



For additional resources and Support, please go to:

HealingStrong.org

Restorative Sleep – A Must for Healing by : Joni Bellew- Watkins, RN, CNC

Resources noted within Presentation

(Note: HealingStrong is not affiliated with any of these services or products and encourages everyone to do your own research and comparison.)

For Restorative Sleep :

N – Nutrition

U – Unplug

R – Remodeling

S - Spirituality

E – Exercise

Link to Joni's Sleep video created for HealingStrong <https://vimeo.com/712926836>

Daniel Amen – The Amen Clinic – Brain Health <https://www.amenclinics.com/>

Rosenthal Integrative Nutrition Institute <https://www.integrativenutrition.com/>

Red Light and Sauna Therapy – Dr. Jockers.com

<https://drjockers.com/red-light-therapy/>

<https://drjockers.com/infrared-sauna/>

<https://drjockers.com/infrared-sauna-therapy/>

<https://drjockers.com/episode-221-my-daily-routine-with-nutrition-sauna-red-light-and-more/>

Miriam Monzo – Interior Designer - <https://miriammanzointeriors.com/>

Products

Nodpod Sleep Mask - <https://nodpod.com/>

Snoring/Sleep Guard <https://na.aveotsd.com/>

EMF Protection - <https://www.emfsol.com/>

Blue Light Protection –

Bed Sheets - <https://luxome.com/> , <https://www.peachskinsheets.com/>

CBD Info - <https://mywaycbd.com/>

Along with the use of White Sound Machine/apps for listening, she suggested listening to:

Lullaby Scriptures <https://scripture-lullabies.com/>

Streams Ministries International <https://streamsministries.com/>

Andrew Wommack Healing Videos - many found on YouTube also-
<https://www.awmi.net/video/series/healing-journeys/>

BOOKS

Nurse, Nurse, I'm Worse! Can You Help Me Sleep? By Joni Bellew, RN

The Maker's Diet – by Jordan Reuben

Eating Your Way to Wholeness - by Joseph Prince

Integrative Nutrition : A Whole Life Approach to Health and Happiness – by Joseph Rosenthal