

The Transformational Sleep Upgrade

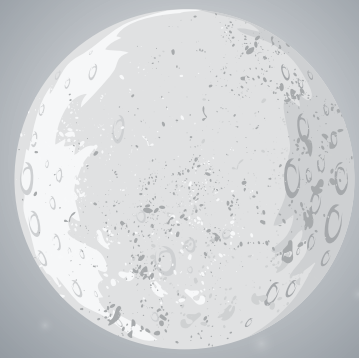


By: Josh Macin



THE DETOX DUDES

www.thedetoxdudes.com



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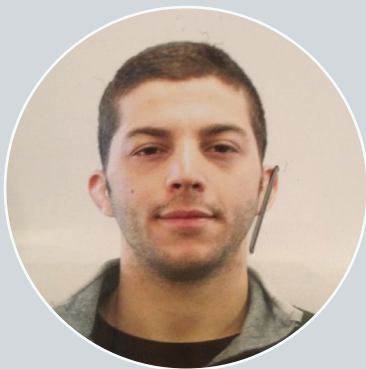


Josh Macin



Why Listen To Me?

I had severe insomnia worse than anyone I have ever met. This went on for four years and my mental sanity was regularly in jeopardy. For nearly 1400 days I slept three hours or less a night. Many of those nights were all-nighters. Now, I sleep like a baby and hardly put any effort into getting a good night's sleep. I wake up rested and rejuvenated. I don't need supplements, breathwork, yoga, or any fancy machines to put me to sleep. My head hits the pillow, I give gratitude for the day, and within 15 minutes I am off into fantasy world.



The first photo was taken at my worst. I was actually taking a passport photo to go to Gabon to take Iboga, one of the world's most powerful hallucinogens. The second photo is from March 2018, no makeup no editing.

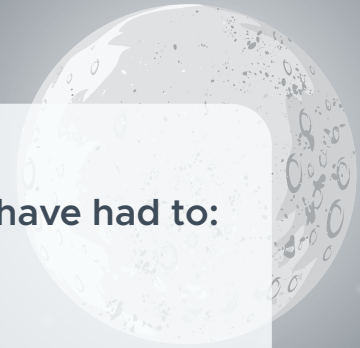
My Sleep Story:

Through my four year ordeal with mercury poisoning, I was forced to learn some of the most powerful remedies for a good night sleep. If you are struggling with sleep issues I know your pain. Severe or even mild sleep issues can be agonizing and torturous.

I want you to know exactly how bad my insomnia was so that you know you are reading material from someone who has fought the good fight:

P.S. You will not be needing to do all these things to fall asleep.





For nearly four years, in order to get tired at night, I would have had to:

- Exercise during the day until complete exhaustion
- Eat a decent sized meal at night in order to ground myself
- Meditate for 30-60 minutes and then stretch/do yoga
- Listen to binaural beats once the sun went down
- Focus on my breath for 2-3 hours
- Shut off almost all technology at least two hours before bed (definitely anything where I could be communicated with on)
- Stop having conversations with anyone in my home two hours before bed
- Forgive myself for the guilt and shame of the day / give myself self-love
- Take herbal supplements and amino acids for relaxation
- Lay down in bed for a minimum of an hour before bed concentrating on my breath
- Use only candlelight after sundown

Now you may be thinking, “wow that’s an awesome protocol. You must have gotten a great night sleep after all that”

Remember, I said “In order to get tired at night, I would have had to.” But the truth is that even after all this I would often not fall asleep. There was a 10-20 minute window in time where my mind would rest enough for me to fall asleep. If I missed that window, I was for certain going to be up the entire night. Not one minute of sleep.

During these sleepless nights (probably over 400 all nighters in total) I would go for sprints outside (winter and rain included), do push-ups, listen to guided meditations, take 15x the recommended daily dose of multiple calming herbs, lay in all kinds of different positions, lay in many different rooms of the house (near doors with the door open, in every corner of the bedroom, in the bathroom on the bathroom rug, and then back to the bedroom). If I pulled an all nighter, it was common that I could have laid down in 10 different places throughout the night. Occasionally I would fall asleep for an hour or two in one of those positions.

And if I did catch that 20 minute window and was lucky enough to fall asleep at a normal hour, then about 70-80% of the time I would wake up a few hours later with heart palpitations, nervousness, and debilitating thoughts about my life and the the day to come. The other 20-30% I would sleep soundly but was regularly tormented with fearful dreams that led me to wake up in the morning feeling like I had just run a marathon.



These type of sleep issues followed me wherever I went. Into the amazon jungle, in all parts of the United States, and in every home and bed I slept in - no matter how comfortable.



(here is me in the amazon jungle doing an isolation dieta with ayahuasca)

I read countless books on sleep, listened to every podcast I could find, and read hundreds of blog posts. Rarely I would find gems of information that actually helped. 95% of the content felt like it was for the lightweight insomniac who had occasional restlessness. The universe wanted me to pioneer this subject and it was just another wonderful side effect of having severe mercury poisoning.

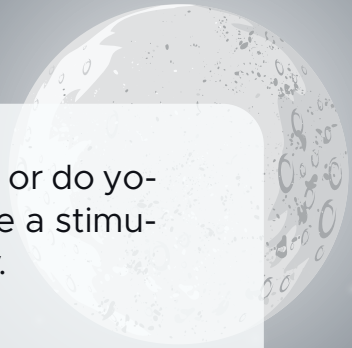
Severe mercury poisoning is like running with leg weights on. When you take those leg weights off, life becomes much easier! And through all that practice and heavy lifting, you learn all kinds of techniques to make up for the biochemical havoc.

Except instead of just normal leg weights, it was a full body electric suit that shocked me every 15 seconds...

Where am I today with my sleep and why should you listen to me?

For the past 2.5 years I have been sleeping soundly. It is no longer a subject that I work diligently on, worry about, or even think about that often unless I am coaching clients.





I go to bed without supplements. I don't need to meditate, stretch, or do yoga. I can (but prefer not to) be on my cell phone, watch tv or have a stimulating conversation 45 minutes before bed and still sleep soundly.

My dreams are often pleasant, adventurous, and revealing.

I don't get night sweats or night terrors anymore. I wake up rested most mornings. If I wake up in the middle of the night to pee or for any other reason, I fall back asleep.

I would have thought that it would have been impossible for me to get where I am at regarding sleep.

Important note about sleep:

The short term goal of this program is to get you sleeping. Period. Lack of sleep will completely and utterly prevent a human being from healing, rejuvenating, detoxifying, or making progress in their health. Regardless of the thousands of dollars they could be spending on therapies, modalities, foods, and supplements.

So if you start seeing some crazy remedies below and thinking to yourself, "damn I have to do this for the rest of my life to sleep," the answer is an absolute resounding no.

First, get yourself to sleep. This will restore the nervous system and allow your organs to rest.

Only once you start sleeping well, you can begin to "worry" about "getting off" the sleep supplements. I put those in quotes because the typical neurotic westerner is always projecting out into the future and none of these things are actually addictive or harmful long term.

Furthermore, once you start sleeping, you can begin to effectively detox the body - which is where the true transformation in health and well-being happens and what will allow you to sleep in the future without working so hard. We won't dive much into detoxification in this module, you'll have to visit my [website](#) for more.

So now, I present you with the most powerful, effective, and transformational sleep guide the world has to offer:



Step 1: The Room

1. [Get blackout curtains](#) - even small amounts of light can keep us awake and prevent us from getting excellent REM sleep.

2. Make sure you are not sleeping on metal coils. Many mattresses have metal coils. Switch over to Leesa, Casper, Serta iComfort, or full organic mattresses.

[Read this: https://blogs.scientificamerican.com/guest-blog/left-sided-cancer-blame-your-bed-and-tv/](https://blogs.scientificamerican.com/guest-blog/left-sided-cancer-blame-your-bed-and-tv/)

3. Sleep cool. Bring the temperature down in your house to 60-65 degrees fahrenheit.

4. Minimize EMF's in your bedroom. Shut off your wifi router in the house/apartment or set a [timer](#) to do so. If you have really bad electrosmog in your home (you can use an [acousticom 2](#) to check) you may want to consider getting an EMF canopy (though very expensive).

Huge bonus for you here - [You can watch this video to learn more about EMF's](#) (it's actually a video from my [masterclass](#) so please don't share this link)

5. Sleep in a totally dark room with no electronics. Use candles instead of lights or even nightlights. Begin using candles around sundown. If you absolutely prefer nightlights I will recommend some below. Most candles are toxic, they actually have something called paraffin, which is similar to what comes out of diesel fuel. Stick to Non-GMO soy or ideally beeswax.

[Candles](#)

[Red Night-light](#)

[Salt Lamps](#)



(my Accousticom 2 going crazy next to a wifi router)



Step 2: The Body

A quick little note about supplements when it comes to anxiety, sleep, and nervousness:

Fortunately there are many different things that we can choose from. Unfortunately, many (but not all) of these supplements will lose their efficacy after repeated daily use. They tend to work very well in the beginning, and then after several months one may need to rotate to something different. Also, it is important to note that supplements must be met halfway.

What the heck does that mean?

You must hold up your end of the bargain (no technology, consciously choosing to slow down, refraining from stimulating activities, setting intentions) in order for these supplements to show you their true power.

The most effective supplements and herbs that I have found for sleep are as follows: (in parenthesis will be the dose that I used. Please note that I never would combine all of these together. I combined several, but never all, that is absolute overload) Also note that I spent years trying to find the best brands for these supplements. I strongly advise against typing “kava” or “melatonin” on amazon and picking the first thing that pops up.

[Kava](#) (2 dropperfuls)

[Passionflower](#) (2 dropperfuls)

[Chamomile](#) (2 dropperfuls)

[Lemon balm](#) (2 dropperfuls)

[Ashwagandha](#) (2-3 dropperfuls)

[Dragon Bone](#) (1-2 tsp, this is the strongest and by far my most favorite formula)

[SleepThru](#) (2-3 caps)

[Anxiety soother](#) (2 dropperfuls)

[Liposomal Melatonin](#) (¼ - ½ cap, this is extremely strong stuff and I will talk about it below)

[Magnesium](#) or [Magnesium Spray](#) (2-4 scoops and/or 50 sprays on body)

[Glycine](#) (5 caps)

[Theanine](#) (3 caps)



(some of my favorites)





Some examples of cocktails that I would use are:

Cocktail 1: STRONG (because of doses, not because of the ones I am choosing)

- 2-3 oz of any calming tea as the base. You don't want to use too much water as you will have to pee in the middle of the night.
- 2 tsp dragon bone
- 3 dropperfuls anxiety soother
- 5 caps glycine
- 3 caps theanine
- Magnesium spray on body
- 1 cap sleep thru
- 2 droppers ashwagandha

I would mix all in a mason jar (not the theanine, magnesium, glycine, or sleep thru I would take those orally) and shake and drink. Be sure to be ready for bed when you drink because 30 minutes later you will be exhausted.

Cocktail 2: Medium

- 2-3 oz of any calming tea as the base.
- 1 tsp dragon bone
- 1 dropperful of passionflower, chamomile, and lemon balm
- 2 caps sleep thru

Cocktail 3: Mild

- 2 caps sleep thru
- Glycine
- theanine

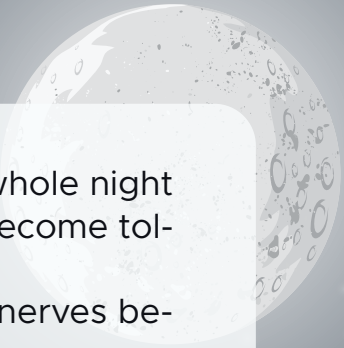
Some notes on each of the supplements:

Kava, passionflower, chamomile, lemon balm, anxiety soother - I will put all of these in the same category as relaxants and nervous system calmers. They work quickly, but they don't work through the night.

Glycine, theanine - calming amino acids that can be taken in high doses and can always be added to any cocktail on a daily basis for making it stronger

Liposomal melatonin - the granddaddy of sleep supplements.





Sleep thru - One of my favorite sleep supplements. It lasts the whole night and makes you wake up feeling rested and refreshed. Hard to become tolerant to.

Ashwagandha - Similar to Sleep Thru. Excellent for calming the nerves before bed, putting one to sleep, and it lasts through the night.

Dragon Bone - The best calming formula I have ever found in five years. Do not take every night or you will develop a tolerance to it.

Miscellaneous tips:

- You can try making your own kava from gourmethawaiiankava.com. Use a [nut milk bag](#). I did this for several months and it is 10x stronger than the kava in tincture form. But this is close to a drug so I wouldn't do it every night.
- Have some tinctures right next to your bed so that if you wake up in the middle of the night, you immediately take 2-3 squirts of a tincture. This way you don't give your brain time to start thinking, analyzing, and questioning if you are going to fall back asleep.
- If I were to only choose 3 supplements it would be dragon bone, sleep thru, and high dose magnesium
- If I were to only choose one it would be dragon bone or liposomal melatonin.
- Liposomal melatonin is extremely strong and should not be taken in high doses. It is extremely detoxifying in doses of 10-20mg. It is also strong enough for it to be the only thing that you take at night, but you can mix it with 1-2 other things as well. ~2-5mg is my favorite dose. You can just open the cap and take a small amount of the powder, it is virtually tasteless. Regular melatonin does not cross the blood brain barrier, liposomal does and therefore is stronger and more effective.
- Take 6-12 lithium orotates daily. Only take 12 for a few months, 6 is the max daily long term dose. [Advanced Research Lithium Orotate](#) -naturally occurring mineral from earth - everybody needs it and we are super deficient. Official government study in texas about lithium in drinking water vs murders and suicides. Extremely calming for the nervous system, but needs to be taken daily for maximum benefit. It is not an as needed supplement like the above herbs.



- While I am of course not in the realm of recommending pharmaceutical drugs, things like xanax, klonopin, and buspar are powerful anti anxiety medications and can help severe cases. I had tried all three at some point and they all served their purpose.
- The most powerful (and safe from my research) prescription sleep medication is called [Xyrem](#). It is generally only for severe severe insomnia (and narcolepsy ironically) and I only know one person who's taken it. I wish I knew about it back in the day, because I am sure it would have been a game-changer. It is extremely hard to get a rx for this because it is so molecularly similar to GHB, the "date rape drug" and thus doctors do not like prescribing it. Other rx sleep medications are so incredibly bad for us in my opinion and I would exhaust all natural possibilities before resorting to them. They throw off biological harmony like nothing else.

Suppositories:

Another incredibly powerful way to get the body to relax and sleep is to make your own suppositories. If you know my work you'll know that I teach people how to take supplements rectally. Minerals, detoxifiers, parasite herbs etc. This is because our digestive systems are impaired and taking things rectally drastically improves the efficacy and passing of the blood brain barrier.

Make suppositories with:

Essential oils of blue chamomile, valerian, rose, jasmine, and/or lavender.

My favorite sites for essential oils are:

<https://www.anandaapothecary.com/>

<https://essentialoilwizardry.com/>

<https://www.mountainroseherbs.com/>



(an example of real wealth)

To make suppositories, follow instructions here -

www.thedetoxdudes.com/suppositories - but of course use the ingredients above, not the ingredients listed on the recipes. Though the "calm tooshy" formula listed is very good. And of course you can use any of the ingredients that you purchased for oral use, though note that alcohol tinctures aren't super good in suppositories.

The doses that I used for calming essential oils were about 10-20 drops of total oil in each suppository. Please note that I am not a licensed aromatherapist and not licensed to give advice on essential oils - especially internally. Please consult with your physician regarding this.





Nasal Sprays and Diffusers:

Another excellent way to take in essential oils is through the nose. This goes directly to the brain.

One can use a diffuser in the bedroom with:

Ample amounts of Essential oils of lavender, chamomile, rose etc. You can also check out sleep formulas like [Sleep Tight & Serenity](#). You should also use 40 sprays of [magnesium oil](#) in the diffuser with essential oils

I have owned 5 diffusers and they all sucked or broke quickly. [This one was the best that I have found so far](#) (sorry). So feel free to try a new one or shop around. I have tried a bunch of the “top rated” ones and they sucked too.

One can also use [nasal sprays](#) with 2-3 drops of essential oil per bottle. Use only distilled water and shake well before each use.

Diet:

Nature is equipped with its own system of defense and lectins are the way that vegetation defends itself against larger predators such as humans and animals.

The diet that I subscribe to these days is the lectin avoidance diet. Lectins are resistant to digestion and are absorbed into the bloodstream. They also damage the gut lining and stimulate the immune system.

Lectin avoidance diet is a great cure for autoimmune conditions and sleep issues.

For more information on lectin avoidance diet see:

[Self-Hacked Article](#)

[My Allowed Food List](#)

[My Lectin Video](#)

[The Plant Paradox](#)



Step 3: The Brain

Blue Light:

Blue light is severely impairing our ability to produce melatonin. And blue light is toxic in the doses that we are receiving it in. There are tons of studies on this and I am not going to list them all here. But just do a google search if you don't believe me.

Start wearing blue light blocking glasses around 7pm (or a couple hours before your bedtime).

[My favorite blue light blocking glasses](#) (I actually wear the large size)
[The "best" blue light blockers](#) (but some are ugly and I don't like the full red)

For your computer use [F.Lux](#)
For your iphone use [night shift mode](#)




(rockin my favorite blue light blockers while writing this manual)

Meditation Tracks / Binaural Beats:

If you do a basic YouTube search on "[Deep Sleep Relaxation](#)" you will find plenty of tracks that you may resonate with. Keep searching until you find one that really calms your nerves. Listen with headphones.

Ideally you would download the tracks offline so that you don't have to use WIFI or cell data while trying to fall asleep. You can use a [YouTube to Mp3 converter](#) to download the file offline. I think [YouTube premium](#) allows you to download tracks offline as well. I have an app called T-Downloader that I downloaded 5 years ago (I don't know if it still exists/works) but every time I get a new phone it automatically converts over and still has all of my meditation tracks from the past five years! The best thing you can do is to use one track over and over as it will become your anchor and your nervous system will grow fond of it.





Alternatively, [Jason Stephenson](#) has amazing guided meditation on YouTube and Spotify. I love these two tracks:

[3 Hour Meditation](#)

[Guided Forest Meditation](#)

I also love [Savasana music](#).

And here are some more favorite playlists of mine that I still use for sleep to this day. Though I don't know if other people will like them because they aren't "meditation tracks."

[Massage](#)

[Massage Doc](#)

Lastly, it is important to step outside every morning and stare in the general direction of the sun. Don't stare directly at the sun. Do this for five minutes every morning as it will help reset your circadian rhythm.

Step 4: Geopathic Stress and Dowsing

Of all the things that I talk about in this course, this is the most scientifically proven and will also appear to be the most "woo-woo" at the same time. Remember dowsing is how people used to find water.

We want to make sure we are not sleeping on Earth-line intersections. Earth lines are basically the energetic lymphatic (or sewage) system of the Earth. Or Mother Earth's veins, there are many different ways to look at it. At the intersection sites, there is a lot of noxious energies and this can create internal chaos in the body. It is excess stress and will dramatically reduce the quality of your sleep. Children, babies and dogs naturally hate energy lines (watch if your child is always turning his head to the other side in this sleep). Cats love them.

In 1929 a German scientist Baron Gustav von Pohl (also a dowser) theorized that earth radiation affected human health. To prove this, he mapped the energy lines in the town of Vilsbiburg, then compared them to the records of the district hospital. It was found that every single one of the 48 recorded cancer deaths had occurred in people who had been sleeping in beds standing exactly above one of the powerful "water veins" (underground streams are also a source of geopathic stress) that Pohl had mapped before seeing the medical records. Pohl's findings were published by the Berlin Centre for Cancer Research in 1930.



Then interest in earth lines grew in the 1930's in Europe, mainly Germany and France in cities that had small enough populations to be tracked by 1-2 medical practitioners. It was concluded that mothers, daughters, and grandmothers often had the same cancer. They saw that one husband after the other husband (of the same wife) also had the same cancer. The common theme was that they would find cancer patients to be spending an extraordinary amount of time on earth lines in their home.

Very reputable medical organizations came out to disprove the theory. Studies were conducted with thousands of cases (30-50k actually). Time and time again the theory was proved correct, and the detractors turned into the most intense supporters. These people originally disputing the lines were not "healers," they were scientists and professors of medicine who risked their career to stand in favor of these lines. Then in Feb 1987, the west german government started investing millions in a research program.

Look out when your child is turned upside down every morning, unconsciously trying to escape the line. This is an example of our intuition moving away from the lines.

- Cats like the intersection of lines
- The intensity increases as you go up floors of an apartment building.
- There are two grids called Curry and Hartmann Grids. Curry run east and west. Hartman are north south.
- Also, plants will not grow on these intersections.
- Strength and width of lines are reinforced during storms. Doubled between 1am and 2am, tripled on full moon.
- It is where rotting processes are favored, compost heap. Oak trees are ine seekers. Ants show great affinity for intersections, hence they are cleaners of all that is rotting in nature.

To dowse for earth lines and make sure you are not sleeping on an intersection site, you will have to watch a video from my masterclass.

Purchase these Dowsing Rods



(me teaching dowsing at one of my retreats in San Diego)



Psychological Xanax:

The psychological mindfuck of not being able to sleep is probably the most agonizing of all symptoms. The mind starts racing, fearful thoughts come in, and worsening fatigue over time just leads to more fraying of the nervous system. This is a vicious cycle that creates a super tired, stressed, and restless individual. After enough time of this, one becomes in a limbo phase in between living and dying. In between sleeping and being awake.

The important thing to know here is that this too shall pass. If somebody told me this cliché quote in my darkest days of no sleep I would have punched them in the face. But shit, they would have been right!

This is just a phase of your life. It will not rule your entire life.

And guess what? There are literally millions around the world who are having trouble falling asleep just like you. This is a particularly helpful concept to think about while in the middle of a restless night. Except they are using drugs, alcohol and needing to get near-comatose in order to fall asleep. This is not conducive to healing in any way and is not sustainable.

While not being able to sleep, try to catch the “stories” that are playing out. There is the fact that you can’t sleep. That’s a fact. But then there are the thousands of thoughts that kick in that tell you that you are doomed, that tomorrow will suck because of this, that your mind won’t work, that you won’t be able to do that presentation, that you won’t be able to talk to that girl, or that everyone will know that you haven’t slept. Blah Blah Blah. Laugh at these stories. We all have them.

The fact is you can’t sleep. Leave it at that.


When all else fails, do some [self love practices](#) and accept that you are not able to sleep. Never fight it!

Breath:

Sounds like more cliché stuff, but don’t forget how important it is to breathe properly to relax yourself before bed.

[Alternate Nostril breathing](#) helps
[4-7-8 Breath](#) is good as well.





Thanks for diving into all of this stuff. Well, really you should be thanking me. I went borderline psychotic learning all of this stuff over the course of four years. And distilled it to you for a very reasonable price and a very short read! :)

I truly hope that you are able to find homeostasis and begin sleeping again. Sleep is a crucial foundation for the rest of health and I sincerely know how difficult life can be without it.

Remember that this is kind of a “band-aid” in that we need to dive deeper into the root of why one can’t sleep. Often this is due to traumas, emotional wounds, heavy metals, parasites, chemicals, mineral imbalances, and leaky gut. But of course these things can’t really be worked on unless you are sleeping! What a conundrum...

If you want to dive deeper with my work, you can:

[Check out my mastercourse](#)

Email me for Coaching - Josh@thedetoxdudes.com

And Check out [My website](#)

