



Sleep Apnea:

A New Mind/Body Solution

by Damaris Drewry, Ph.D.

For some people with a history of traumatizing events related to being physically unconscious, there may be an end to sleep apnea symptoms. Join Damaris Drewry, Ph.D. on June 11 from 7-9pm at Studio Rejuvenation in Greer to learn more about using new techniques to resolve the exact traumatic events that cause sleep apnea. Event cost is \$20.

Sleep apnea can be life-threatening, and is considered incurable. It is possible to sleep through severe episodes, and people with untreated sleep apnea stop breathing many times during the night, usually snore, and wake up exhausted. The usual treatments for sleep apnea are difficult to use and cause additional problems. The word apnea means without breath and there are two types: obstructive apnea and central nervous system apnea. Obstructive apnea occurs when soft tissue at the back of the throat collapses during sleep and interrupts breathing, and central nervous system (CNS) apnea occurs when the airway is open but the CNS fails to signal the body to breathe continuously.

While there have been many recent advances in the treatment of trauma in general, it is only in the leading areas of energy psychology that a connection is made between the "Fight or Flight Response" and the onset of sleep apnea. The operative principle is that during a traumatizing event the nervous system, which controls breathing, becomes confused between living and dying, and stops the body from breathing during sleep because it is similar to losing

consciousness during the events such as birth trauma, near-drowning, car accident, surgeries, etc. Clearing the emotional charge from those events, and reframing the decisions made during those events defragments the body's bio-computer and results are immediate. This is accomplished by connecting the dots between the onset of sleep apnea and the decisions made during previous traumatic events.

The present issue with the medical perspective on sleep apnea is that, in being defined as "incurable", people feel powerless and doomed to be plugged into a CPAP machine in order to get any oxygenated rest. Having found that sleep apnea symptoms can be stopped by using Emotional Freedom Technique (a.k.a. tapping) to access the nervous system via the acupuncture meridians, and precise language with NeuroLinguistic Programming, people no longer have to feel hopeless in finding relief to sleep apnea. Refer to www.BeyondTalkTherapy.com for more information on how a huge range of physical and emotional issues can be cleared by resolving underlying traumatic events.

Dr. Drewry is owner of Beyond Talk Therapy. She sees clients at Acupuncture of Greer, 106 Memorial Dr., in Greer, and over the phone worldwide. For more information, call 520-320-6366 or visit BeyondTalkTherapy.com. Dr. Drewry does not diagnose or treat any DSM-IV disorders. She teaches clients how to resolve their own symptoms. See ad, page 15.

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