


INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 2



INE INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Sleep: Supporting Clients to Achieve Restful Sleep - Part 2

Dr. Ritamarie Loscalzo


www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. This presentation is provided for informational purposes only and no guarantees, promises, representations or warranties of any kind regarding specific or general benefits, have been or will be made by Dr. Ritamarie Loscalzo, her affiliates or their officers, principals, representatives, agents or employees. Dr. Ritamarie Loscalzo is not responsible for, and shall have no liability for any success or failure, acts and/or omissions, the appropriateness of the participant's decisions, or the use of or reliance on this information.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Melatonin and Sleep

- ✓ Hormone produced by the pineal gland
- ✓ The master clock – inducing sleepiness or alertness at proper times
- ✓ Produced in higher amounts in the dark, lesser with more light
- ✓ Helps maintain sleep and wake cycle by causing drowsiness
- ✓ Lowers body temperature
- ✓ Supplementation can help sleep and mood problems – can be tricky
 - Excess can cause nightmares
 - In some people, it can cause insomnia and even depression
- ✓ If taken in the evening or when it's dark, melatonin can speed up sleep preparation, and it can tell the body clock to shift its sleep cycle to an earlier time
- ✓ Dosage: 3 mg - 5 mg
- ✓ Evidence that adult males only need 150 micrograms; females need only 100 micrograms
- ✓ Evidence of higher doses (15 mg) prevent dementia
- ✓ Excess may increase ferritin production




www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 2

Melatonin-Boosting Foods

- ✓ Tart cherries (sweet cherries have 50 times less; dried cherries appear to have none)
- ✓ Orange bell peppers
- ✓ Walnuts
- ✓ Flax seeds
- ✓ Tomato
- ✓ Goji berries
- ✓ Fenugreek
- ✓ Mustard seeds
- ✓ Almonds
- ✓ Raspberries



<http://www.drRitamarie.com/go/TartCherriesInsomnia>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Sedative Herbs

- ✓ Passionflower (*Passiflora incarnata*)
- ✓ Lemon balm (*Melissa officinalis*)
- ✓ Chamomile (*Matricaria recutita*)
- ✓ Milky oat (*Avena sativa*)
- ✓ Lavender (*Lavandula angustifolia*)
- ✓ Skullcap (*Scutellaria lateriflora*)
- ✓ Wild lettuce (*Lactuca virosa*)
- ✓ Hops (*Humulus lupulus*)
- ✓ Valerian (*Valeriana officinalis*)
- ✓ California poppy (*Eschscholzia californica*)
- ✓ Kava kava (*Piper methysticum*)
- ✓ Magnolia (*Magnolia officinalis*)
- ✓ St. John's wort (*Hypericum perforatum*)
- ✓ Catnip (*Nepeta cataria*)




According David Hoffmann, NIMH, author of Medical Herbalism and other books, the most effective sleep inducers are California poppy, hops, passion flower, and valerian.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Passion Flower

- ✓ **Actions:**
 - Soothes the racing mind
 - Flavonoids "chrysin" and "benzoflavone" increase GABA
- ✓ **Dosage:**
 - **Anxiety:** Throughout the day
 - **Insomnia:** An hour before bed and again during night if awakened
 - **Tincture:** 10 to 90 drops
 - **Capsules:** 90 mg
 - **Tea:** 1 teaspoon, steeped 10 minutes, 1 hour before bed
- ✓ **Contraindications:**
 - Pregnancy, before surgery, with other sedatives



45 drops per day of passion flower extract found to be as effective as 30 mg per day of oxazepam over a period of four weeks.

Akhondzadeh, Shahn, et al. *Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam.* Journal of Clinical Pharmacy and Therapeutics 26:3 (2001): 363-367.

Miyasaka, L. S., A. N. Atallah, and B. G. Soares. *Cochrane Database Syst Rev* 1 (2007).

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 2

Lavendar

✓ **Actions:**


- Calming and spasmolytic
- Active constituent linalool mediated through cAMP

✓ **Dosage:**

- **Anxiety:** Throughout the day
- **Insomnia:** An hour before bed and again during night if awakened
 - **Aromatherapy:** Oil in diffuser, on pillow
 - **Topical:** 1 to 2 drops essential oil on feet, neck, head, in bath
 - **Tea:** 1 to 2 teaspoons, steeped 10 minutes, 1 hour before bed

✓ **Contraindications:**

- Internal use in children, pregnancy, before surgery, with other sedatives



Studies on the mode of action of the essential oil of Lavender (*Lavandula angustifolia*) P. Miller - Phytotherapy Research, Volume 13, Issue 6, pages 540-542, September 1999

<http://www.drRitamarie.com/go/NH/Lavender>
<http://www.drRitamarie.com/go/LavenderSleepAid>
<http://www.drRitamarie.com/go/VeHMR/Lavender>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Skullcap

✓ **Actions:**


- Relax the nerves, body, and mind
- Constituents: Essential oil, scutellarin, scutellonin, scutellaine, essential fatty acids, calcium, potassium, magnesium, and B vitamins
- Works well combined with valerian and hops

✓ **Dosage:**

- Three times a day, including 30 minutes to an hour before bed
 - **Tincture:** 60 to 100 drops (start with less)
 - **Capsules:** 2000 mg
 - **Tea:** 1 to 3 teaspoons, steeped 15 minutes, 1 hour before bed

✓ **Contraindications:**

- Pregnancy, breastfeeding, close to surgery (2 weeks), anti-anxiety medications, alcohol, blood sugar meds, liver toxicity



According to herbalist David Hoffman: "It effectively soothes nervous tension while renewing and revivifying the central nervous system." Hoffman, David. *Medical Herbalism, Healing Arts Press, 2003, pp. 582.*

<http://www.drRitamarie.com/go/WhelanSkullcap>
<http://www.drRitamarie.com/go/Skullcap>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Wild Lettuce

✓ **Actions:**


- Strong, quick acting, short lasting sedative; opiate-like response without opiates
- Constituents: Flavonoids, iron, vitamins A, B1, B2, alkaloids, sesquiterpene lactones, lactucopicrin, lactucin, apigenin, luteolin, quercetin, coumarins, mannitol, and hyoscyamine

✓ **Dosage:**

- Three times a day, including 15-30 minutes before bed
 - **Tincture:** 20 to 40 drops (start with less)
 - **Tea:** 2 teaspoons, steeped 10-15 minutes, 15 minutes before bed

✓ **Contraindications:**

- Pregnancy, breastfeeding, close to surgery (2 weeks), enlarged prostate, allergy to ragweed, narrow-angle glaucoma, sedative medication



Hoffmann, David (2010-12-15). *Medical Herbalism: The Science and Practice of Herbal Medicine* (p. 352). Healing Arts Press.

Mabey, Richard. "The New Age Herbalist", (1988)

<http://www.drRitamarie.com/go/WildLettuce>
<http://www.drRitamarie.com/go/Herbs2000WildLettuce>
<http://www.drRitamarie.com/go/AnnieRemedyWildLettuce>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 2

Hops

✓ **Actions:**


- Act in a similar way to melatonin
- Works well with valerian, best results seen after 14-28 days
- Estrogenic effects

✓ **Dosage:**

- **Insomnia:** An hour before bed and during night if awakened, 2-3 x daily
 - **Tincture:** 30 to 40 drops, best with Valerian
 - **Capsules:** 80 to 150 mg of hops extract combined with 160 to 320 mg of valerian root extract
 - **Tea:** 1 to 3 teaspoons, steeped 5 minutes, 1 hour before bed

✓ **Contraindications:**

- Pregnancy and breast-feeding, depression, hormone sensitive cancers, pre-surgery



Studies relating to Hops and valerian for insomnia
<http://www.drRitamarie.com/go/PMID17704989>
<http://www.drRitamarie.com/go/PMID18559301>
<http://www.drRitamarie.com/go/PMID17486686>
<http://www.drRitamarie.com/go/ValerianHops>

Hops and Estrogen
<http://www.drRitamarie.com/go/PMC1652438>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Valerian

✓ **Actions:**


- Synergy: hops, lemon balm, skullcap and kava
- GABA receptor agonist
- Causes paradoxical reaction in a small minority of people
- Root has the sedative action

✓ **Dosage:**

- An hour before bed and during night if awakened, 2-3 x daily for anxiety
 - **Tincture:** 30 to 40 drops, best with hops
 - **Capsules:** 400 to 900 mg, 160 to 320 mg combined with 80 to 150 mg of hops extract, or 120 mg combined with 80 mg lemon balm extract
 - **Tea:** Not pleasant, decoction

✓ **Contraindications:**

- Pregnancy and breast-feeding, pre-surgery, with sedative medications, alcohol



<http://www.drRitamarie.com/go/Valerian>
<http://www.drRitamarie.com/go/NeuropharmacologyGABA>

Studies of Hops and valerian for insomnia
<http://www.drRitamarie.com/go/PMID17704989>
<http://www.drRitamarie.com/go/PMID18559301>
<http://www.drRitamarie.com/go/PMID17486686>
<http://www.drRitamarie.com/go/ValerianHops>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

California Poppy

✓ **Actions:**


- Synergy: hawthorn
- Antioxidants such as rutin and zeaxanthin; alkaloids berberine and sanguinarine; other alkaloids especially protopine and allocryptine which are known soporifics

✓ **Dosage:**

- An hour before bed and during night if awakened, 2-3 x daily for anxiety
 - **Tincture:** 30 to 40 drops, 2-3 x daily
 - **Tea:** 1 cup 2-3 x daily

✓ **Contraindications:**

- Sedative medications (Benzodiazepines) interacts with California poppy; stop using California poppy at least 2 weeks before a scheduled surgery



Rolland A, et al. Behavioural effects of the American traditional plant *Eschscholzia californica*: sedative and anxiolytic properties. *Planta Med.* (1991)
<http://www.drRitamarie.com/go/PMID1680240>

Kieber E, et al. Modulation of key reactions of the catecholamine metabolism by extracts from *Eschscholtzia californica* and *Corydalis cava*. *Arzneimittelforschung.* (1995)
<http://www.drRitamarie.com/go/PMID7710432>

Rolland A, et al. Neurophysiological effects of an extract of *Eschscholzia californica* Chem. (Papaveraceae). *Phytother Res.* (2001)
<http://www.drRitamarie.com/go/PMID11507727>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 2

Herbal Medicine Reference Books

- ✓ Kloss, Jethro. *Back to Eden*, original 1939, updated 2004.
- ✓ Hoffman, David. *Medical Herbalism*, 2003.
- ✓ Winston, David. *Herbal Therapeutics*, eighth edition 2003.
- ✓ Pederson, Mark. *Nutritional Herbology*, 1987, revised 1998.
- ✓ Weiss, Rudolf Fritz, MD. *Weiss's Herbal Medicine*, original 1960, revised 2001.
- ✓ Mills, Simon and Bone. Kerry. *Principles and Practice of Phytotherapy*, original 2000, revised 2013.
- ✓ **Book List from Mountain Herbs**
<http://www.drRitamarie.com/qa/HerbalMedicineBookList>



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)
