

Here's how to stop your snoring for good so that you leap out of bed each morning feeling refreshed and alive after having had an awesome nights sleep ...

Essential Stop Snoring Secrets

**A COMPLETE GUIDE TO A QUIET NIGHT'S
SLEEP**



Dr Rick Donald

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PREFACE

Why I wrote this book

The degrees and diplomas hanging on the wall of my clinic may show that I am a healthcare practitioner, but what they don't show is that first and foremost I am really an educator. I feel strongly that there is little point in having a wealth of medical knowledge if that knowledge cannot be imparted in a meaningful and understanding way, so I see my role in my patients' healthcare journeys more as a teacher and mentor than as a diagnostic physician.

My specialty area of interest over the past 15 years has been nutritional medicine. During my time in private medical practice, I have made a point of never providing any patient with a diagnosis and then subsequent treatment protocol that has not been structured around what they eat and drink.

And this is the rationale behind the development of my *Essential Stop Snoring Secrets* program. When I first set up in private practice many years ago in Melbourne, Australia, I initially concentrated on developing my now highly successfully *Feast & Famine Weight Loss Program*. After several thousand patients had been through this dietary program, I began to notice a consistent feedback stream coming to me, not from the actual patients, but instead from their partners!

What I was hearing time and again was that not only were the pounds melting away, but also their sleeping partner's snoring was diminishing. And this positive feedback was not restricted to partners of only light snores. Even chronic snorers of twenty or more years were being silenced!

It was at that stage that I realized that I had made a breakthrough discovery in how to naturally curb snoring using just dietary changes. I then proceeded to develop as an off shoot from my *Feast & Famine Weight Loss Program* a new dietary protocol which would naturally help control snoring, and the rest is history. *Essential Stop Snoring Secrets* was launched.

So this is the reason for writing this book. To impart to you, the reader, the knowledge that I have gleaned over the years about how to naturally stop, or at least significantly reduce, your snoring by using the fuel you put into your body each day – your food and drink - to help you get a quiet and restful night's sleep each and every night.

The underlying premise behind *Essential Stop Snoring Secrets* is that a healthy dietary intake will not only help you achieve optimum vitality and total wellness and give you the tools to keep your weight at a safe and healthy level, but also it has the power to regulate your bodily functions, *which includes stopping you from snoring.*

Hippocrates, the 'father of Western medicine', was absolutely correct nearly 2500 years ago when he said "*let thy food be thy medicine*". Now just maybe he lived with a snorer!!!

So after reading this book, I hope you will begin to realize that you do have the power to positively influence and control your overall health status by eating according to how Mother Nature intended us to eat in the first place. *And this includes whether you snore or not.*

For your health's sake, I encourage you all to read, absorb and then assimilate the knowledge presented within these pages. Indulge in the bounties of nature and gain that inner glow that only good health can provide.

And at the same time, benefit from a quiet night's sleep and much happier bed partner!

A handwritten signature in black ink, appearing to read 'Rick Donald'. The 'R' is large and stylized, with a loop. The 'i' has a dot. The 'k' is simple. 'Donald' is written in a cursive-like script.

Dr Rick Donald

INTRODUCTION

You may think snoring is funny ...

But *please*, think again.

Snoring is definitely no laughing matter. It has been linked to marriage break-ups, engagements being called off, being socially black-listed when weekends away with friends are organized ...even death.

Now this last complication is a big call I know. And I am not talking here about a frustrated sleeping partner finally flipping out and pulling the trigger. Instead I am referring to actually dying either in your sleep, or departing from this world as a direct result of your snoring.

Scary thought, isn't it, but it actually happens. And unfortunately, the probability of this occurring actually affects many more people than most of us would care to imagine. For those who aren't aware, this problem is usually linked to a condition known as Sleep Apnea, which is a serious snoring complication where sufferers actually stop breathing many times each hour whilst they are asleep.

This is potentially life threatening complication, with the assistance of modern technology, is luckily for most people a manageable condition. This sleep disorder is so important that it is discussed in more detail in Chapter 3, *Sleep Apnea – the not so silent killer*.

Now anyone who has slept in the same room – or in some instances, *even in the same house* – as a loud snorer will know what I am talking about when I say '*mission control, we have a MAJOR problem here*'.

And the frustrating thing is that more often than not, the snorer is totally unaware of the Apollo Space Shuttle about to take off from their back of their throat. They just seem to sleep blissfully on whilst you are nudging them in the ribs or searching for a sock to shove into their gaping mouth to somehow stop the racket.

Anyone who has tried to sleep through 90dB or louder of snoring cacophony will know what I am talking about. It is proven fact that a person's snoring can be as loud as a lawn mower, a chain saw or a Harley Davidson rumbling past your window. And unfortunately, it is usually the *non-snorer* who seems to suffer the most, as they toss and turn, trying to drown out the rumble.

One of the MAJOR problems is that snoring just won't go away either. You can't ignore it, because it will be like your worst nightmare, as it returns to haunt you each night. So you don't only wake up feeling unrefreshed and tired, but your sleeping partner is most likely equally annoyed because you have kept them awake most of the night.

But snoring is not just extremely irritating, it has been estimated that it affects up to 44% of the population at one time or another. So if you nearly double this to include those sleeping within earshot of a snorer, then it is not an exaggeration to state that snoring has either directly *or indirectly* frustrated up to, say, 70% or even more of all adults at some stage.

Now those are really frightening figures and they are indicative of just how widespread this problem really is! So snoring is certainly NOT a laughing matter.

***Essential Stop Snoring Secrets* will teach you:**

- Which commonly available superfoods you should regularly eat to stop the snore
- Which food and drink combinations to avoid if you don't want to exacerbate your snoring habit
- What the different types of snoring are and how to self diagnose the likely cause of *your* snoring problem
- What are the major health issues that chronic snorers can suffer from and how you can overcome many of these simply by making often simple lifestyle changes
- What is Sleep Apnea and why it needs to be taken seriously
- What are the best and worst of the commonly available anti-snoring suggestions and treatments and why surgery should always be considered as a last resort
- How you can use a combination of other complimentary anti-snoring treatments conjunctional with appropriate dietary changes to stop your snoring dead in its tracks
- What is the best natural treatment protocol that you can adopt to stop, or at least significantly reduce, the snore permanently
- What you can do in the short term to immediately start to curb your snoring as soon as tonight
- How to naturally shed a few excess pounds and give your body a chance to level out at a weight that is appropriate for your body type.
- How to use the foods that you eat on a daily basis to enhance your body's innate detoxification and self-healing pathways.
- How to ensure that your immune system is functioning at its peak, simply by eating the proper foods.
- How to add years to your anticipated lifespan simply by regularly eating the right foods.



Snoring: a lifetime curse

Sorry to be the bearer of bad tidings, but it is usually 'once a snorer, always a snorer'.

Unfortunately for most of us, snoring is a lifetime affliction which quite often becomes more entrenched and gets louder and louder as we age than the other way around. Now that's terrible news if you are a snorer because unless your sleeping partner suddenly develops a case of severe deafness then you could well be looking at sleeping alone for a very long time.

Technically snoring is the result of increased upper airway resistance. It's usually caused by a narrowing of the airway passage between the free edge of your soft palate (the uvula) at the back of the throat and the back of your tongue. This narrowing is due to a relaxation of the muscles in your throat and mouth during sleep, causing the respiratory structures to vibrate as air is forced over them.

Then the deeper you sleep the narrower this airway becomes. Your throat muscles relax even further, the airflow over them becomes even more forceful and the louder you snore. Night after night after night, ad infinitum.