

Radically Improve Sleep

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In his new seminar, Dr. Gary Lasneski reviews how the neurological, endocrine, and immune systems can be compromised by a variety of gut and environmental factors. He describes that although the neurological, endocrine and immune systems are generally studied separately each of these systems are intimately connected. I know that sounds a little, well, intimate; but after listening to Dr. Lasneski, I finally got it. Each system can balance but can also disrupt the other systems in ways we normally don't think about.

"For chronic cases it is imperative to address how the immune system is affecting the endocrine and neurological systems." In light of the integration of the three systems, Dr. Lasneski shares a variety of protocols and clinical pearls. Here's one you'll find interesting. It has to do with sleep.



Stress, as you know, will increase cortisol and over a period of time will increase cytokines which can increase inflammation. But sometimes we forget that cortisol is important to reduce inflammation and the perception of pain when it is in physiologic doses. Hans Selye and others have shown how the adrenal glands and their production of adrenal hormones like cortisol can go into the exhaustion stage over time. This means that the cortisol levels would be low. Dr. Lasneski describes that "some patients have difficulty sleep-

ing because they are constantly waking up due to low cortisol and blood sugar dysregulation."

True restorative sleep takes place during the deeper stage 3 and stage 4 which is when growth hormone is released. 85% of growth hormone is released in these cycles. Growth hormone facilitates repair and systemic healing. People who are inflamed may not be getting to the deeper levels of sleep because they keep waking up. As a complicating factor many of the current sleep medica-

tions block growth hormone release by preventing patients from reaching stage 3 and 4 sleep.

Hypothesizing that some of his chronic patients may have exhausted cortisol levels, Dr. Lasneski decided to give them a trial of ADB5-Plus at bedtime. Wait a minute, Joe I thought ADB5-Plus would raise cortisol. If I give that to my patient at night and their cortisol is increased they would sleep less. Oddly enough, some patients got the best night's sleep they could remember. ADB5-Plus before bedtime caused a slight rise in cortisol which helped manage inflammation and the perception of pain allowing the patient to sleep though the night.

Here's the most important part however. He opened a bottle and only gave them three ADB5-Plus tablets as a clinical trial, not the whole bottle. He also told the patient to take the ADB5-Plus on a Friday night and warned them that they might have a long night but that if it helped, it could make a radical difference in their sleep and ultimately their ability to heal and repair.

Normally once we supply adequate calcium, reduce caffeine and other stimulatory factors including some TV shows and stress, Neuro-5-HTP Plus or De-Stress works pretty well to restore healthy sleep levels. But we still have a population of patients that haven't responded. Clearly this is not a strategy for every patient but those in adrenal exhaustion may benefit.

On a similar vein, many of your patients are already in adrenal exhaustion. Consider giving them two ADB5-Plus in the morning and two at lunch, which is the normal way this

product is used. ADB5-Plus contains vitamin C, phosphorylated B vitamins, the minerals magnesium, zinc, manganese and a proprietary blend of malic acid, porcine adrenal concentrate, the adaptogen rhodiola rosea, citrus bioflavonoids, choline, SOD, catalase, N-Acetyl-L-Cysteine, bovine pituitary/hypothalamus, bovine parotid, tyrosine and a small amount of copper.

I think you can see by the ingredients that this product is used for support and repair as well as energy production. This is one of those products that when the patient needs it, they feel like someone turned on the lights. Use with adrenal hypofunction, postural hypotension, ligament laxity, reactive hypoglycemia and low blood pressure.

On the Tuesday Minute, I sometimes mention indicator testing to assess the need for a specific supplement. It is pretty impressive to watch a patient taste a supplement and have their range of motion increased or experience less pain. If you are using this type of testing, make sure you add ADB5-Plus to the supplements you are testing. Also consider testing Gammanol Forte with FRAC. A small study showed it increased growth hormone production in women. You can see the link below for a more thorough discussion.

I opened by saying that the neurological, endocrine and immune systems can balance but can also disrupt each other in ways we normally don't think about. The pharmaceutical industry is already racing to find ways to manipulate these systems. But we are the ones who can do it safely and naturally.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.