



Nutrition to Overcome Sleep Difficulties, Dr.Abhay Kumar Pati, Hayward, CA, USA

The major daily pulse of growth hormone release occurs during the first few hours of sleep. Growth hormone is important for maintaining strong muscles, ligaments, tendons, bones, and a lean body all throughout life, Dr.Abhay Kumar Pati, Hayward, USA

Sept. 26, 2010 - [PRLog](#) -- Q. Why is sleep so important to us?

A: Science has yet to uncover the most basic functions of sleep. What is known is that most people will begin to suffer sleep deprivation psychosis rather quickly in the absence of sleep. The symptoms of sleep deprivation include extreme fatigue, restlessness, irritability, temper explosions, memory impairment and difficulty concentrating.

In addition, there is good evidence that the major brain systems rebalance and reintegrate themselves into a coordinated functioning unit during sleep. Studies of people with severed spinal cords show however that the major organs —heart, liver, etc. —don't require sleep neurosignals for healthy function; it is mostly the brain and skeletal muscular system that require the restoration and regeneration that sleep provides.

The major daily pulse of growth hormone release occurs during the first few hours of sleep. Growth hormone is important for maintaining strong muscles, ligaments, tendons, bones, and a lean body all throughout life. Also, healthy sleep patterns are an important part of a serious weight control program.

Q: What is the connection between stress and sleep disorders?

A: There are several major connections. First, the three major stress hormones —adrenaline, noradrenaline, and cortisone —are all stimulating and excitatory hormones. They all promote extreme arousal, alertness, and brain and muscle activity. They are hardly compatible with good sleep. I want to make a point about the liver's role in stress-mediated sleep difficulties.

Adrenaline and cortisone levels tend to use throughout the day and into the evening in response to the many life stresses we all experience daily. It's the liver's job to break down these stress hormones to prevent excessively high levels from accumulating. Yet due to the modern world's chronic assault on the liver due to junk foods, pollution, drugs, alcohol, etc., most people suffer from at least mild liver dysfunction. While their stressful lives are causing excess levels of sleep-depriving hormones, their livers are failing to adequately break down these excess stress hormone levels.

Q. What role does stress-hormone-induced nutrient loss play in sleep difficulties?

A: All three stress hormones are known to cause significant urinary losses of magnesium. Magnesium is one of the key nutrients that naturally promote restful sleep. Magnesium is essential both to calm down brain cells into a resting state and to deeply relax the skeletal muscles.

When the brain is even mildly magnesium deficient, nerve cells remain in a hyperexcitable state. Muscles cannot relax without adequate magnesium. Partially contracted muscles send signals to the brain, keeping

the brain awake and alert. This, by the way, is why it's important to keep a person moving if you're trying to keep them from falling asleep.

Q. Therefore, is magnesium one of the key sleep-related nutrients?

A: The amino acid L-Tryptophan is vastly overrated as 'the sleep nutrient,' that title should belong to magnesium instead. I've worked with clients on the edge of serious sleep deprivation psychosis who had already tried L-Tryptophan on their own. In many cases their extreme sleep problems were ended the very first night they took supplementary magnesium.

Dietary surveys show that most Americans only get about 60-70 percent of the RDA of magnesium. In addition, there are many factors known to seriously increase urinary magnesium losses. These include excess sugar consumption, excess coffee drinking, high alcohol intake, high-phosphate soft drink consumption, and excessive animal protein. We've unfortunately just described the American way of life.

Q. What is L-Tryptophan's role in sleep induction?

A: L-Tryptophan is indeed the precursor from which the brain makes serotonin. And serotonin is the neurotransmitter which has been shown to be used by the brain's sleep-inducing system called the reticular activatina system (RAS).

However, L-Tryptophan requires adequate vitamin B-3 and B-6 levels in the brain to be successfully converted into serotonin. Furthermore, L-Tryptophan can easily be degraded into metabolites toxic to the nerves and liver if a person ingests high levels of it without insuring B-3 and B-6 intakes of at least 25mg per day.

Even if your brain successfully creates serotonin from ingesting L-Tryptophan, a magnesium-deficient brain will be unable to successfully implement the sleep signals that the RAS is transmitting to the brain. L-Tryptophan is necessary but not sufficient to ensure good sleep. Since stress is the major cause of sleep disorders and stress almost always causes magnesium deficiency, L-Tryptophan will often not be sufficient by itself to promote restful sleep.

Q. Many people use alcohol to sedate themselves. What is the biochemical basis for this and is there a safer way to exploit this biochemical connection?

A: GABA (Gamma Antino Butyric Acid) is known to be the main inhibitory neurotransmitter in the human brain. GABA-neurons tend to sedate and shut down the anxious, overactive brain. The sedatives Valium and Librium, as well as alcohol, all serve to turn on the sedative GABA neurons. A more non-toxic route to activating the GABA nerves is simply to take supplementary GABA since this is the neurotransmitter that's meant to activate these brain-calming neurons anyway.

[Ed. note: This article was first printed in 1989, before L-Tryptophan was removed from store shelves in the U.S.A.].

###

Best Nutrition Products, Inc. Hayward, California, USA and Biotechayur, Odisha, India manufacture a large number of vitamins, minerals, Chinese and Ayurvedic herbal and nutritional supplements and raw materials of standardized herbal extracts.

--- End ---

Source Dr. Kumar Pati, CEO Best Nutrition Products
City/Town Hayward
State/Province California
Zip 94544
Country United States
Industry Nutrition
Tags [Dr Kumar Pati](#), [Ayurvedic](#), [Alternative Health](#), [Best Nutrition](#), [Nutritionbest](#)
Link <https://prlog.org/10948851>



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online