

INSOMNIA

Insomnia may refer to a difficulty initiating or maintaining sleep. CNS lesions and head trauma are a rare cause of insomnia, sleep apnea and chronic pain are other potential causes, but most cases of new-onset insomnia are the result acute psychosocial stress, if not a symptom of underlying anxiety or depression. The sleep-wake cycle is governed by the body's circadian rhythms, which may be affected by the timing of meals, physical activity, and exposure to ambient light. However, sleep-wake timing is also subject to changes in circulating cortisol levels. Cortisol peaks play a significant role in the normal waking response, explaining the clear link between insomnia and stress. The short-term use of hypnotics can be useful to facilitate sleep during bouts of acute stress; however they should not be relied upon for long-term use. Better results will be obtained by addressing the underlying cause.

Homeopathics

Adrenapar™- glandular homeopathic to support the adrenal glands, indicated for symptoms of nervous exhaustion, fatigue, and forgetfulness.**

Anxiety HP™- high-potency formula for relief of anxiety and nervousness.**

Crisis Comfort™- flower essence blend indicated for fear, panic, stress from trauma, and inability to cope with crisis.**

* **Insomnia HP™**- high-potency formula for relief of insomnia, restlessness, and fatigue from inability to sleep.**

Linden Flower Tincture- single homeopathic remedy indicated for sleeplessness and restlessness.**

Melatonin Cord- homeopathic cord indicated for altered sleep patterns.**

Melatonin Phenolic- homeopathic indicated for sleeplessness and establishing a regular sleep pattern.**

Mentox HP™- high-potency formula indicated for sleeplessness due to sadness or worry.**

Relaxatone™- tonifier for relief of anxiety and stress.**

Serotonin Phenolic- beneficial in controlling insomnia, aids in balancing serotonin levels.**

Stramonium- single homeopathic remedy indicated for fearfulness, restless sleep, and nightmares.**

Zinc Met- single homeopathic remedy indicated for nervous system imbalances such as exhaustion and restless legs.**

Herbals

Anacom P.M.™- fortifier for the nervous system, indicated for insomnia due to pain.

* **Calming Formula**- Rainforest Botanical calming formula which helps break the insomnia cycle, calms hyperactive children, soothes nerves, eases jitters and lessens palpitations.

Inflammaom™- fortifier for persons with inflammation, indicated for musculoskeletal pain.

Passionflower- single spagyric herbal indicated for insomnia, useful for difficulty initiating sleep.

Stress Formula- Rainforest Botanical anti-stress formula that eases tension, combats emotional fatigue, prevents headaches, nervousness and depression, and maintains balance at high-stress moments.

**Denotes primary remedies*



THERAPEUTIC GUIDE

INSOMNIA (CONTINUED)

Valerian- single spagyric herbal indicated for insomnia, useful for difficulty maintaining sleep.

* **Valericom™**- fortifier and detoxifier for the nervous system, indicated for insomnia, restlessness, pain, spasms, and anxiety.

Nutritionals

* **Calcium 6 Plus**- six sources of calcium plus magnesium to enhance absorption, both of these minerals may be effective for treating insomnia.

Enervimin™ Stress Focus- full spectrum vitamin and mineral supplement designed to support those under stress.

Mag-Chlor- highly absorbable form of magnesium, helps relax muscles and relieve muscle cramping.

* **Melatonin**- natural hormone known for its role in regulating circadian rhythm and initiating sleep.

Mineral Magic Concentrate- natural source of minerals and colloidal trace minerals, a deficiency of which may play a role in some individuals with insomnia.

Zinc- zinc is a common deficiency in individuals with restless leg syndrome.

Additional Considerations

Encourage the patient to avoid stimulants such as caffeine, alcohol, or tobacco. Consuming foods high in the amino acid tryptophan such as turkey, bananas, tuna, and whole grains may help.

Get the patient to establish regular sleep patterns by getting up the same time each day regardless of what time they fell asleep the night before. Discourage napping.

Relaxation therapy can be beneficial. Consider recommending massages, soft music, or warm baths before bed.

Energique also offers a full range of Essential Oils such as lavender to ease tension and aid sleep.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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