

Insomnia Protocol *

Episode #79-80 The 10 Most Dangerous Drugs

Insomnia

Disturbed or inadequate sleep and may be characterised by difficulty falling asleep, frequent or sustained awakenings, early morning awakenings or persistent sleepiness despite sleep of adequate duration. Chronic insomnia is associated with increased plasma levels of ACTH and cortisol.

Aims of Treatment

- Improve the ability to fall and remain asleep
- Decrease the overall level of arousal
- Support the nervous system and the body's stress response; decrease ACTH and cortisol levels
- Treat any associated conditions: anxiety, depression, pain

Protocol

Valerian Complex tablets

2 to 4 tablets, taken 1 hour before bedtime. Dosage may be repeated during the night.

May produce stimulation in some patients. Patients taking CNS depressants should be monitored for potential interaction.

This combination of herbs provides sedative, hypnotic, analgesic and antispasmodic activity. Valerian has been used traditionally for insomnia, anxiety and stress, Passionflower for insomnia, and the Chinese Pharmacopoeia recommends Zizyphus for insomnia. Clinical trials investigating the use of Valerian and Passionflower indicate benefit for the treatment of insomnia and anxiety. No negative effect on alertness the morning after intake was observed.

Californian Poppy 1:2 extract

5 mL daily

Californian Poppy is a mild sedative, used traditionally for the treatment of insomnia and anxiety.

Nevaton tablets

3 to 4 tablets daily

Contraindicated in pregnancy or those taking warfarin, digoxin, HIV protease inhibitors, HIV non-nucleoside transcriptase inhibitors, phenprocoumon. Caution is advised in those taking anticonvulsants, combined oral contraceptives, theophylline and selective serotonin reuptake inhibitors.

St. John's Wort, Damiana, Skullcap and Schisandra provide primarily nervine, general tonic, mild sedative and mild antidepressant activity. This combination of herbs provides premium support of the nervous system. These herbs have been used traditionally for the treatment of insomnia and depression. Skullcap is also indicated for strain from physical or mental overwork.

Saligesic tablets

2 to 4 tablets daily

Contraindicated in allergy or sensitivity to salicylates, glucose-6-phosphate dehydrogenase-deficient patients and during lactation.

Special extracts of Willow Bark have demonstrated significant analgesic activity. Use if pain is a contributing factor to the insomnia.

Anecdote

A female patient aged 37 has a high pressured career and travels extensively overseas takes St John's Wort Complex tablets 3 per day and finds they dramatically reduce her stress levels and Valerian Complex 2 tablets one hour before bed help her to have a deep sleep despite the many different hotels.

For more info on this forbidden protocol go to: www.ForbiddenDoctor.com

Then search "Insomnia" or call: 801-523-1890

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