

Kitera

Earlier this year there was an article advocating inclined bed therapy articles.mercola.com/sites/articles/archive/2018/02/15/inclined-bed-th.. for a number of health reasons. My brother has had sleep problems all his life - led to early retirement and a much reduced life style financially and physically. He was always exhausted and tried all the recommended sleep aids. The docs recommended a breathing machine for the night. I talked him into trying inclined bed therapy - raising the head of the bed 6 inches. He had regained his youth and is starting a business in his late 60's. That simple intervention changed his life. I am so grateful to have found this site!

Posted On 06/10/2018

dude01

Glad to hear the good news, Kitera. Good of you too, to encourage your brother. That's a job we all must do - keep an eye out for our brothers and sisters. Remain vigilant.

Posted On 06/10/2018

As Dr. Mercola informs us about brain health, we must think about a comprehensive management strategy, which includes lifestyle, behavioral therapy and nutritional support. The research links neurological diseases with metabolic factors, including intestinal dysbiosis, oxidative stress and insulin resistance that are inflammatory factors. Sugar, wheat, processed food, stress and glyphosate are a poison for mental and intestinal health. The nutrients that promote brain health include fish oil and magnesium. DHA is a great food for cognitive and anti-inflammatory functions. Magnesium helps regulate blood sugar, and calms the nervous system. The pro-inflammatory cytokines, which include tumor necrosis factor-alpha, interferon-alpha, alter the metabolism of noradrenaline, serotonin and dopamine, cause cognitive dysfunction, anxiety, irritability and sleep disturbances.

Exercise increases the levels of powerful chemicals in the brain such as serotonin, dopamine and noradrenaline, which help mitigate some of the effects of stress and the creation of new neurons, including those that release the neurotransmitter reassuring GABA. In addition, it increases the levels of anandamide, and endocannabinoid that acts against pain and depression

For the synthesis of neurotransmitters: SAMe, folate, B12, B6 and tryptophan, they improve the serotonin supply and help the production of creatine, glutathione, taurine, L-carnitine, and melatonin .. Methylation is essential for many functions in the body, including the production of neurotransmitters. Folate A lack of sun and vitamin D is associated with seasonal depression, and its ability to control inflammation. Insulin resistance is associated with cognitive disorders. Ancestral diet, and regulation of blood sugar: berberine, chromium and green coffee extract. Zinc levels in blood are associated with mood and depression. Antioxidant effects of lipoic acid, NAC curcumin and selenium help fight free radicals.

Posted On 06/10/2018

Guillermou

Stress is an epidemic in modern society. Stress causes sleep disorders, anxiety and fatigue with the imbalance of chemical modulators of the brain: serotonin, adrenaline and dopamine. Serotonin is an important regulator of organic rhythms, which can be converted into melatonin, both acting as anti-stress and antidepressant. Imbalances of these two substances, cause sleep disorders, anxiety, tachycardia, depression, intestinal disturbances, etc. The cortisol and adrenaline produced by the adrenal glands keep us alert and stimulate the production of energy, but chronic stress, generates fatigue and fatigue that is cause of insomnia, opposing the production of melatonin, which helps restore the balance of relationship among the brain modulators. Melatonin is produced naturally from tryptophan that is found a lot in eggs, most fish, legumes, pumpkin seeds, nuts, avocado, etc.

Tryptophan is a precursor to 5-HTP, which becomes serotonin. The cerebral pineal gland converts serotonin into melatonin when there are low levels of light, being the basis of our circadian rhythms. For this we also need enough calcium, magnesium, B6, folate, B12 and D. Lymphatic drainage, which is activated in sleep, can increase the volume of lymph flow up to 20 times, eliminating toxins more efficiently, promotes relaxation deep and improves the quality of sleep. The quality and quantity of sleep is more important to avoid neurodegenerative disorders. In Ayurvedic practice, the inadequate functioning of the lymphatic system can be caused by a weakened digestive system, stress and lack of sleep. The herb Bacopa (Brahmi) has shown improvement of memory, cognitive function, anxiety, stress, increases nitric oxide and supports liver detoxification. The vagus nerve controls the immune-lymphatic system, stress, digestive functions and sugar in the blood. www.well-beingsecrets.com/vagus-nerve-stimulation .

Posted On 06/10/2018

stoneharbor

Glad you mentioned exercise, Gui. Lest we get to focused on just food and supplements here! Exercise is not optional to maintaining health, no more than sleep is.

Posted On 06/10/2018

Thank you so much Gui for posting link with Vagus Nerve information

Posted On 06/10/2018

Guillermou

Yes, stoneharbor. The evidence demonstrates the positive effects of physical activity, on brain-derived neurotrophic factor (BDNF), neurotransmitters, and their relationship to depression. The positive effects of physical activity on brain health and function derive from its ability to optimize central levels of BDNF, particularly in the hippocampus. The ability of physical activity to reduce inflammation and modulate changes in BDNF is relevant for stress-induced depression due to its interaction with neuroinflammatory pathways and neuroplasticity, through the activation of the 5-HTP receptor.

The exercise optimizes the level of the neurotransmitter system GABA, serotonin, dopamine and noradrenaline and their function. In turn, changes in neurotransmission, cause changes in gene expression of BDNF in various regions of the brain: hippocampus, nucleus accumbens, and amygdala. The combination of caloric restriction and physical activity produce greater increases in BDNF levels in the hippocampus. In this link, you can examine a table with the influence of different exercises on the neurotrophic factor derived from the brain. Brain-Derived Neurotrophic Factor, Depression, and Physical Activity: Making the Neuroplastic Connection (2017) www.ncbi.nlm.nih.gov/.../PMC5591905

As Dr. Mercola has informed us, intermittent fasting, ketogenic diet, weight loss, sunlight, sleep, reducing stress, social life and certain foods and supplements increase brain-derived neurotrophic factor. The 5 Natural Ways to Increase BDNF (2017)

www.drkimsagewellsolutions.com/2017/10/19/natural-increase-bdnf/

Posted On 06/10/2018

dude01

Stoneharbor - I know you're getting plenty of exercise from your gardening. I hope that's coming along well for you this year. Personally, I'm finding gardening to be physical and mental exercise.

Gui - the herb Bacopa (Brahmi) is new to me. Thanks for making me/us aware of it and it's many plusses.

Posted On 06/10/2018

steve333

Gotu Kola assists in brain lymph drainage

Posted On 06/11/2018

I found some of Dr. Cowden's quotes embedded in this article to be extremely important and helpful in understanding how integrative medicine can emphasize things such as proteolytic enzymes, 5-HTP, Serotonin and Melatonin, and get improvements in the whole body. This was a great eye-opener for me and a good introduction into how integrative medicine is the way to go. The point was made, and should be emphasized, that too many people are ailing these days due to too much time spent in sympathetic mode, not in parasympathetic mode. Getting enough sleep wasn't even in my tool kit of healthy habits a few years ago until Dr. Mercola impressed on me that without proper amounts of good sleep, adequate health isn't even possible. Here's more on the values and many aspects of 5-HTP. bebrainfit.com/5-htp-benefits-side-effects

Note the warning that 5-HTP supplements should not be taken if one is taking SSRI or other anti-depressant medications. BTW, Dr. Mercola's "Melatonin Sleep Support" product now includes 5-HTP. Dr. Cowen says as you age... "You have, over time, lower and lower levels of 5-HTP, serotonin and melatonin"

He blames it on toxins blocking enzymes. I'm wondering though how much we lose the ability to convert tryptophan all the way to melatonin just due to lack of exercise and sun exposure! It is becoming better known these days that both UVA light and infra-red light are necessary for proper generation of serotonin and melatonin in the human body. bmcdermatol.biomedcentral.com/.../1471-5945-2-6 The study proves that UV light generates serotonin. It also mentions that both serotonin and melatonin last only about an hour in circulation. This is why serotonin is made rapidly on exposure to UV light, but is not converted to melatonin in the pineal gland until evening, and then released. www.ch.ic.ac.uk/.../synth.htm

Posted On 06/10/2018

All very interesting stoneharbor. A balanced immune and lymphatic system exerts an adequate control of the inflammation, mediated by the feeding and other environmental factors, providing a good hormonal, enzymatic, and cerebral neurotransmitter regulation. Serotonin, and melatonin are essential health factors. The activity of an enzyme called telomerase is higher, on average, in individuals with depression, caused by chronic inflammation and oxidative stress, playing a role in the reduction of telomeres and accelerated aging in depression. Leukocyte Telomere Length in Major Depression: Correlations with Chronicity, Inflammation and Oxidative Stress.

journals.plos.org/plosone/article?id=10.1371/journal.pone.0017837 .

Melatonin is a potent hormone with powerful antioxidant and anti-inflammatory hormone effect, being essential for brain health, intestinal health and fertility, 24 Surprising Health Benefits of Melatonin - Sleep, Brain, Gut Health, Antiaging, Cancer, Fertility www.selfhacked.com/.../melatonin .

Melatonin is immunomodulatory, reducing excessive immune function in inflammatory conditions and improving immune function in immunocompromised persons. Melatonin receptors are present in a wide variety of immune cells. www.selfhacked.com/blog/melatonin-th1-th2-inflammation-autoimmune-dise..

A research carried out by experts from the University of Zaragoza (Spain) and Exeter (England), demonstrates how the activation of the TLR2 protein, recognizes the changes in the quantity and quality of the intestinal flora, conditions the available levels of serotonin. The TLR2 protein is a cellular receptor of the immune system, which modulates the transport of serotonin, in the control of intestinal neurological and inflammatory diseases. Intestinal Serotonin Transporter Inhibition by Toll-Like Receptor 2 Activation. A Feedback Modulation journals.plos.org/plosone/article?id=10.1371/journal.pone.0169303

Posted On 06/10/2018

Holy Mother ! This must be the the most insightful article ever since I have been reading them. Thank you Dr Mercola. Comprehensive, concise, almost all encompassing and straight forward and down to the ground so that the layman can comprehend. Exellent. I do understand that one would have had to have a basic understanding already for all this info to be able to gel in the brain. Because of all the anesthesia I have been subjected to in the last 3 years and practical experience I have "suffered" all of this by Dr's M and Cowden makes absolutely total sense. I cannot otherwise than wonder where the heck I would have been without Dr. M. and some commentators.

All of this and thankfulness, makes one want to contribute and push this all encompassing holistic pro life "philosophy". It is invigorating. I so understand people that regularly do. Now I understand why my calves were swelling after the first 4 kidney stone ops. Damaged nefrons (sp). The flippen idiot Dr's insisted that I was developing blood clots and then when I suffered a Hiatal Hernia, with severe chest pain, I for some hours thought they might be correct. Organic sea salt has brought the swelling down by 40 cm all in all after almost a year of 1 teaspoon on 1.5 to 2 liters of water per day. The were swelling from 38 to 40 cm and now only from 36 to 37 cm. Magic !

At one stage I was passing frightful brown water,all of a sudden, for a week, and then the swelling suddenly subsided. As for sleeping, I always averaged 7 hours until the first ops. Then I could not get passed 5 hours at all. I partially compensated by going to sleep early, wake up and read or painted (best I could) and then slept again. But I NEVER felt totally clear headed. I had serious effects on my business, drive and a terrible effect on my painting results. I also painted ferociously after the first ops as I was instinctively worried about losing my grip on the progress I had developed, I think. I think was

Posted On 06/10/2018

Good morning acs. Yes, Dr. Mercola has informed us about the great importance of hydration. Nicholas J. Gonzalez, MD also advises 6-8 glasses of water per day along with half a teaspoon of good quality sea salt, such as Himalayan or Celtic sea salt, plus vegetable juices.

Dr Gonzalez followed the research of Dr. Batmanghelidj, who argued that low-grade chronic dehydration, which affects the vast majority of Americans, restricts the availability of water in the cytoplasm of the cell and mitochondria, reducing the production of ATP, which leads to chronic fatigue, autoimmune disease and other metabolic diseases.

Brain cells contain 85% water, higher than the rest of the cells of the body whose content is over 75%. The brain needs a lot of water, for the production of ATP energy necessary for its cognitive processes. The lack of water also interferes with the metabolism of glucose and cellular energy, which can cause fatigue, depression, and if the water deficiency is more serious, neurological disease, such as Parkinson's disease, and Alzheimer's

The Importance of Good Hydration for the Prevention of Chronic Diseases

academic.oup.com/nutritionreviews/article-abstract/63/suppl_1/S2/19277..

Posted On 06/10/2018

acs4457

I think I had actually become anxious to a degree as I could recognize that my level of self awareness was reduced. Then I took notice of Gaba and Ashwagandha. Eventually I got hold of the latter and with just a few pills the normal 7 hours sleeping (almost to the minute) has returned. Amazing. Heaven knows what it does to the brain ? I even dream now and then now. Drive and creativity and much improved painting results, so that I can also improve the works of the last years, that were just not "there" is now not much of a problem. Thus problem solving has also rather drastically improved. Realism in oil painting is essentially a problem solving process that depends mostly on intelligence and emotionally focused drive. I am now again going to test the results in international competitions.

That will finally tell and if it does, then thanks again to all of you. hen the last but very serious factor. If I look back on my life, and I can tell some very interesting tales, I have learnt that the worst events that have overcome me, have invariably been for my own good, in the long run. And that was the case in terms of my own faith, the lawyer of the drunken driver that killed my younger brother was our Sunday school principle, when I lost it totally and then regained it when I experienced literal miracles, as well as to understanding how the story of evolution is 100% correctly symbolized by our big Book, is just one serious example.

The populace of the whole world has be shaken out of their faith by modern science. Faith is a driver, a conservator, a motivator, a determinant, a source of hope, a healing psychological disposition, it cures and it tempers ones impatiens and leads to a state of being able to be humble and receptive to others. Granted, in the modern world it is difficult to achieve a full grasp on it but I am totally convinced that healing is much better and easier achieved if one understands better and is guided towards faith for healing.

Posted On 06/10/2018

acs4457

Thank you Guii. I did not know or understand this. This is what is o valuable of this system. Understanding IS the BEST THING in the World ! You are an unbelievable and very generous being..

Posted On 06/10/2018

mermaid712

Grulla, thanks! Here is one of the articles I used for my info. It is dated 2013. I just need to update the info in my brain. :) articles.mercola.com/sites/articles/archive/2013/12/08/magnesium-health..

Posted On 06/10/2018

harry_idate

Hey! This was a great article. Thank you so much for sharing such good content. It is very difficult to survive the day when your stomach is not able to survive all the junk you stuff into it. I used to have digestive issues and then a friend of mine suggested me to try Ayurvedic treatment for it. There is this herb known as Pippali which scrapes toxic build up from cell walls, arteries and tissues to reduce excess body weight along with enkindling the digestive fire to assimilate more nutrients. To know more about Pippali, you can visit www.dabur.com/dabur-chyawanprash/immunity-boosting-foods/pippali-ayurv..

Posted On 10/12/2018

BlueQuasilica

A very good interview and I can attest to that. Thank you, Dr. Mercola and Dr. Cowden, I've learned a lot especially the "Stress Reduction Technique (SRT)." 😊 Some important pointers I would like to share for those who watched the interview:

- 26:43 - 30:21 : "Stress Reduction Technique (SRT)"
- 44:00 - 45:35 : The important relationship/balance between magnesium and potassium especially if you're on diuretics

And there are also other important pointers such the 5-HTP, melatonin, sleep, hypertension, etc. that are great discussions as well.

Posted On 09/29/2018

Jobiadzi

I am in London and have been recently referred to a hypertension clinic because of my systolic refusing to go low I lost my mum 4 years ago and Im trying to put that behind me for my daughter who is 7yrs old. You may have the answer as I truly want to get off medication Im practising intermittent fasting working as a carer taking meds goes against my reasoning. How can you help?

Posted On 06/24/2018

MollyMalone

I posted to rrealrose as a reply, but here is the more complete info that I've found: Caveat: Please, if you are going to mess around with hormones and neurotransmitters, please, please research to learn all you can about what they do, how they work, what they impact, and what else is needed to take/do in order to maximize your results. Very little in the human body is simple and straight forward, much as I'd like it to be; it's more like a 3-d web or network where everything impacts everything else to some degree, somewhere down the line or off to the side. Evidently, using 5-HTP alone is the problem:

"To achieve optimal efficacy, minimal side effects, and prevent depletion of other amino acids and neurotransmitters, 5-HTP must be administered in proper balance with dopamine amino acid precursors along with proper levels of sulfur amino acids." www.ncbi.nlm.nih.gov/.../PMC3415362

"If a person takes only 5-HTP, the production of dopamine (and the rest of the catecholamines, including norepinephrine and epinephrine) will be inhibited, as the enzyme AAAD will be used primarily for the conversion of 5-HTP into serotonin. This means that if you take only 5-HTP without the proper balance of L-dopa (or L-tyrosine) you will decrease the production of all the catecholamines, including dopamine, norepinephrine and epinephrine."

stoppullinghairout.com/2013/08/08/you-cant-just-take-5-htp-part-1-prob..

www.allthingsmale.com/community/threads/does-taking-5htp-long-term-dis..

www.longecity.org/forum/topic/37203-couteracting-5htp-causing-lower-do.. nootropicsexpert.com/5-htp www.reddit.com/r/Nootropics/comments/7hzvy6/how_soon_does_dopamine_com..

www.focussupplements.co.uk/blogs/updates/the-science-behind-5-htp

Posted On 06/11/2018

wendyb.

I find the best way to get a good sleep FAST is to put a long, soft black sock over my eyes and let it drape over my ears to help muffle sounds - and it feels so cozy. So, if you've got a lot of light coming into your room, this really helps.

Posted On 06/10/2018

sonyamathews

I am a lay person-lifetime interest in health.love Dr.Mercola's newsletters.follow daily and email to many others. This article/interview one of the BEST EVER! What about using the BEMER along with other therapies/modalities for helping one's body deliver more oxygen/nutrients via the microvessels, to all cells? Shouldn't this technology be represented at the conference?

Posted On 06/10/2018

rrealrose

Thank you Dr M for this interview!! including discussion of the sympathetic vs parasympathetic responses. So many important tidbits about balancing, cannot seem to trap them without replaying several times. Especially interested in how mg/k balancing affects kidneys/adrenals, mineral balance for reducing stress on overworked and often unappreciated organs.

One thing though, a caveat, the above discussion about 5-HTP reminded me of something from the past. Sure enough, found a 2013 interview in which Dr Dan Kalish warned about taking 5-HTP for too long, especially by itself, as it can lead to dopamine depletion...short term seems to be ok. Someone may want to look into this further.

Posted On 06/10/2018

MollyMalone

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www.allthingsmale.com/community/threads/does-taking-5htp-long-term-dis..

www.longecity.org/forum/topic/37203-couteracting-5htp-causing-lower-do..

nootropicsexpert.com/5-htp

Posted On 06/11/2018

rrealrose

Hi MollyMalone,

Bingo!! You win the blue star for looking into this.

And timing is about right, because the first pubmed article referenced was from 2012 and interview I listened to in 2014 or 15, was recorded in 2013.

Posted On 06/11/2018

tak83145

One of these days, Dr. Mercola will discover Kundalini Yoga, which incorporates a lot of what he is attempting to do with hand positions, breathing, brain games, visualization and much more, a comprehensive practice for physical, emotional, and brain health.

Posted On 06/10/2018
