESE MEDICATIONS HAVE SIDE-EFFECTS AND SOME ARE HABIT FORMING!**

1. Insomnia is your body's way to telling you there is something wrong.

If you are taking pills so you can sleep and more pills to get through a day of work, then you are probably making your problem worse because you've sabotaged your body's only means of keeping you healthy. Obviously, this form of treatment is not a permanent fix because no matter how many pills you take, you'll never get better!

2. These pills can cause dangerous side effects like liver failure, kidney damage, and gastrointestinal hemorrhage.

Trust me on this, these 'side effects' are 100 TIMES WORSE than the insomnia that you're taking these pills for in the first place!

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So, if your doctor is treating you by covering up your insomnia with meds...

YOUR Doctor's Treatment Could Be Making Your Problem Worse!

Since none of the treatments your doctor may be giving you are meant to actually correct the true cause of your problem, logic says your condition will only get worse. If you're like most of the long-term insomnia sufferers I've talked to, your life has probably become less than it should be.

OK, so you've done the pills. What's next? Not MUCH!

Fortunately for you, if your doctor's treatments fail, it doesn't mean you're incurable...it just means your doctor was looking in the wrong place! The majority of doctors out there tend to get so sidetracked with focusing on the area involved that they overlook something so incredibly obvious it will shock you!

You see, in order for you to go to sleep, your brain has to SLOW DOWN. FOR ANY SENSATION to travel to your brain, it has to find a pathway. In essence, it needs a road to get there just like you need a road to get to your job in the morning.

In your body, this road is called your nervous system. And . . .

The weird thing about nerves is if you interfere with the nervous system anywhere along its 'road', it can make you lose sleep!

I know this may come as a shock to you, but imagine this: If the REAL cause of your insomnia were to be found to be treatable and permanently eliminated...then yes, your insomnia would disappear.

Imagine how your life will change. You won't have to take those pills anymore! You won't have to worry about all of the side-effects that go along with the meds.

I invite you to relax, close your eyes, and picture in your mind a night and the following day without your bothersome insomnia, a day where you could do whatever you want and not worry about extreme fatigue due to lack of sleep.

Can you picture that image in your head? What favorite activity are you doing? How healthy and happy do you look? Who are you spending this time with?

Isn't a moment like this what life is all about?

How would you like to make that fantasy into your reality? How would you like to, once and for all, get rid of your insomnia and all that goes with it? No more reduced life, no more irritation, no more limitations...just a happy, enjoyable, worry-free life.

Hello. My name is Dr Ned McArthur, of the Spine and Wellness Center here in Orem.

I've spent years helping patients who suffer from chronic insomnia discover the truth about their problem and also ELIMINATE their insomnia naturally without any drugs!

That's why I put together this valuable, FREE report. Frankly, I got sick and tired of seeing people just like you suffering through a lifetime of insomnia and misery because no *one* ever bothered to reveal to them the truth about their condition!

In fact, since I've been helping people just like you eliminate their insomnia, I've focused a majority of my practice and skills at helping patients with neurological conditions!

There is really nothing more pleasing than helping people just like you finally able to sleep through the night and living life on their own terms once again!

That's why I mailed you this FREE report. I want you to know the truth about insomnia almost everyone out there doesn't seem to want you to know. Because I know that chances are great that I can eliminate your insomnia!

If you're suffering from constant, bothersome insomnia that you don't want to get worse, then there is hope for you to get rid of your problem once and for all!

In fact, I've helped design a quick and easy INSOMNIA Evaluation that can determine where your problem is REALLY coming from. In fact, doctors all over the country are now using this method to help insomnia sufferers from all walks of life.

But, I have to warn you...It's in your best interest to get your condition evaluated right now because later on, if you procrastinate on this, your condition might deteriorate to the point where I can't help you.

My FREE EVALUATION Is The Best Way To Find Out What's REALLY Causing Your Problem!

If you are currently suffering from insomnia, don't procrastinate, just call the office, come on in, and you can get a FREE INSOMNIA EVALUATION.

The INSOMNIA Evaluation is a series of quick and painless tests that help determine:

1. What is the true cause of your problem?
2. Will it get worse in the future?
3. Is there a way of eliminating the problem quickly and easily?

The test is quick, easy and, most importantly, painless!

What's important is that you take a moment now to schedule your insomnia evaluation, and as I said before, the sooner the better.

If your problem worsens, it may be more difficult to evaluate, take longer to fix, and you may need surgery. So get this test soon.

If time is a problem, we can schedule you at a time convenient for you. (When was the last time a doctor told you this?) How can we do this? Again, the test itself is quick (and painless), so we can most likely fit you in our schedule soon.

What Causes INSOMNIA?????

As I have tried to come up with concrete answers to this question I did a lot of researching. I asked questions of everyone who knew anything about insomnia. Then I discovered how a “short circuit” in the lower part of the brain, would result in insomnia and a multitude of other health problems.

So I checked this “short circuit” out on all my patients and guess what? I didn’t see it in everyone, but EVERY SINGLE INSOMNIA PATIENT HAD THIS “SHORT CIRCUIT.”

So I thought, “Well, if I stimulate the brain in such a way as to reconnect the “short circuit” will that help these people start sleeping through the night again?”

I was shocked . . . I was amazed . . . **IT WORKED!**

INSOMNIA is USUALLY caused by a hyperactive upper brainstem (also known as the mesencephalic reticular activation system). There are three parts to the brainstem: upper, middle, and lower. NORMALLY, the brain fires impulses down to the brainstem, to slow the upper brainstem. When there is a loss of the impulses firing from the brain to the brainstem, the upper brainstem will over-fire and the result is...INSOMNIA!!!!

Due To The Constant Monthly Interest In This Free Community Service, This No Obligation, FREE INSOMNIA EVALUATION Will Be Available To You Free Only If You

Call By _____

I hope you've benefited from discovering the truth about insomnia that, believe it or not, most doctors aren't even aware of. So get this free second opinion before it's too late!

Remember, you have until _____ to schedule your FREE INSOMNIA EVALUATION. After that, we probably won't be able to see you.

Congratulations on taking responsibility for your own welfare! I look forward to helping you, just as I have helped many others!

Sincerely,

Dr. R. Ned McArthur

**P. S. – You must call 225-1311 before _____ for your Evaluation to be FREE.
(Worth \$187.00)**

P. S. S. – Of course, if you have any questions, give us a call. We'll answer your concerns or any questions you have about your condition, and then you can decide if you want us to look at your problem.