

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

POOR SLEEP AND SLEEP DEPRIVATION



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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment

In a world where stress levels are rising and technology is leading to constant demands, it is no surprise that so many people struggle to get enough sleep. However, getting enough sleep is a vital, dynamic part of a healthy lifestyle. Almost half of all adults report having difficulty sleeping and insomnia is our nation's silent health crisis. I cannot over-emphasize the critical importance of adequate sleep. Deep, restorative sleep cycles are a fundamental part of your body's repair process. Research suggests that chronic sleep loss raises your risk of metabolic syndrome by as much as 45 percent. It compromises the activity of appetite-controlling hormones, leading to a higher risk of both obesity and diabetes. Sleep deficiencies also suppress the immune system and libido, decrease productivity, and can lead to other disorders like depression, chronic fatigue, heart disease and cancer. Sleep deprivation also increases your risk for Alzheimer's and dementia. Sleep is found to be important for clearance of brain amyloid. Beta-amyloid is a metabolic waste product that is found in the fluid between brain cells (neurons). A build-up of beta-amyloid is linked to impaired brain function due to poor communication between neurons. Studies suggest that sleep plays a role in clearing beta-amyloid out of the brain. Recently, researchers have found that just one night of poor sleep has a detectable effect on the levels of beta-amyloid in the brain. A radioactive tracer was used to measure beta-amyloid in the brains of 20 volunteers over the course of two nights. For one of the nights, the participants were allowed a restful period of sleep, but they were deprived sleep on the other night. When scans were used to track the tracer, it was found that when sleep was restricted to only around five hours, beta-amyloid increased in two regions of the brain that are known to be vulnerable to damage in Alzheimer's disease. Some potential causes for poor sleep and insomnia include: stress and anxiety, vitamin and mineral deficiencies, sugar handling imbalances, stimulants (alcohol and caffeine), lack of exercise, food and environmental allergies/sensitivities, hormone imbalances, restless leg syndrome, sleep apnea and hypothyroidism. If you suffer from insomnia, you may find the treatment suggestions in this newsletter helpful to get a good night's sleep. If they don't, you may want to call me to set up an appointment for a health assessment to determine the cause and to establish a nutritional wellness protocol. Monitor your caffeine intake very closely. Do not consume any foods containing caffeine—such as coffee, black tea, or chocolate—for 8 hours before you go to sleep. Drink alcohol only in moderation, and don't have any within 2 hours of going to bed. Avoid sugar as much as possible. At dinner, eat foods that are high in L-tryptophan, a chemical that stimulates serotonin, which in turn helps your body produce melatonin to help you sleep. Turkey, chicken, tuna, unsweetened yogurt would be the best choice. Deficiencies of calcium and magnesium can lead to insomnia. Be sure to include leafy greens, sesame and sunflower seeds, almonds and walnuts in your diet. Adequate B-vitamins are also crucial for good sleep. Brewer's yeast or nutritional yeast is the best source. You can sprinkle some on your dinner salad or add one to two teaspoons to a bedtime glass of water or a green drink. However, have your last glass of water 2 hours before bedtime, or you will be up for other reasons. Simple changes to your lifestyle will often have a very beneficial impact on your health. Get plenty of exercise during the day and treat your bedroom as a restful sanctuary by avoiding exposure to electro-magnetic fields (get the TV, computer, cell phone and i-pad out of your bedroom; use battery clock near the bed) and keep your bedroom in complete darkness. Even the tiniest bit of light in the room can disrupt your circadian rhythm and your pineal gland's production of melatonin and serotonin.

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You should also get to bed as early as possible. Our systems, particularly the adrenal glands, do the majority of their recovering during the hours of 11 PM and 1 AM. In addition, your gallbladder dumps toxins during the same period. If you are awake, the toxins back up into your entire system and cause further disruption to your health. You should also establish a healthy bedtime routine. This should include meditation, deep breathing, aroma therapy (bath or diffuser), or indulge in a massage from your partner. The key is to get your body relaxed. Most importantly, put your work away at least two or more hours before bed. This will give your mind a chance to unwind so you can fall asleep feeling calm, and not anxious. There are natural sleep aids in the form of herbs, teas, minerals, and nutritional supplements available at the Evergreen Cottage along with essential oils. Essential oils such as lavender, chamomile, cedarwood, rose, bergamot, geranium, lemon, orange, frankincense, sandalwood and ylang ylang are some of the most beneficial for sleep. They can be used by inhalation or add a few drops to a bath or diffuser. Research suggests, topical application may actually be one of the most effective methods for people with sleep disorders as the chemical components of essential oils have been shown to enter the blood stream within 5 minutes of massaging the oil onto the skin. Add a few drops to a carrier oil and massage the bottom of your feet and neck area. You can also create your own sleep misting spray by adding 20 drops of essential oil/blend into a 4 oz. glass spray bottle. Add water to fill the bottle. Shake well and mist your pillow before bedtime to help sleep and provide a restful night. The calming and sleep promoting benefits of CBD (cannabidiol) are currently a very popular topic and unlike medical cannabis, CBD is legal in all 50 states. CBD is a chemical compound derived from the cannabis or hemp plant. Cannabis itself contains a variety of chemical compounds, that, when ingested, can impact the body's systems in multiple ways. CBD is not psychoactive. It does target the body's nervous system, but it does not trigger any altered states of consciousness. When CBD is ingested, it immediately sets to work on the body's endocannabinoid system which is in charge of regulating sleeping patterns, appetite, and general mood. Research is showing a close link between CBD and the effective management of sleep patterns, pain, and anxiety. CBD has captured a great deal of scientific attention for its health benefits. CBD is available in pill form, as well as in sprays and tinctures and is available at the Evergreen Cottage. It is known that CBD interacts with many different receptors, proteins, and other chemicals in the brain. These interactions create changes in the activity of neurotransmitters, hormones, and other cells throughout the brain and body. Through these interactions, CBD appears to be able to affect many of the body's functions, from sleep-wake cycles and emotional regulation to inflammation, pain perception, and seizures. CBD may be a great and helpful option to many people who struggle with insomnia or poor sleep.

BEDTIME GOLDEN MILK TURMERIC LATTE

Combine **1 cup unsweetened almond or coconut milk, 2 tsp. honey or maple syrup, 1 1/2 tsp. almond butter, 1/2 tsp. pure vanilla extract, 1/2 tsp. ground cinnamon, 1/4 tsp. ground turmeric, 1/8 tsp. ground ginger, a pinch of ground pepper, cardamom or cloves** in a small saucepan. Heat over medium heat until warmed through, whisking briskly so that the almond butter does not stick to the bottom and the spices incorporate. Do not let boil. Pour into a mug and enjoy!

This drink has anti-inflammatory properties, fights colds, and has many other health benefits. It is a soothing drink that will help you sleep! Leftovers can be stored in an airtight container such as a mason jar in the refrigerator for up to 3 days. You can make a large batch and enjoy it several nights in a row. Reheat on the stove by stirring frequently.



BUSINESS HOURS:

**TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday**

SLEEP SMOOTHIE

Place the following ingredients into a blender: **2 oz. tart cherry juice concentrate, 1 kiwi fruit, 1 banana, 1 cup coconut or almond milk and 10 ice cubes.** Blend well and enjoy!

Tart cherries contain a significant amount of melatonin, a natural hormone that is produced by the pineal gland. It triggers sleepiness during night hours. Cherries also contain important antioxidants that ease inflammation and prevent chronic illness and aging. You are able to find tart cherry juice concentrate at Organic Roots.

CHERRY PIE SMOOTHIE

Place the following ingredients into a blender: **1 cup frozen cherries, 1/2 cup plain yogurt, 1/2 tsp. vanilla, 1 tsp. honey, 1 cup almond milk, 1/3 cup coconut milk.** Blend until smooth and add more milk to thin out, if necessary.

