

**SLEEP APNEA** is defined as the failure of the nervous system to automatically continue the process of breathing. Subjects "forget" to breath during sleep and wake up in panics gasping for air.

If the condition weren't so serious this subject could be called "fright nights". Many subjects suddenly bolt up in the middle of the night gasping for air. Their partners subsequently find themselves night after night in an unwanted alert, listening for interrupted breathing patterns. Sleep becomes difficult for the subject and very uneasy for their partners. Snoring adds to this serious issue in 99% of the cases.

The tonsils extending down from the cerebellum can put pressure on a part of the brain stem that controls the nerves for breathing. We made Cerebral Tonsiloma with different retroviruses and different coxsackie As until we found the most common combination. The remedy, **Tonsil Snore Complex**, is aimed at several different tonsils (including those in the nose and throat) for the combination of sleep apnea and snoring.

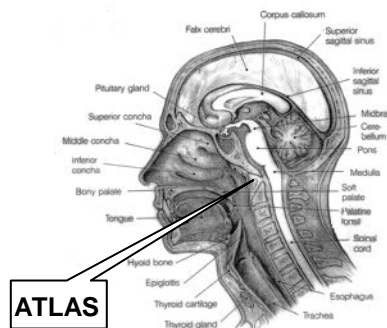
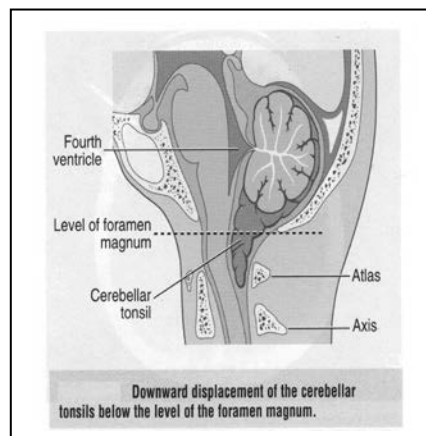
In 2006 we assembled remedies based on the bending (spondylosis) of the Atlas and sphenoid bones. The spondylosis of the Atlas pressures autonomic nerves in a way that makes the subject "forget" to breath. Plus the torquing of a bending Atlas pulls the ligaments of the sphenoid bone in a way that cuts oxygen and air passage. When the sphenoid bone is already genetically bent, the air passages close more.

There is evidence that for some that yet another bone curvature in the head could also close some of the passages and contribute to snoring. Now that we have a remedy for all bone curvatures/bendings, **SPONDYLOSIS**, this is a possibility worth testing and exploring. For those who energetically test for a spondylosis as a cause or partial cause of sleep apnea and/or snoring, the remedy could help.

The remedies are called **Sleep Silent** for snoring and **Sleep Smooth and Silent** for sleep apnea with snoring. The remedies were improved in 2011. **Neurim Stricture** is for the nerves that intertwine with connective tissue in the pharyngeal and esophagus area. **Burp Not** is for a sugar condition that clogs the sinus/nasal area and can exaggerate snoring.

**SUMMARY OF REMEDIES**  
**FROM 2004**  
 (with range of mega bottles needed)

<b>CEREBRAL TONSILOMA</b>	<b>4-5</b>
<b>(with retrovirus)</b>	
<b>COXSACKIE A # ?</b>	<b>1-2</b>
<b>COXSACKIE B # ?</b>	<b>1-2</b>
<b>MILIARY TUBERCULOSIS</b>	<b>2-4</b>
<b>TB NERVES</b>	<b>2-4</b>
<b>TB MENINGES</b>	<b>2-4</b>
<b>TB SPINE</b>	<b>2-4</b>
<b>TONSIL SNORE COMPLEX</b>	<b>4-5</b>



**SUMMARY OF REMEDIES**  
 (with range of mega bottles needed)

<b>BURP NOT</b>	<b>4-5</b>
<b>NEURIM STRICTURE</b>	<b>4-5</b>
<b>SLEEP SILENT i</b>	<b>4-5</b>
<b>SLEEP SMOOTH</b>	
<b>AND SILENTi</b>	<b>4-5</b>
<b>SPONDYLOSIS</b>	<b>5-6</b>