

## The Tranquilizing Arsenal

The real reason why most people don't sleep is that there is a deficiency of inhibitory nutrients. Many people turn to medications for issues like insomnia, just like depression, when these medications obviously don't correct a complex nutrient deficiency.

People react differently to various amino acids and nutrients. I can give you a rough template and suggestions for getting a good night's sleep, however, you must figure out which ones help you or not.

As far as dosing, it is best to slowly up your dose one capsule at a time while monitoring its effect on yourself. That way you can make adjustments properly without risking a bad reaction.

Some people find that tryptophan can be excitatory, others find it greatly helps them with sleep. Taurine has been found to be immensely helpful for people to sleep, but there is a "sweet-spot" where if you take too much it is stimulating.

Combining inhibitory nutrients can blow away any medication that is used for sleep. Why take a toxic and often addictive medication for sleep in comparison to taking the natural ingredients your body needs for real, natural and restful sleep?

I'll break down each inhibitory nutrient and then it is up to you to experiment with each and see how they effect you.

**L-Tryptophan:** the brain either converts it into serotonin or niacin. It is later converted into melatonin and helps with sleep. Many people have found that L-Tryptophan has a better effect on them than melatonin. A lot of people suffering from depression found that melatonin caused mood problems or irregular sleep, especially long-term.

**Taurine:** one of the most inhibitory amino acids. Taurine has helped people get off of drugs like Klonopin and still be able to sleep. It can be stimulating in higher doses, so one must find their sweet spot. It is always best to start with a low dose of taurine if you are unsure (no higher than 500mg).

A study done showed that taurine activates GABA receptors ([http://www.wellnessresources.com/studies/taurine\\_activates\\_gaba\\_receptors/](http://www.wellnessresources.com/studies/taurine_activates_gaba_receptors/)), which produces calmness and sleep.

**Magnesium:** one of the most calming minerals out there. The latest government study shows that 68% of Americans do not consume the recommended daily intake of magnesium. A lack of magnesium can produce anxiety, depression, and anxiety. A study done using the *Pittsburg Sleep Quality Index* found that magnesium reduced chronic inflammatory stress levels and improved sleep quality.

Magnesium is relatively safe and rarely causes excitatory responses in people. Take it before bedtime and see if it improves your sleep quality. Many people report that when they take taurine combined with magnesium, they compliment each other. You'll know you have taken too much magnesium if your stools become loose.

**Glycine:** known as the smallest amino acid. It is inhibitory and works along the GABA system. In one study, female participants given 3 grams of glycine prior to sleep reported higher sleep quality compared to a placebo (<http://onlinelibrary.wiley.com/doi/10.1111/j.1479-8425.2006.00193.x/full>).

Another study tested the same dose of 3 grams on healthy persons who were not happy with their sleep and used an EEG scan. It showed that glycine improved sleep quality and time to reach slow wave sleep. Overall sleep patterns were not affected.

**GABA:** Is the neurotransmitter that counters glutamate. Glutamate is excitatory, therefore ingestion of GABA is inhibitory. GABA is a rather complex supplement due to the debate concerning whether or not it crosses the blood brain barrier.

In the amount of people I have surveyed and interviewed, it appears that some people report a dramatic effect with GABA and others report no effect at all. Either way, if you really want to dig into your insomnia and find relief, it is low-cost and worth a try.

Here is an example of one person who told me he got off of his Klonopin using this cocktail of nutrients and finally started sleeping after having insomnia for many years of his life:

Taken before going to bed

Tryptophan: 1.5 grams

GABA: 1.5 Grams

Taurine: 1.5 Grams

Glycine: 2.5 Grams (a heavy dose)

Where do you personally start?

I would start first with magnesium if you haven't already started supplementing with it for its overall effects and almost predictable results. Take it at night, and see if it improves your sleep quality. If it does, keep it. If it doesn't, take it out or only take it during the day.

After that, experiment with Tryptophan. Then taurine, then glycine, and lastly GABA.

Once you know how each individual supplement affects your sleep, you can combine them into a potent cocktail of inhibitory nutrients and really begin to see yourself sleeping deeply and waking up with a smile on your face.

I have had great success with taking magnesium and tryptophan in the past. Now that my serotonin stores are doing good, tryptophan has become excitatory for me and I no longer take it. Nowadays, if I want a really good night's rest, I'll take a spoonful of Natural Calm Natural Vitality magnesium, 500mg of Taurine, and 2,000mg of Glycine. I sleep deeply and wake up feeling like I have been reborn.

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