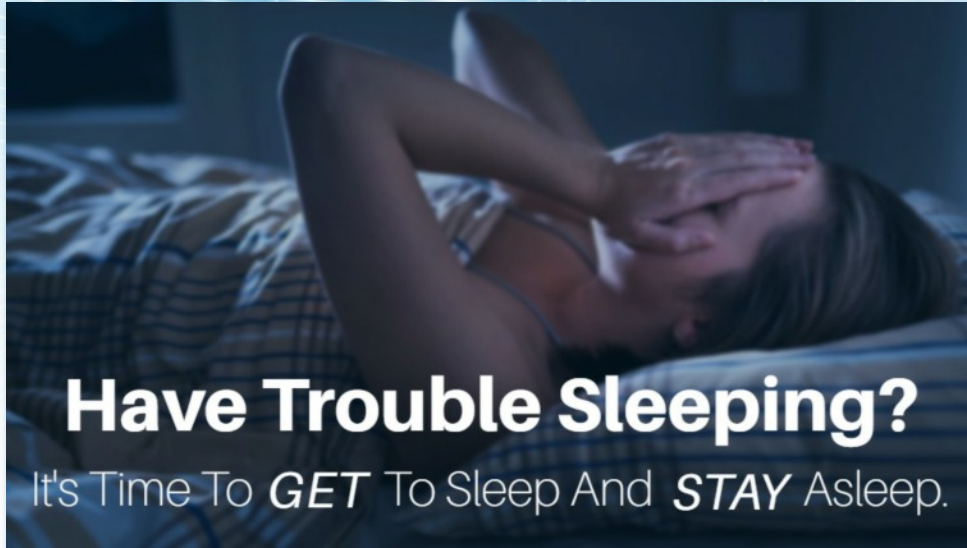




Wellness Minute

Health Information You Can Use On Your Path To Wellness



Have Trouble Sleeping?

It's Time To **GET** To Sleep And **STAY** Asleep.

Causes of Sleep Loss

“Let’s look at 3 patterns of sleep loss: those who can’t fall asleep, those who can’t stay asleep, and sleep neurotransmitters.”

Sleep is not an option. Some people can sleep but don't get enough. Others have problems sleeping. I recently attended a major nutritional seminar and every single speaker put emphasis on the importance of getting sufficient sleep. We need sleep for a healthy immune system, better decision making abilities, and creativity.

Poor sleep is associated with impaired memory and attention. Sleep is the major metabolic equalizer. It is where the body restores and repairs. Poor sleep, limited repair. Limited repair translates into increased aging. If you are not sleeping, you are headed to a state of chronic inflammation and chronic pain.

For you who have trouble sleeping, let's look at three major patterns of sleep loss: those who can't fall asleep, those who can't stay asleep, and the basic neurotransmitters associated with sleeplessness. What's interesting about each of these patterns is that they are all directly or indirectly influenced by insulin and cortisol. Your wellness clinician may recommend foods that are better to help balance insulin and cortisol. What we eat will certainly affect blood sugar levels and many hormones.

As a side note, it's interesting that many of the meal plans which are part of the Control-IT weight loss program are designed to normalize both insulin and cortisol. As a result, almost everyone who goes on the

program to lose weight eventually finds themselves sleeping better.

So, let's look at the first pattern of sleep loss – those who can't fall asleep. As a rule of thumb, when someone has difficulty falling asleep, they have hypercortical function. Some of the other symptoms of cortisol excess are depression, bone loss, fatigue, weight gain in the waist, loss of muscle mass, and thinning skin.

There are a number of botanical agents that work well to reduce cortisol. Work with your wellness clinician. They know which natural products have a combination of adaptogenic herbs, supportive low dose vitamins, and trace minerals

necessary to feed the adrenal glands and reduce hypercortical symptoms.

Let's look at the next pattern — those who can fall asleep but can't stay asleep. Their blood sugar gets so low that their adrenals give a little shot of glucocorticoids to maintain blood sugar levels and that little bit is all they need to wake up. These are the people who wake up in the middle of the night, and they start thinking of all the things that they have to do during the day and whomp that's it, they're up!

If we can maintain healthy blood sugar, we wouldn't need the adrenals to provide that extra boost. A protein diet with a good source of healthy oils and supplements to support functional hypoglycemia can be the solution for this kind of insomnia.

The third pattern of sleep loss refers to neurotransmitter imbalances. The dance of the hormones and neurotransmitters is so elegant and so interconnected. If the excitatory neurotransmitters don't have adequate inhibitory

factors, sleep or relaxation is difficult. Serotonin is one of the main inhibitory neurotransmitters. If you have trouble sleeping or relaxing, there are natural therapies to balance serotonin levels and help you sleep.

But regardless of the cause of insomnia, sometimes we have to break the sleepless cycle. The past experience of not sleeping and the fear of another sleepless night is almost enough emotional stimulation to increase the very hormones and neurotransmitters that will cause insomnia.

I recommend a natural supplement called De-Stress. De-Stress is a milk peptide derivative that has been shown by the University of Nancy in France to have anti-anxiety properties. De-Stress before bedtime is a safe and natural way to relax and help break the cycle of anxiety associated with sleeplessness.

But no matter what it is keeping you from a restful and restoring night of sleep, it's time to break the cycle. Give your wellness clinician a call because SLEEP is not an option.