

**Total 5-HTP™ Nutritional Support for Normal Weight, a Good Night's Sleep, And Brain Balance for Mental Health**

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Because nearly 1/3 of the U.S. population is overweight and it is implicated in many diseases including diabetes and heart disease, it is important to maintain a healthy body weight. Nearly 50 million Americans suffer from sleep disturbances involving insomnia, drowsiness during the day, and restless leg movements at night. Sleep patterns are important factors affecting a person's physical and psychological health. Without a good night's sleep, the replenishing and restorative functions of the body are impaired.

Biochemical imbalances, toxins, food sensitivities, and environment can all play roles in producing overweight, poor sleep, and poor mental health.

Dietary and behavioral changes, exercise, exposure to bright morning light, stress reduction, and nutritional supplements have all proven helpful in promoting healthy weight, sleeping patterns, and mental health.

**5-Hydroxy-Tryptophan** is the precursor to serotonin. Serotonin is responsible for normal, healthy sleep. Tryptophan helps treat sleep disorders, obesity, and depression. Taken before bedtime, tryptophan shortens the time it takes to fall asleep and improves the quality of sleep. Tryptophan helps create a feeling of satiety and control appetite. Tryptophan helps people relax and alleviates anxiety and depression. It helps stabilize moods, control hyperactivity, alleviate stress, and reduce pain.

**Pyridoxal 5 phosphate** (vitamin B-6) helps convert tryptophan into B-3 and alleviate nervousness and reduce muscle spasms at night. B-6 enhances the effects of tryptophan in shortening the time it takes for sleep onset, improving the quality of sleep, and promoting a more relaxed waking state

**Melatonin** helps facilitate sleep in young adults and the elderly, shorten the time needed to get to sleep, reduce night awakenings, and improve sleep quality. Melatonin regulates the biological clock and helps people subject to jet lag and night shifts. It also helps reduce eye pressure. *Possible side effects:* Melatonin may produce unwanted grogginess, sleepwalking, and disorientation in some individuals.

**DL Phenylalanine (DLPA)** helps suppress appetite when taken before meals. Taken before bedtime, it may help reduce body fat. DLPA helps produce pain relief, helps some individuals with Parkinson's disease and schizophrenia. It helps elevate mood, alleviate restless leg movements during sleep; promotes greater alertness, better learning, memory enhancement, increased sexual interest; and relieves depression. *Caution:* Should not be combined with MAO inhibitor drugs or taken by people subject to phenylketonuria. Doses over 100mg probably should not be taken by people with hypertension. Phenylalanine should not be taken during pregnancy, by people subject to diabetes, anxiety attacks, or preexisting melanoma.

**Pregnenolone** converts into DHEA, which helps generate the sex hormones, helps decrease percentage of body fat, and increase muscle mass. It helps produce a sense of well-being, better ability to cope with stress, decreased pain, better mobility, and a higher quality of sleep.

Compliments of:

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.