

Paul T. Spriester, D.C., DIBAK
Health Bulletin/Newsletter-41
973-334-6053 or paulspriester.com
Please forward to your family and friends!

Sleep Loss and Weight Gain

Loss of sleep can lead to weight gain in adults and also in children. A small study was conducted at the University of Colorado with a group of 16 healthy men and women for a two-week study tracking sleep, metabolism and eating patterns. This was conducted in a special room that allowed tracking the metabolism by the amount of oxygen being used and carbon dioxide they produced. All food consumption was tracked and recorded and strict sleep schedules were required.

You may be wondering why I am doing another health bulletin on sleep so soon after my Newsletter-#31 Sleep and Sleep Disorders, but I believe this information is extremely important to everyone because of its effects on our health. This information was reported in an article by Tara Parker-Pope, science writer at the New York Times, 3/18/13 “Lost Sleep Can Lead to Weight Gain”. The information from the study was presented at the National Academy of Sciences. What it showed was people getting only five hours of sleep would burn 111 more calories a day than the group that got nine hours of sleep. The participants that slept less ended up eating far more than those who got nine hours, and the sleep-deprived gained an average of two pounds. Other observations on the sleep-deprived individuals were overeating carbohydrates, generally ate more food per day and ate a smaller breakfast and ate a lot more of snacks after dinner.

Research from the University of Chicago showed that the lack of sleep alters the biology of the body's fat cells. What the research showed that after only four consecutive nights of less sleep the fat cells become less sensitive to insulin, this is a metabolic change associated with obesity and diabetes. The study pointed out that lack of sleep aged fat cells about 20 years. What this meant for the subjects of this study who were in their low-20s their body's fat cells responded as if they were now middle-aged.

So what does this information mean as far as it applies to health problems? The answer is simple and changes that cause loss of proper sleep which should mean at least six to eight hours per night will end up aging your body and producing a myriad of health problems, depression, hypertension, diabetes, obesity, and even cancer.

If this is a major issue for you, don't feel that you are alone. According to the Center for Disease Control, sleep disorders occur in the USA of about 30 to 50 percent of the population on a regular basis and about 10% have a chronic form. With the current population of the US at about 316,000,000 people that's a lot of sleep trouble!

I was doing research about ten years ago on the body's “Figure 8 Energy Pattern”, when this pattern was found on the roof of the patient's mouth. What I discovered was a new cranial fault that is associated with the Pineal Gland region of the brain which is associated with sleep patterns and the production of melatonin from serotonin. My research, which has been on going for ten years, involves more than 1,000 patients in this study. This fault is always present with sleep problems such as getting to sleep or staying asleep. The correction of this fault makes a great

improvement for patients with sleep issues. If this cranial fault reoccurs, so will the sleep disorders, so my research goes on to make a more permanent and lasting correction.

One of the most common reasons for sleep disorder is the stress that everyone has to live with in today's world. Medical treatment for this condition will usually entail the use of drugs rather than a natural approach. The drug industry keeps pushing new drugs that are non-narcotic for sleep disorders if they are better for the patient. Their new ploy is advertisements that direct the patient to ask their doctor about this new drug, which puts the physician on the spot with the fear they will lose the patient if they don't prescribe this for loss of sleep. In the past sleep aids were chloral hydrate, barbiturates, then came the use of tranquilizers also know as benzodiazepine that are commonly recognized as Valium and Xanax. These effect GABA receptors in the brain, and cause sedation, anti-anxiety, and muscle relaxation. The newest drug for sleep recently introduced is for middle-of-the night insomniacs "Intermezzo", which contains zolpidem tartrate the same ingredient as Ambien introduced in 1992 and more recently Lunesta or eszopiclone in 2004. All of these drugs have serious side effects such as abnormal thoughts and behaviors, confusion, agitation, hallucinations, worsening of depression, memory loss and anxiety. A recent article in The British Medical Journal 9/28/12, stated that the use of benzodiazepine caused a 50% increase risk of dementia. So standard medical care for this problem only leads to more problems and no cures.

So what can you do if your problems are sleep, or lack thereof that will safely correct this disorder without making you dependent on drugs or create an addiction problem? First you should come to my office so we can do a full evaluation of your general health and any structural problem that could cause a sleep disturbance, such as the Pineal Cranial Fault. This fault is always present when sleep problem are an issue with patients, and this is a correctable item. We can also order blood work to check for other systemic conditions that may encourage sleep disorders. I will evaluate your diet for possible irritants that can disrupt normal sleep, such as caffeine, alcohol, food allergens, medication either prescriptive or over-the-counter, vitamins supplementation and environmental irritants such as electrical and energy field that can change your circadian rhythms.

I can make recommendations for herbal and biological substances that will aid a normal sleep pattern such as lavender, valerian root, goldenrod, marjoram, chamomile tea, and melatonin, also nutritional support of the adrenal gland with vitamin C, (S.P.)-vitamin G Complex, calcium lactate.

I will also evaluate what you do at home before bedtime to see if this is setting up a sleep problem such a working on a computer. The background light wave lengths are in the blue spectrum that might be causing the sleep problems.