



September 2017



Dr. P's Corner

Chinese Medicine and Insomnia

Insomnia is one of the most common sleep disorders, with a prevalence of 40% in adults.

It is generally believed that 10%–15% of the adult population suffers from chronic insomnia, and an additional 25%–35% have transient or occasional insomnia. The symptoms of insomnia may be difficulty falling asleep, waking up during the night or waking up too early.

Patients with insomnia may feel tired, irritable, depressed or anxious. They may also display delayed reactions, lack of focus, difficulty with memory or headache.

Acupuncture is commonly used by patients with insomnia. The mechanism of acupuncture treatment can regulate *yin* and *yang* to reinforce health and restore balance thus improving sleep. In modern medicine, acupuncture can increase the content of γ -amino butyric acid, consequently enhancing sleep quality.

In a 2009 study by National Center for Complimentary and Alternative Medicine, 46 trials were conducted involving 3811 patients with insomnia.

Based on the results of meta-analyses, the majority showed that compared with no treatment, sham acupuncture or medications, acupuncture was significantly better on improving parameters in sleep quality and duration.

A few helpful tips to fight Insomnia

Power Down: Stimulating activities such as video games, TV and computer work before bed excites your senses and make it more difficult to fall asleep. Instead, keep your room cool, dark and listen to calming music, white noise or meditation tapes.

Avoid Napping: You'll rest better at night. But if you have to snooze while the sun's up, keep it to 20 minutes or less. Nap in the early part of the day.

Block your clock: Glancing at it during the night will make your mind race about the day ahead which will keep you awake.

Avoid Alcohol: It will make you sleepy at first but these effects will wear off shortly and leave you restless.

Upcoming Events

Meet and Hear DR. Christine Horner

Nationally known Surgeon, Author and Natural Health Expert

October 26th at 6:30 PM

Harbor Hall 1190 Georgia Ave. Palm Harbor

Funds from this event to benefit:

The L.Y.N. Fund and Women with Purpose.

Both of these organizations provide financial assistance to families with cancer

Pre-register on line: www.eastwesthealingsolutions.com

New Evening Restorative Yoga Class with Ingrid

Thursday evenings at 6:45pm

Feature Modality

Massage Therapy

The National Institutes of Health has advised that massage therapy can reduce fatigue and improve sleep and, based on research gathered by the American Massage Therapy Association, massage has been shown to improve sleep in infants, children, adults, and the elderly alike, as well as individuals with psychiatric disorders, fibromyalgia, cancer, heart disease, lower back pain, cerebral palsy, and breast disease.

The chemistry of sleep is relevant in relation to massage because it directly influences the body's production of serotonin, which is essential for the production of melatonin. A study on back pain, published in the *International Journal of Neuroscience*, demonstrated that in addition to a decrease in long-term pain, subjects receiving massage experienced improved sleep and an increase in serotonin levels.



Wellness Studio

Mindfulness Meditation

A study which appeared in *JAMA Internal Medicine*, included 49 middle-aged and older adults who had trouble sleeping. Half completed a mindfulness meditation awareness program that taught them meditation and other exercises designed to help them focus on "moment-by-moment experiences, thoughts, and emotions." The other half completed a sleep education class that taught them ways to improve their sleep habits.

Both groups met six times, once a week for two hours. Compared with the people in the sleep education group, those in the mindfulness group had less insomnia, fatigue, and depression at the end of the six sessions. Mindfulness meditation involves focusing on your breathing and then bringing your mind's attention to the present without drifting into concerns about the past or future. It helps you break the train of your everyday thoughts to evoke the relaxation response, using whatever technique feels right to you.

Sensoria

Try a Lavender bath for better sleep

If you have a hard time sleeping, like millions of other people, an Epsom salt bath will help promote a restful night. Take a bath about 30 minutes before your bedtime and follow it up with a cup of chamomile tea to bring about relaxation.



Sensoria Stress Relief Bath Salt
www.sensoriawellness.com

Use a lavender bath salt or add a few drops of lavender essential oil to your bath for relaxation. An Epsom salt bath can help not only relieve muscle tension but also reduce inflammation that causes pain. It is a useful way to reduce the pain from migraine headaches as well.

Less stress, better rest.

Nutrition

How Food affects your Sleep

Poor sleep has been linked to a host of health problems, including obesity, diabetes, high-blood pressure, depression, and more. A 2012 study published in *The Journal of Clinical Endocrinology & Metabolism* found that the more tired you are, the more you eat during the day in attempt to perk yourself up, which can easily add up to weight gain over time. Although there's no set menu for eating for better sleep, there are little tweaks you can make all day for a more restful night. So instead of sleeping poorly, downing caffeine every morning, reaching for sugary snacks every afternoon, and repeating the cycle day after day, try to avoid these habits to eat and sleep more effectively.

Located in the Fountains Plaza at 34876 US Hwy 19 N. Palm Harbor, FL 34684 • Call us at 727-216-3972

STOP HURTING START LIVING