


INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 3



INE INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Sleep: Supporting Clients to Achieve Restful Sleep - Part 3

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, dritamarie.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)

Essential Oils for Sleep

- ✓ Lavender
- ✓ Vetiver
- ✓ Roman chamomile
- ✓ Frankincense
- ✓ Ylang ylang
- ✓ Clary sage
- ✓ Valerian root
- ✓ Bergamot
- ✓ Sandalwood
- ✓ Marjoram
- ✓ Cedarwood
- ✓ Orange



<http://www.dritamarie.com/go/SleepEssentialOils>
<http://www.dritamarie.com/go/SleepRelaxationEssentialOils>

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

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 3

Using Essential Oils for Sleep

Combos:

- Sleep Essence: Young Living
- Stress Away: Young Living
- Peace and Calming: Young Living
- Serenity: doTERRA
- DIY Blend
 - 12 drops Orange
 - 8 drops Lavender
 - 4 drops Cedarwood
 - 3 drops Valerian
 - 2 drops Roman Chamomile

How to Use:

- Topical: on feet, head, or neck
- Diffuser
- On pillow



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

Adaptogens for Improved Sleep

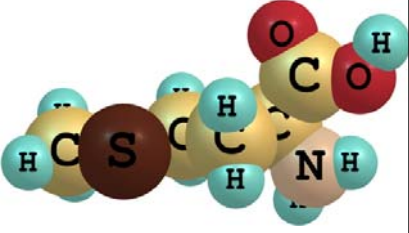
- ✓ Ashwagandha
- ✓ Schisandra
- ✓ Eleuthero
- ✓ Ginseng (Korean and American)
- ✓ Holy Basil (Tulsi)
- ✓ Rhodiola



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

Amino Acids That Enhance Sleep

- ✓ Serine
- ✓ Theanine
- ✓ Tryptophan
- ✓ 5-HTP
- ✓ GABA
- ✓ Glycine
- ✓ Glutamine
- ✓ Taurine

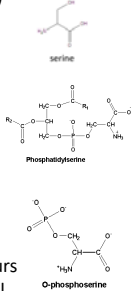


www.DrRitamarie.com
© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 3

Amino Acids: Serine

- ✓ Nighttime high adrenaline and cortisol increase alertness
→ A hyper-vigilant state incompatible with restful sleep
- ✓ Phosphatidylserine (a phosphorylated form)
 - Lower cortisol levels
 - Enhances brain function and memory
 - Decrease anxiety and depression
 - Improve mood
 - Enhances metabolism
 - Acts as an antioxidant
- ✓ Dosing:
 - 100 mg at bedtime
 - 100 mg upon each awakening
 - Increase if no improvement within a week
 - Optimal dose in studies is 800 mg per 24 hours
 - Powdered form or topical is most economical



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

Amino Acids: Theanine


- ✓ Found in green and black tea
- ✓ Like 5-HTP, capable of crossing the blood barrier and directly influencing brain neurotransmitters, resulting in feelings of relaxation
- ✓ Does not promote sleep through sedation or drowsiness, but through relaxation
- ✓ Considered a safe, natural aid for quality sleep without side effects



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

Amino Acids: Tryptophan


- ✓ Essential amino acid
- ✓ Converted to 5-HTP, which is then converted into serotonin
- ✓ Serotonin then converts to melatonin
- ✓ Tryptophan is the only amino acid that can convert to serotonin and ultimately increase melatonin



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

Carbs, Tryptophan, and Sleep


- ✓ Theorized that eating carbohydrates makes it easier for tryptophan to cross the barrier, since it has to compete with other amino acids to make it through
- ✓ The release of insulin in response to the carbs directs the other amino acids to muscle, leaving tryptophan a clearer passage into the cerebrospinal fluid



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

Food Sources of Tryptophan


- ✓ Seeds: Pumpkin, chia, sesame, sunflower, flax
- ✓ Nuts: Pistachios, cashews, almonds, hazelnuts
- ✓ Legumes: soy, lentils, white beans
- ✓ Tart cherries and juice
- ✓ Bananas
- ✓ Poultry
- ✓ Meat
- ✓ Dairy products



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

Amino Acids: 5-HTP

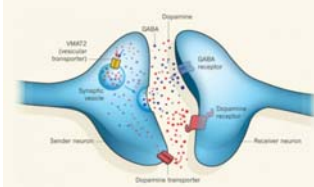
- ✓ Griffonia Simplicifolia seeds
 - Precursor to serotonin
 - Easy-to-absorb and highly bioavailable
 - One of the few nutrients that can cross the blood-brain barrier
 - Requires vitamin B6 as a co-factor
- ✓ Study: 12 healthy volunteers
- ✓ 5-HTP appeared to increase duration of REM sleep by up to 47%



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

Amino Acids: GABA

- ✓ Gamma-aminobutyric acid
- ✓ Calming neurotransmitter
- ✓ Effects similar to Valium
- ✓ Can reduce the activity of nerve cells in the brain
- ✓ Important role in attention deficit disorder (ADD), epilepsy, and Parkinson's disease



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

Amino Acids: Glycine

- ✓ Inhibitory neurotransmitter
- ✓ Lowers core body temperature
- ✓ Relaxes blood vessels at night
- ✓ **Study:** People with sleep issues
 - 3 grams of glycine or placebo before bed
 - Glycine group: significant improvements in fatigue, liveliness, peppiness, and mental clarity
- ✓ **Study:** 10 healthy males with no sleep complaints
 - Their normal average was 7.3 hours in bed
 - Given 3 grams of glycine at bedtime
 - Reduced time in bed to 5.5 hours for three consecutive nights
 - Significant improvements in fatigue, daytime sleepiness, and daytime performance even though sleep was restricted



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

Amino Acids: Glutamine

- ✓ Deficiency can lead to restlessness and insomnia
- ✓ The most important inhibitory neurotransmitter in the brain
- ✓ Responsible for the suppression of impulse conduction between neurons
- ✓ Calming effect on the brain allows for deeper sleep and normalization of physical equilibrium
- ✓ Sleep studies have indicated regular use of glutamine supplements leads to a more restful sleep




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

INE: Sleep - Supporting Clients to Achieve Restful Sleep - Part 3

Amino Acids:
Glutamine, Ornithine, and Arginine


- ✓ Stimulate liver detoxification
- ✓ Conversion ammonia into urea
- ✓ Cellular toxin created by the breaking down of proteins
 - Stops the energy production in the cells
 - Severely restricts cellular respiration
 - Excess ammonia can be due to over-consumption of protein-rich meats or because of improper liver function
 - Ammonia in brain and paralyze functional processes; this is how high ammonia levels, for example, lead to sleeplessness
- ✓ Accelerate healing of wounds



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

Taurine

- ✓ Important precursor of GABA
- ✓ Works well in instances of anxiety and racing mind at night
- ✓ Research indicated sleep enhancement with taurine
- ✓ Animal studies:
Decreases physical activity, indicating a calming effect on the body



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