

#### Insomnia: a Common Complaint

- One of the most common reasons for seeing a primary care provider
- · Negative impact on health
  - Loss of energy
  - Loss of regeneration and repair time
  - Daytime drossiness and irritability

# Stress Related disorder

- Daytime stress contributes to nighttime sleep problems
- Sleep problems at night contributes to daytime anxiety and depression

#### The stress response

- Produces the "fight or flight response" provides the energy & strength to fight or run away from the danger.
- Release of adrenaline into the bloodstream, along with other stress hormones including norepinephrine & cortisol.

#### Symptoms of excess stress

- <u>Physical</u> fatigue, headache, insomnia, muscle aches, heart palpitations, chest pain, abdominal cramps, nausea, trembling, cold extremities, flushing/sweating, frequent infections
- <u>Mental</u> decreased memory & concentration, indecision, mental fogginess, loss of sense of humor

#### Symptoms of excess stress

- <u>Emotional</u> anxiety, nervousness, depression, anger, frustration, worry, fear, irritability, impatience
- <u>Behavioral</u> pacing, fidgeting, nervous habits, increased eating, smoking or drinking, crying, yelling, blaming, throwing things

## Sleep Apnea

- Sleep apnea can cause major health problems
- Common sign is excessive daytime sleepiness
- Common in overweight individuals but not exclusively
- Loud snoring often present
- See your PCP for referral to a sleep clinic

# Sleep Hygiene

- · Good sleep is a learned behavior
- Go to sleep and awaken the same time every day
- Avoid stimulating activities before bed
- Avoid dietary stimulants
- · Keep room completely dark
- Bedroom is a place of rest and relaxation



### Natural support for hormones

- Adrenal support

   Vitamins C, B5,B6, licorice, rhodiola
- Phytoestrogens

   Black cohosh, Dong quai, motherwort
- Bio-identical progesterone cream
- Consider bio-identical hormone replacement with your Naturopathic physician

### Supplements to Promote Restful Sleep

- Melatonin
- 5 hydroxytryptophan, 5HTP
- Calcium and magnesium

# Melatonin

- A hormone that influences the pineal gland and the sleep-wake cycle
- · Helpful for jet lag
- · Best used short term

# 5 HTP

- Tryptophan is an amino acid
- 5HTP is a serotonin precursor
- Serotonin and melatonin work together in the pineal gland
- Serotonin also support mood
- Found to be helpful with the sleep problems of Fibromyalgia

## **Calcium and Magnesium**

- Relax the nervous system and the muscles
- Take your bone support supplement at bedtime
- · Ca:Mg 2:1 or 1:1
- Increase magnesium if constipation is a problem

### Herbal support

- Nervine herbs support the health of the nervous system
- Range in potency from mild to more drug like
- Adaptogens help the body deal with stress

## Nervines

- · Chamomile and catnip
- · Skullcap, passion flower, motherwort
- · Hops, oats
- Valerian
- St. John's wort and Kava kava

# Mild Nervines

- Chamomile and Catnip
- Gentle enough o use with children
- Commonly used as a tea

### **Moderate Nervines**

- Hops and Oats are nourishing to the nervous system
- Hops may have a slight estrogenic effect, help for women but not for children
- Skullcap and passionflower have been studied for use with recovery from addiction

### **Stronger Nervines**

- Valerian used alone can cause agitation in a small percentage of people
- St. John's wort has had many studies showing support for mild to moderate depression
- Kava kava supportive for anxiety mixed with depression. Large amounts can be addictive

# Adaptogens

- Rhodiola
- Eleutherococcus
- Licorice root
- Astragalus
- Shitake and Mitake

## Rhodiola & Eleuthro

- Recent promising studies on support for dealing with stress and stress related effects
- Previously known as Siberian ginseng, Eleutherococcus has long been used to help the body deal with stress



## Licorice Root

- Licorice on of the best herbs to support the adrenal glands
- Constituents similar to the hormones made by the adrenal gland
- Should not be used by those with high blood pressure
- DGL forms useful for GI tract do not support adrenal gland

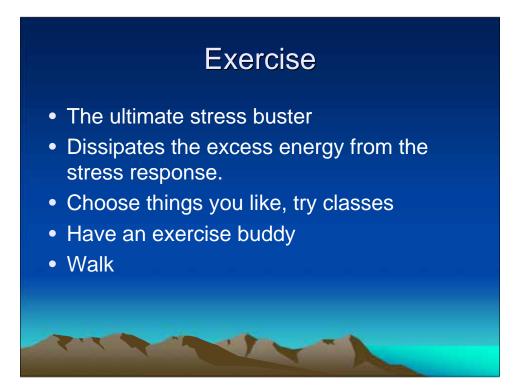
### Immune Support

- Stress can weaken immune system
- Frequent colds add stress to your life
- Shitake (Lentinus edodes)
- Astragalus
  - Used to support immune system
  - Switch to echinacea if you have a fever

## **Use Supplements Wisely**

- Research and ask question

   Pubmed; Books
- Ask your health care provider
- Don't get fooled by hype or fads
- Just because its natural doesn't mean it is right <u>for you!</u>
- · Listen to your body



# Flexibility

- · Life is about change.
- · Try new ways of dealing with problems.
- Change direction when it is in your best interest.
- · Let others do things their way.
- · Don't should upon yourself.

