

Anxiety insomnia sleep stress

## Description

Anxiety, insomnia, sleep, & stress

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

For supplements/herbs having an independent testing certification is essential. Pharmaceutical grade is the highest standard.

The supplements & medications that help anxiety during the day also often help sleep at night & stress during the day. The supplements that help stress, the adaptogens, also help anxiety in the day & sleep at night.

## Shorter sleep latency is not sleep quality

Deep sleep makes up 25% of sleep, & REM 25% of sleep. Those are the stages that are most restorative & life extending.

Benzodiazepenes & alcohol can decrease time to sleep but also decrease deep & REM sleep which increasing increases, depression, mortality/early death. Anticholinergics like antihistamines (Benadryl, Chlortabs) used for sleep lower acetochole which causes ADHD symptoms for 36 hours & early dementia & death.

## Nonsupplement sleep aides

### Red light

Red light has no blue light which is what is in other lights (especially white) that tells the brain its first rays of sunrise & increases orexin, the wakefulness chemical & decreases melatonin. Red light tells the brain its last rays of sunset & the brain floods with melatonin & other sleep chemicals. Red lights at night & red nightlights can speed up time to sleep & increase deep & REM sleep time.

## Pink noise

Pink noise is like white noise but with a few tones added that increases deep sleep by 23%.

## Night vision glasses

Yellow tinted glasses/blueblockers/night vision glasses- they don't darken but block blue light when driving which keeps the blue in the light from blinding night vision for a few seconds & can help if have to sleep right after.

Red tinted glasses- complements red light so no other light color gets through- even a flashing clock can turn off melatonin & orexin on because the brain thinks its first rays of sunrise

## Wim hof breathing-

Short version- let all air out of lungs, walk or exercise, when have to breathe take deep breath & hold for 10 seconds, repeat seven times, fall asleep quickly

What works in less than a minute to improve mood, reduce anxiety, & reduce stress & help sleep?

Sleep-

Feel compassion for self for any discomfort, then compassion for others feeling discomfort

then gratitude for all times felt good, the gratitude for when other feeling good

then love for self, love for others

listen

meditation/contemplation on compassion & gratitude then love then listening is as restful as deep & REM sleep

Relax face then rest of body

Let shoulders slump

Legs limp

Feel warmth come over body starting face down

Imagine lying in canoe looking at clouds 10 seconds

Imagine wrapped completely in black hammock (no light) 10 seconds

Say the words "œdon"™t think" internally if mind focuses on something

6 weeks 96% can fall asleep within 2 minutes

[inc.com/melanie-curtin/want-to-fall-asleep-faster-combat-pilots-use-this-hack-to-get-to-sleep-in-2-minutes-or-less.html](https://inc.com/melanie-curtin/want-to-fall-asleep-faster-combat-pilots-use-this-hack-to-get-to-sleep-in-2-minutes-or-less.html)

## Foods/supplements

Organic black seed oil in one study increased deep sleep over 80% & REM sleep over 30%, absolutely amazing compared to most other interventions.

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Next in order of strength-

magnesium glycinate- both the magnesium & the glycine can help sleep depth, 500mg or more an hour before bed

inositol (vitB8)- 500mg-18g

Amino acids found in foods, make up protein-

tryptophan- 500mg

GABA-500mg

theanine- 200mg

CBD oil in the morning can greatly help sleep at night, pain, inflammation, anxiety, schizophrenia & seizures.

Honey- raw honey lowers wakefulness chemical orexin & helps sleep

Banana

warm milk

Slow release melatonin or very high dose melatonin (10mg-100mg) appears best- otherwise people often wake up in middle of night after levels drop & can't get back to sleep if they are fast metabolizers. Montmorency cherries & pistachio nuts may increase melatonin greatly.

If eating before bed sleep on left side at least at first. Elevate the head of the bed or the torso by at least six inches for 77% better digestion, sleep & longevity (like they do it at hospitals).

If stressed- EFT or an adaptogen mix like ashwagandha, rhodiola, Panax ginseng, American ginseng, eluthero, tulsi

Magnesium oil for restless legs or magnesium supplement

strongest herbs-

valerian

kava

lemongrass

hops

passionflower

lemon balm

Secrets of the Tribe " Tribal Tranquility is a mix without alcohol

Fiber before bed helped sleep in one study (protein neutral/saturated fat less depth/carbs early wakeup) like organic freshly ground or frozen flaxseed. Raw honey can be added, & tart cherries, banana & warm milk (raw best) as all help sleep.

### Positional sleep aides

If you have one position your body keeps going to but wakes you up, putting on a fanny pack/backpack with a tennis ball in the spot to avoid sleeping on may be the least expensive intervention that may decrease wakeups by up to 90%.

### Temp

65 degrees is considered ideal for sleep (under covers), as the temperature differential between skin outside & inside the covers helps sleep. But even just dropping the temperature by at least 2 degrees a half hour before bedtime from the daytime room temperature (to 73 degrees or below) appears to help induce sleep through the night.

Vibration at bottom of sternum (lightly on xiphoid process)  
immediate relaxation from vagal nerve

Hypnosis- under (self) hypnosis make a posthypnotic suggestion for deep relaxation on cue (like tapping hand)

Binaural beats (app on phone) at delta for sleep or set at 1, apps or youtub

Grounding- dollar wire from screw in middle of electric outlet to around leg reduces stress from EMF

EFT if stressed or anxious or depressed

Spraying cool water on forehead

If anxious make detailed list of what needs to be done next day (under red light)- writing takes off the mind

Reading book or magazine (not negative news) under red or yellow light can help sleep

Sun or bright light/blue/violet light exposure right after waking up (or with a bright light alarm clock) resets our sleep cycle & significantly improves sleep that night

Have all these listed on a whiteboard visible from the bed- when sleepy can't remember strategies

Avoiding coffee/caffeine in afternoon, using theacrine instead.

Theacrine made from caffeine works longer for concentration & when used in afternoon helps sleep at night rather than disrupting sleep depth like caffeine. Smelling & sipping a decaffeinated version of same daily caffeinated beverage (like coffee or tea) right at bedtime can trick the brain into flooding itself with natural sedatives to counteract the expected caffeine. This can also work to get back to sleep after waking up. Only a sip as even decaffeinated beverages have a bit of caffeine that can reduce sleep quality & depth. This also reduces the amount of caffeine needed in the morning as the brain will not have as strong a counterresponse to the caffeine because of being tricked the night before.

Fiber before bed helped sleep in one study (protein neutral/saturated fat less depth/carbs early wakeup) like organic freshly ground or frozen flaxseed w/honey & tart cherries or pistachio nuts (increase melatonin) & raw warmed milk & a banana. Then sleep on left side at least at first. Elevate the head of the bed or the torso by at least six inches for 77% better digestion, sleep & longevity (why they do it at hospitals).

\$8 Theanine 100g FitPowders

[amazon.com/gp/product/B07W8YLHS5/ref=ox\\_sc\\_act\\_title\\_2?smid=A](https://amazon.com/gp/product/B07W8YLHS5/ref=ox_sc_act_title_2?smid=A)

depending on dosage is over 6 months worth.

\$12 Pure Original GABA 8 oz

[amazon.com/gp/product/B07RRDJ1JV/ref=ox\\_sc\\_act\\_title\\_1?smid=A2](https://amazon.com/gp/product/B07RRDJ1JV/ref=ox_sc_act_title_1?smid=A2)

is over five months worth

\$14 Pure Original Glycine 8 oz [amazon.com/Pure-Original-Ingredients-Glycine-Non-](https://amazon.com/Pure-Original-Ingredients-Glycine-Non-Essential/dp/B07X4YXXSH/ref=sr_1_21?crid=2OBROSMP0T6W2&ke)

[Essential/dp/B07X4YXXSH/ref=sr\\_1\\_21?crid=2OBROSMP0T6W2&ke](https://amazon.com/Pure-Original-Ingredients-Glycine-Non-Essential/dp/B07X4YXXSH/ref=sr_1_21?crid=2OBROSMP0T6W2&ke)  
[21](https://amazon.com/Pure-Original-Ingredients-Glycine-Non-Essential/dp/B07X4YXXSH/ref=sr_1_21?crid=2OBROSMP0T6W2&ke) is over five months worth

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## Combinations

People seem to get the quickest and most effective help by going to a natural supplement store and trying the different combination supplements for anxiety or sleep- four or five ingredients each.

People get 1/5th the side effects but often a much stronger sleep or anti-anxiety effect as the main effect is shared by all the supplements and they work in different ways to get the main effect meaning a much more consistent & strong benefit than only one ingredient.

## Keep testing

Lots of people try everything- the most effective first, but if it doesn't help or only works partially, they move on or add another, and another, until they find the combo that works for them and is the solution to their problem. The key is to keep learning & trying new things.

## Day vs night

Supplements and strategies may help anxiety symptoms when taken during the day and sleep when taken at night-

Techniques and devices:

EFT- emotional freedom technique/tapping/acupressure

hypnosis

grounding

meditation

delta binaural beats

528hz tone or music

PEMF set to delta

TACS/CES- anxiety, insomnia if 100Hz or 1 Hz (delta)

TDCS- anxiety & mood (not sleep)

red or near infrared light-anxiety & mood

## Medications

The medications that increase sleep length, REM sleep, & donâ€™t reduce deep slow wave sleep are orexin receptor antagonists, [lemborexant](#), [suvorexant](#), and [daridorexant](#), are approved for the treatment of insomnia.

Also below are the medications that lower sleep depth, REM sleep, sleep length & speed to sleep.

[medilib.ir/uptodate/show/7704](http://medilib.ir/uptodate/show/7704)

Supplements in order of effectiveness-

Vitamin D3 8000 IU with a meal (fat soluble)

magnesium- also magnesium oil, also helps cramps/restless legs (helps anxiety & insomnia if low)

Melatonin (sleep only, extended release)

kava kava

valerian

chamomile

CBD oil- one drop under tongue in morning

GABA

Lithium orotate or aspartate

honey (insomnia & coughs & bacterial infections)

cocoa (coughs, not alkalyzed/Dutched)

theanine

lemon balm

passionflower

magnolia bark (Relora)

glycine

probiotics

lavender oil- one drop under nose (women only, increases estrogen effect in men)

lemon oil (anxiety)

tart cherries (have melatonin)

Vitamin E (mixed tocopherols) if postmenopausal

Antistress supplements may help with tiredness, stress, sickness, & withdrawal symptoms-

American ginseng

Siberian ginseng (Eleuthero)

Asian/Chinese/Korean ginseng (Panax)

rhodiola

ashwaganda

maca

Suma

schisandra

rhaponticum

jiaogulan

aralia mandshurica/elata spikenard root

Holy Basil (Tulsi)

Panic attacks may resolve as excitement, with beta blockers

Anxiety/insomnia/stress aides

Social media & (pre) teen depression

Youth suicides were lowest ever recorded in 2007, right before smartphones & social media exploded. Eight years later (2015) they were at record highs, with a 300% suicide rise for 12-14 year old girls, and 200% for boys. Even seniors in high school have seen a big drop in spending time with friends, working, dating- instead reporting using social media alone in their room.

Being on social media- Instagram was the worst followed closely by Snapchat, then Facebook & Twitter- appears to increase loneliness, unhappiness, depression & suicides in preteens & teens.

The worst outcomes appear to be when on social media for 2 hours or more per day, when used in isolation, & especially at night- causing sleep deprivation. Sleep interruption to view or answer texts/posts (or watch Youtube) appears to increase anxiety & make return to sleep very difficult, and may be causing feelings of loneliness, unhappiness & depression to spiral out of control. 57% more teens were reported as sleep deprived in 2015 than 1991.

What appears to help preteensâ€™™ & teensâ€™™ moods was any activity not in front of a smartphone/tablet/computer/television. What may be worst is being alone in a room with a smartphone/tablet/computer/television, especially at night.

What helps reduce suicide, depression, loneliness & isolation in (pre) teens

Locking up the smartphone/tablet/computer/television at bedtime appears to have the largest effect on reducing screen time when it is the most damaging to the (pre)teens overall physical & mental health. What appears to help sleep the most is reading books & magazines before bed.

Keeping the smartphone/tablet/computer/television during the daytime in common rooms only & out of the teens bedroom appears to have the best chance of reducing the isolation & loneliness (pre) teens feel when using a smartphone/tablet/computer/television.

Make it a condition of getting a phone/tablet/computer from the very beginning, or implement it immediately and use this article & study as the reason why. It can serve as a conversation starter for older teens as well.

<https://www.rsph.org.uk/our-work/policy/social-media-and-young-people-s-mental-health-and-wellbeing.html>

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

## Benzodiazepenes & sedatives

Benzodiazepenes & similar drugs cause addiction & grogginess & motor incoordination. They make people unconscious but interfere with the quality of sleep, & often make people wake up halfway through the night after they wear out. They can cause sleepwalking, sleepeating, & even semiconscious sexual advances, similar to alcohol blackouts. Benzodiazepenes can cause physical dependence, cognitive impairment, increased depression, disinhibition syndromes (increased anger and hostility), sexual side effects, and overdose potential. Halcion can cause violent aggression.

[Short acting-Alcohol, Alprazolam \(Xanax\), Lorazepam \(Ativan\), Temazepam \(Restoril\), Triazolam \(Halcion\), clobazam \(Onfi\), flurazepam, estazolam, quazepam \(Doral\), remimazolam \(Byfavo\), eszopiclone \(Lunesta\), zaleplon \(Sonata\), amidate \(etomidate\) anesthetic, diprivan \(Propofol\) anesthetic.](#)

[Long acting- Clonazepam \(Klonopin\), Diazepam \(Valium\), chlordiazepoxide, oxazepam, clorazepate \(Tranxene\), midazolam, clobazam \(Sympazam\), lorazepam, midazolam.](#)

Ciccone DS, Just N, Bandilla EB, Reimer E, Ilbeigi MS, Wu W. Psychological correlates of opioid use in patients with chronic nonmalignant pain: A preliminary test of the downhill spiral hypothesis. J Pain Symptom Manage. 2000;20:180-192.

[citizen.org/news/drug-induced-dementia-and-delirium-common-in-seniors-but-often-undetected-public-citizen-says/](http://citizen.org/news/drug-induced-dementia-and-delirium-common-in-seniors-but-often-undetected-public-citizen-says/)

[worstpills.org/newsletters/view/924](http://worstpills.org/newsletters/view/924)

Benzodiazepes, sedatives & early death

Hypnotics can triple risk of death even at 18 doses per year.

BMJ Open 2012;2:e000850 doi:10.1136/bmjopen-2012-000850

Pharmacology and therapeutics

Hypnoticsâ€™ association with mortality or cancer: a matched cohort study

Press Release

Daniel F Kripke, Robert D Langer, Lawrence E Kline

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pon>

<http://www.consumerreports.org/cro/2015/03/the-truth-about-sleeping-pills/index.htm?EXTKEY=NH54N00H>

Hypnotics and overdose

While alone they donâ€™t usually cause respiratory arrest, once added to any other sedative they multiply its respiratory depression & often cause overdose. They all cause early death. Because they hurt the quality of sleep, are addictive, and because people make less healthy decisions (including driving under their influence), people who take them die at a five times higher rate.

<http://www.pharmacytimes.com/news/Sleeping-Pills-May-Dramatically-Increase-Death-Rate>

<http://www.usnews.com/news/articles/2012/02/27/study-popular-sleeping-pill-ambien-linked-to-increased-death-rate>

Study: Popular Sleeping Pill Ambien Linked to Increased Death Rate- Sleeping pill users were five times more likely to die young than non users.

Hypnotics don't improve sleep

Benzodiazepenes not only hurt the depth of sleep, they don't help sleep length or time to sleep much.

Here's why you can skip the new insomnia drug, Belsomra

It's expensive, barely helps, and poses safety concerns

Published: July 12, 2015 06:00 AM

<http://www.consumerreports.org/cro/news/2015/07/skip-new-insomnia-drug-belsomra/index.htm?EXTKEY=NH57N00H>

Even the newer orexin-receptor antagonist Belsomra (suvorexant) doesn't help much.

Benzodiazepenes & accidents

Benzodiazepenes increase accidents, including car accidents.

Temazepam (Restoril) has been shown to increase car accidents the day after taking it by 27%, zolpidem (Ambien)

by 100%.

## Anticholinergics also increase mortality

Many drugs used for sleep like antihistamines (Benadryl, Chlortabs, Dramamine) & others (Desyrel/trazodone) are anticholinergics which reduce the concentration chemical in the brain, causing difficulty thinking for hours after waking up & also cause a significantly increased death rates as they spur people to make impulsive decisions like with their eating & driving. Trazodone usage increases accidents the next day by 91%. Trazodone can cause priapism in one in 1800 men and similar tissue dysfunction in women, which sometimes results in amputation of the penis. One treatment that works sometimes for a priapism crisis is pseudoephedrine.

## Penile Amputation After Trazodone-Induced Priapism: A Case Report

Paul Hoffmann et al.

Prim Care Companion J Clin Psychiatry. 2010; 12(2): PCC.09I00816.

doi: 10.4088/PCC.09I00816gry

## Teens early wakeup for school increases mortality

Teens sleep/wake cycles are the inverse of older adults- they fall asleep later & get up later. When teens have later start times they have up to 41% fewer car crashes, less depression, better mental health, attendance and, in some schools, grades and standardized test scores, less likely to be tardy, get in fights or sustain athletic injuries. It can reduce risky behavior.

“The University of Minnesota study tracked 9,000 high school students in five districts in Colorado, Wyoming and Minnesota before and after schools shifted start times. In those that originally started at 7:30 a.m., only a third of students said they were able to get eight or more hours of sleep. Students who got less than that reported significantly more symptoms of depression, and greater use of caffeine, alcohol and illegal drugs than better-rested peers.”

<http://well.blogs.nytimes.com/2014/03/13/to-keep-teenagers-alert-schools-let-them-sleep-in/?gwh=838800C9C60BC8F08481A71A2FE0E205&gwt=pay>

<http://www.startschoollater.net/>

[http://well.blogs.nytimes.com/2014/10/20/sleep-for-teenagers/?emc=edit\\_hh\\_20141021&nl=health&nid=26219901](http://well.blogs.nytimes.com/2014/10/20/sleep-for-teenagers/?emc=edit_hh_20141021&nl=health&nid=26219901)

What do you get with earlier start times? More teen suicides, addictive drug use, and more teen deaths from car crashes.

### Alternative anxiety/sleep aides

These are nonaddictive sleep aides at night & antianxiety aides during the day & don't cause grogginess or motor incoordination or rebound insomnia. Because they don't cause motor or respiratory issues they can often be taken in combination for greater effectiveness. They often boost mood as well as reduce anxiety during the day and help sleep during the night.

If people wake up & can't go back to sleep during the night, they can take one pill before bedtime & one when they wake up the first time in the night.

## Music

First is music. Finding the music that reduces your anxiety/puts you to sleep can be life saving. The free options are with youtube, pandora, & other music players. Searching for "sleep" music, harp music, or relaxation music will give you a number of options to set at night to play. If you play youtube make sure no light is visible.

Music set at 528hz may help healing & sleep.

If you need more than this you can search for neurolinguistic music with binaural beats on youtube, & even buy cds & mp3s professionally done.

The sleep music that plays popular music without vocals with a single instrument can make us fill in the vocals with our mind, keeping it off other topics & providing just enough activity to tire it out & put it to sleep with regularity for some.

## ASMR

ASMR video & audio are sounds that provoke different sensations, one of which can be sleep. The key is to try all the different kinds to see if one puts you to sleep once you're in bed.

Point in middle of arm three fingers below open left hand (starting at wrist)

Using microcurrent (\$40-\$50 unit) with the positive at the above point & the negative on the other side of the arm deepens sleep.

Microcurrent also helps to heal injuries.

## Task

When people have a stressful task like an interview, spending 10 minutes writing or thinking about a specific, painful, personal failure in the past.

## Sleep, anxiety and binaural beats

For sleep, I use earbuds, headphones, or speakers on each side of the bed plugged into a music player with an mp3 or computer or phone connected to youtube and search for delta binaural beats. I also use apps that have binaural beats. I have used half hour delta beats to help me get to sleep, it works very well for me & other people I've introduced it to. If I wake up in the middle of the night I turn the half hour back on again, and it puts me to sleep for hours more. It is essential to vary the beats by frequency & wavelength each night, using two different ones like 50hz & 51 hz = 1, then 80hz & 80.5hz = 0.5 the next night.

Binaural beats also significantly reduce anxiety, both at bedtime & during the day at the delta or theta frequency. The key is to find what frequency keeps you alert & relaxed during the day. For bedtime I've found the delta frequency (0-4Hz for me), on a 30 minute timer, not only helps sleep but helps to stop anxiety when trying to fall asleep.

## 40-90hz

I've since learned getting the brain to 40 Hz appears to clear the brain of Alzheimer's tangles, and that 40 Hz-90 Hz (higher is

better) gives the same benefits as meditation- calmer, happier, more focused, greater creativity & more insight into self & others. I do binaural during the day on earbuds & isochronic 90hz on speaker at night (doesn't need to be heard in both ears). People who do the 40-90 hz binaural and/or isochronic say they are able to meditate at a much deeper level than ever before while playing the sound.

## Isochronic tones

Meditation Treks makes an isochronic tone player (given free but donation appreciated) at whatever height wanted for Android, only up to 40hz for iPhones.

## The science behind binaural beats

The gamma EEG pattern of cerebral activity as recorded by EEG has a frequency of 40 Hz to 100Hz associated with concentration, alertness, arousal and cognition; the beta frequency at 14-40Hz, the alpha pattern (8-13 Hz) with relaxation, meditation and creativity; the theta pattern (4-8 Hz) with random eye movement (REM) sleep; and the delta EEG pattern (0.1-4 Hz) is associated with deep, dreamless sleep. The Hz of a binaural beat trains the brain to produce a corresponding wavelength, and the more its used the better the synchronicity between them. Then name of the different frequencies aren't important- experimenting with how the different frequencies affect each individual person is what matters.

In a double blind study of 29 people, binaural beats (16 and 24 Hz) improved performance on a visual vigilance task and subjects had a better mood than people exposed to beats at the theta/delta range (1.5 and 4 Hz) while studying.

## Binaural Auditory Beats Affect Vigilance Performance and Mood

James D Lane, Stefan J Kasian, Justine E Owens, Gail R Marsh

Physiology & Behavior

Volume 63, Issue 2, January 1998, Pages 249â€“252

In a study of 108 patients about to undergo surgery, those that listened to a 10 Hz binaural beat had half of the anxiety as those listening to music (with no beat).

A prospective, randomised, controlled study examining binaural beat audio and pre-operative anxiety in patients undergoing general anaesthesia for day case surgery\*

R. Padmanabhan, A. J. Hildreth and D. Laws

Anaesthesia Volume 60, Issue 9, pages 874â€“877, September 2005

DOI: 10.1111/j.1365-2044.2005.04287.x

In another study people who listened to binaural beats in the delta/theta range had a significant reduction in anxiety.

Use of binaural beat tapes for treatment of anxiety: A pilot study of tape preference and outcomes

Rene-Pierre Le Scouranec; Roger-Michel Poirier; Owens, Justine E; Gauthier, Jules; et al. Alternative Therapies in Health and Medicine 7.1 (Jan 2001): 58-63.

In a small study theta binaural beats increased theta activity in the brain and significantly increased the hypnotic susceptibility of people as measured on the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C).

## Binaural-Beat Induced Theta EEG Activity and Hypnotic Susceptibility

Brian Brady & Larry Stevens

American Journal of Clinical Hypnosis Volume 43, Issue 1, 2000  
pages 53-69

DOI:10.1080/00029157.2000.10404255

Eight people over sixty days listened to a delta binaural beat and experienced decreased anxiety, increased quality of life, and a decrease in insulin-like growth factor and dopamine.

My experience:

Binaural Beat Builder app on android works the best for me. I click on Beat Player & change the lower line (Beat) to 20Hz for concentration, 1 Hz for sleep (all night long). For anxiety 1 Hz will work fastest, then someone could try 2 Hz, 3 Hz, until they get the antianxiety level they need for the long term as well as concentration. I like 200 Hz to be the pitch or carrier (the top line). Binaural beats HAVE to be listened to in both ears with earbuds, headphones, or stereo speakers.

On the Iphone there is an app called Binaural- Pure Binaural Beats with a cursive B and dark grey on the left & light grey on the right

split. This also allows you to chose the exact Hz, 0.5 to 49.5 . Same for one that says Binaural by Russell Dobda has a person sitting in yoga position with different colored circles at shakras & says Binaural Beats Generator Guided Meditation Treks. As with the Android app, I like 200 Hz to be the pitch or carrier, and 1 Hz for beats for sleep.

I have used the delta beat with binaural beat builder app 1 Hz all night for deeper sleep. Binaural beat apps that let you choose your exact frequency are the most useful.

Using the 12Hz up to 28 Hz frequency during the daytime I have found an increase in my reading speed & comprehension. Just using it for an hour early in the day seems to help for the rest of the day. Brain.fm app or website is binaural beats with music.

Binaural beats are available in apps & on youtube & other music sites, & I use speakers, earbuds, or headphones as they need to be heard in both ears.

## Pink/brown/white noise

Pink noise apps often have brown noise & white noise also.

Listening to pink noise has been shown to improve sleep, and alternating nightly with brown or white noise keeps the body from getting used to each one individually ASMR and or binaural/isochronic sounds can be used together.

## Grounding

Grounding is simply walking barefoot on earth. Skin to earth contact transfers negative electrons which significantly reduce inflammation, stress and relieves pain. Grounding may help lower cardiovascular disease and death. Grounding appears to relieve muscle soreness and improve mood and sleep and reduce electric field sensitivity.

[http://articles.mercola.com/sites/articles/archive/2017/02/25/grounding-recharge-immune-system-slow-aging.aspx?utm\\_source=dnl&utm\\_medium=email&utm\\_content=ms1&](http://articles.mercola.com/sites/articles/archive/2017/02/25/grounding-recharge-immune-system-slow-aging.aspx?utm_source=dnl&utm_medium=email&utm_content=ms1&)

J Environ Public Health. 2012; 2012: 291541.

Published online 2012 Jan 12. doi: 10.1155/2012/291541

Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons

Gaetan Chevalier et al.

J Inflamm Res. 2015 Mar 24;8:83-96. doi: 10.2147/JIR.S69656.  
eCollection 2015.

The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases.

Oschman JL et al.

J Altern Complement Med. 2013 Feb;19(2):102-10. doi: 10.1089/acm.2011.0820. Epub 2012 Jul 3.

Earthing (grounding) the human body reduces blood viscosity-a major factor in cardiovascular disease.

Chevalier G, Sinatra ST, Oschman JL, Delany RM.

J Altern Complement Med. 2010 Mar; 16(3): 265–273.

doi: 10.1089/acm.2009.0399

Pilot Study on the Effect of Grounding on Delayed-Onset Muscle Soreness

Dick Brown, Gaëtan Chevalier, and Michael Hill

Psychol Rep. 2015 Apr;116(2):534-42. doi:  
10.2466/06.PR0.116k21w5. Epub 2015 Mar 6.

The effect of grounding the human body on mood.

Chevalier G.

J Altern Complement Med. 2007 Nov;13(9):955-67.

Can electrons act as antioxidants? A review and commentary.

Oschman JL

Applewhite R. “The effectiveness of a conductive patch and a conductive bed pad in reducing induced human body voltage via the application of

earth ground.” European Biology and Bioelectromagnetics 2005;  
1: 23–40

[http://www.earthingoz.com.au/pdf/Applewhite\\_earthing\\_body\\_voltage\\_](http://www.earthingoz.com.au/pdf/Applewhite_earthing_body_voltage_)

Pulse electromagnetic fields (PEMFs)

The earth’s PEMF is what gives us the benefits of grounding.  
Researcher’s found by intensifying the PEMF felt by the earth,

healing of injuries is sped up by 200%. PEMFs appear to improved healing of injuries by increasing chondrocyte, osteoblast, fibrocyte and endothelial mitosis in cells and to lower inflammatory cytokines to speed up healing of bone fractures (as well as surgery & far safer), traumatic brain injury, cartilage tears, venous ulcers, stress, muscles, skin wounds, ligaments, nerves, capillaries, damaged tissue, wounds, diabetes, grafts, heart attacks, and strokes.

Brett Wade. A Review of Pulsed Electromagnetic Field (PEMF) Mechanisms at a Cellular Level: A Rationale for Clinical Use. American Journal of Health Research. Vol. 1, No. 3, 2013, pp. 51-55. doi: 10.11648/j.ajhr.20130103.13

Therapeutic uses of pulsed magnetic-field exposure: A review

Naomi M. Shupak, Frank S. Prato, and Alex W. Thomas

URSI Radio Science Bulletin ( Volume: 2003, Issue: 307, Dec. 2003 )

10.23919/URSIRSB.2003.7909506

A portable pulsed electromagnetic field (PEMF) device to enhance healing of recalcitrant venous ulcers: a double-blind, placebo-controlled clinical trial.

STILLER, M.J., PAK, G. H., SHUPACK, J.L., THALER, S., KENNY, C. and JONDREAU, L. (1992)

British Journal of Dermatology, 127: 147-154. doi:10.1111/j.1365-2133.1992.tb08047.x

The Biologic Effects and the Therapeutic Mechanism of Action of Electric and Electromagnetic Field Stimulation on Bone and Cartilage: New Findings and a Review of Earlier Work

Jack B. Haddad, Alexis Guy Obolensky, and Phillip Shinnick.

The Journal of Alternative and Complementary Medicine. June 2007, 13(5): 485-490.

<https://doi.org/10.1089/acm.2007.5270>

Walker NA, Denegar CR, Preische J. Low-Intensity Pulsed Ultrasound and Pulsed Electromagnetic Field in the Treatment of Tibial Fractures: A Systematic Review. Journal of Athletic Training. 2007;42(4):530-535.

TREATMENT OF UNUNITED TIBIAL FRACTURES: A COMPARISON OF SURGERY AND PULSED ELECTROMAGNETIC FIELDS (PEMF)

Harry R Gossling, Richard A Bernstein, Joan Abbott

Orthopedics. 1992;15(6):711-719<https://doi.org/10.3928/0147-7447-19920601-08>

The effects of low-intensity pulsed ultrasound and pulsed electromagnetic fields bone growth stimulation in acute fractures: a systematic review and meta-analysis of randomized controlled trials

Hannemann, P.F.W., Mommers, E.H.H., Schots, J.P.M. et al. Arch Orthop Trauma Surg (2014) 134: 1093.

<https://doi.org/10.1007/s00402-014-2014-8>

Mol Brain. 2014; 7: 11.

Deep-brain magnetic stimulation promotes adult hippocampal neurogenesis and alleviates stress-related behaviors in mouse models for neuropsychiatric disorders

Yan Zhang et al.

Which one to buy?

Here is a review of a dozen or so PEMF devices-

<http://healthvibed.com/pemf-devices-sale-sleep-healing>

[well-beingsecrets.com/best-pemf-mats-reviews/](http://well-beingsecrets.com/best-pemf-mats-reviews/)

For people wanting more on the ICES device which has a sleep on demand function and a transcranial magnetic stimulation function (TMS)-

<https://selfhacked.com/blog/ices-the-closest-thing-to-a-fatigue-and-inflammation-cure-upgraded-pemf/>

Using PEMF for sleep-

<https://www.deltasleeper.com/>

<http://healthvibed.com/earthpulse-sleep-machine-v5-reviews/>

For people wanting more on the ICES device which has a sleep on demand function and a transcranial magnetic stimulation function (TMS) with models M1, B5, C5-

<https://selfhacked.com/blog/ices-the-closest-thing-to-a-fatigue-and-inflammation-cure-upgraded-pemf/>

<https://bengreenfieldfitness.com/article/sleep-articles/how-to-use-pemf-for-sleep/>

My experience

Using ICES M1 PEMF with itâ€™s sleep setting works as well for me as a free Binaural Beats Builder app in getting me into delta sleep.

They both take away my anxiety that I wonâ€™t get back to sleep, and both deepen my sleep. Used together, they work stronger than either one individually.

Getting PEMF for its injury healing is great just for that, as the ICES & Earthpulse also do. ICES also has a transcranial magnetic stimulation (TMS) setting. That standalone machine usually costs \$50,000, so if you have depression or autism & want to see if TMS works for you, ICES may be the best option. The inventor is the creator of PEMF originally, and his ICES is his continued & refined version. All other versions are based on his original PEMF machines.

## Nightmares

### Image rehearsal therapy IRT for nightmares

IRT is where the person practices reimagining the nightmare with an ending where the person confronts, vanquishes, or changes the nightmare until it is a happy dream.

## Compassion & gratitude contemplation/meditation

Compassion & gratitude meditation appears to help anxiety & fear.

## Anticholinergics & Depressants & nightmares

Anticholinergics used for sleep like Benadryl, Chlortabs, trazodone & benzodiazepes & alcohol all reduce deep sleep & make it hard to concentrate the next day & a half & increase early death.

## EMDR for nightmares

The emotion effects of nightmares may be helped with EMDR where the eyes are moved side to side while thinking about the scary parts of the nightmare. Playing tetris like games or walking in nature while thinking of the nightmare appears to work as well.

Transcranial direct current stimulation (tDCS) for depression & anxiety.

tDCS is used by professional athletes to improve motor coordination (Golden State Warriors), pilots to improve learning, and patients to

reduce pain. tDCS for depression & anxiety is usually done with a small 9 volt battery with a circuit and dial to regulate between 0.5-2milliamps and wires with clips to two small sponges & a headband. The sponges are soaked in salt water (1cup water 1/4 ts salt works) or better a 24-32 oz spray bottle of water with 3/4ts " 1 ts of baking soda mixed in. One sponge is placed above the left eye around starting right at the hairline & extending up to an inch & a half above the hairline (positive red clip) at the F3 left dorsolateral prefrontal cortex and the other directly above the right eyebrow (negative black clip), or better yet on the upper right arm. This placement appears to stimulate an area in the brain that is understimulated and understimulate an area that is overstimulated in depression.

People usually start at 0.5 milliamps and within the session or succeeding sessions ramp it up eventually to 2 milliamps, depending on comfort & side effects. I have only noticed a buzz if the sponges are very wet at 2 milliamps. People can use a lower amperage or frequency if they experience side effects. The buzz is useful to know the connections are working properly.

One kit off ebay for just under \$25 is from Lithuania. It works ok but has thin wires & is good as a backup unit or for an inexpensive tryout. The \$77 Omni kit direct from the maker or on ebay is warrantied for five years. If you know someone who has one you can ask them to meet you to try it out & see if it lifts your depression before buying it. Some people start off using it more frequently, then eventually use it less & less & until they find their best maintenance schedule. If you own the kit you can use it whenever you feel you need it, if you aren't experiencing side effects. The clips last longer if rinsed thoroughly to get rid of the salt, and the battery replacement costs only three dollars for an alkaline.

People who are lefthanded may wish to try this on the other side of the head as well, if the F3 location doesn't work, start with a shorter term so the effects won't be as great if the normal spot doesn't work, and put the cathode (negative, black clamp) on the opposite arm or above the left eyebrow.

tDCS may be safe as tested up to 60 minutes and 4 mA, but the safe frequency of use has not been fully studied.

Contraindications/dangers appear to be if you have open wounds at the sponge placement, seizures, are pregnant, have metal/implants in your head, have an infection in/on the head, or have bipolar depression (may trigger mania). A normal itch & tingle may occur during the treatment. Rarer chances of a headache or skin problems may be reduced with a lower amperage and/or lower frequency.

Clinical Neurophysiology Practice Volume 2, 2017, Pages 19-25

Adverse events of tDCS and tACS: A review

Hideyuki Matsumoto et al.

Safety aspects of transcranial direct current stimulation concerning healthy subjects and patients

Csaba Poreisz et al.

Brain Research Bulletin Volume 72, Issues 4-6, 30 May 2007, Pages 208-214

<https://doi.org/10.1016/j.brainresbull.2007.01.004>

Antal, A. et al. (June 2017). "Low intensity transcranial electric stimulation: Safety, ethical, legal regulatory and application guidelines". Clinical Neurophysiology.

doi:10.1016/j.clinph.2017.06.001.

### Usefulness:

It works very fast, reliably, and is inexpensive per treatment. It can be used when needed and on a set schedule. Personally it worked stronger than any other treatment I've used for depression & anxiety, by a large amount. It is like other treatments- if it works for you, add it to your treatments and use them in combination.

It also has research showing it helps addiction & ADHD among other disorders. It appears to help overall global functioning- it helps in many areas of functioning.

Because it doesn't take up to a month or two to work like some of the antidepressant drugs, having it available for immediate use for someone in deep depression &/or suicidal could help save a life if it works for them.

Transcranial direct current stimulation in severe, drug-resistant major depression

R.Ferruccia et al.

Journal of Affective Disorders Volume 118, Issues 1-3, November 2009, Pages 215-219

<https://doi.org/10.1016/j.jad.2009.02.015>

<http://happierhuman.wpengine.netdna-cdn.com/wp-content/uploads/2014/07/Experimental-Neurology-219-2009-14%E2%80%9319-Treatment-of-depression-with-transcranial-direct-current-stimulation-tDCS-A-Review.pdf>

Exp Neurol. 2009 Sep;219(1):14-9. doi:  
10.1016/j.expneurol.2009.03.038. Epub 2009 Apr 5.

Treatment of depression with transcranial direct current stimulation (tDCS): a review.

Nitsche MA, Boggio PS, Fregni F, Pascual-Leone A.

Brain Stimulation Volume 1, Issue 3, July 2008, Pages 206-223

Transcranial direct current stimulation: State of the art 2008.

Michael A.Nitsche et al.

<https://doi.org/10.1016/j.brs.2008.06.004>

Transcranial direct current stimulation for depression: 3-week, randomised, sham-controlled trial

Colleen K. Loo, Angelo Alonzo, Donel Martin, Philip B. Mitchell, Veronica Galvez, Perminder Sachdev

The British Journal of Psychiatry Jan 2012, 200 (1) 52-59; DOI:  
10.1192/bjp.bp.111.097634

Kalu, U., Sexton, C., Loo, C., & Ebmeier, K. (2012). Transcranial direct current stimulation in the treatment of major depression: A meta-analysis. Psychological Medicine, 42(9), 1791-1800. doi:10.1017/S0033291711003059

Transcranial direct current stimulation for major depression: an updated systematic review and meta-analysis

Pedro Shiozawa Felipe Fregni Isabela M. Benseñor Paulo A. Lotufo Marcelo T. Berlim Jeff Z. Daskalakis Quirino Cordeiro Andrã©. R. Brunoni

International Journal of Neuropsychopharmacology, Volume 17,  
Issue 9, 1 September 2014, Pages 1539,  
<https://doi.org/10.1017/S1461145714000807>

## tDCS & bipolar depression

In a review of studies from 2002-2016, tDCS was effective for bipolar in relieving depression, but depression switched to mania in 13% of patients. They should make tDCS a rare option for treatment resistant bipolar depression. Perhaps starting at .5 milliamps for ten minutes & only increasing the time first & the amperage later if needed and only to the point the depression lifts would help prevent switching to mania.

Transcranial direct-current stimulation (tDCS) for bipolar depression:  
A systematic review and meta-analysis.

DondÃ© C et al.

Prog Neuropsychopharmacol Biol Psychiatry. 2017 Aug 1;78:123-131. doi: 10.1016/j.pnpbp.2017.05.021. Epub 2017 May 25.

Prog Neuropsychopharmacol Biol Psychiatry. 2017 Aug 1;78:123-131. doi: 10.1016/j.pnpbp.2017.05.021. Epub 2017 May 25.

Transcranial direct-current stimulation (tDCS) for bipolar depression:  
A systematic review and meta-analysis.

DondÃ© C1, Amad A2, Nieto I3, Brunoni AR4, Neufeld NH5, Bellivier F6, Poulet E7, Geoffroy PA8.

Transcranial direct current stimulation (tDCS) in unipolar vs. bipolar depressive disorder

A.R.Brunonia et al.

Progress in Neuro-Psychopharmacology and Biological Psychiatry  
Volume 35, Issue 1, 15 January 2011, Pages 96-101

<https://doi.org/10.1016/j.pnpbp.2010.09.010>

Hypomania Induction in a Patient With Bipolar II Disorder by  
Transcranial Direct Current Stimulation (tDCS)

GÃ¼lvez, VerÃ²nica et al.

Journal of ECT: September 2011 â€“ Volume 27 â€“ Issue 3 â€“ pp  
256-258

doi: 10.1097/YCT.0b013e3182012b89

A critical review of trials of transcranial direct current stimulation and  
trigeminal nerve stimulation for depression: the issue of treatment-  
emergent mania

Trends Psychiatry Psychother. vol.39 no.1 Porto Alegre Jan./Mar.  
2017

Pedro Shiozawa et al.

<http://dx.doi.org/10.1590/2237-6089-2016-0027>

What placement may have quicker and stronger effects?

The F3 area an inch and a half above the hairline above the left  
eyebrow anode (positive, red clip) has also been paired with placing  
the cathode (negative, black clip) on the right shoulder  
(extracephalic-outside the head). There isnâ€™t as much research,  
but the effects may be faster & stronger than placing the cathode

above the right eyebrow.

Fronto-extracerebral transcranial direct current stimulation as a treatment for major depression: an open-label pilot study.

J Affect Disord. 2011 Nov;134(1-3):459-63. doi: 10.1016/j.jad.2011.05.018.

Martin DM, Alonzo A, Mitchell PB, Sachdev P, GÃ¼lvez V, Loo CK. IEEE Trans Biomed Eng. 2014 Sep;61(9):2488-98.

Comparison of cephalic and extracerebral montages for transcranial direct current stimulationâ€“a numerical study.

Noetscher GM, Yanamadala J, Makarov SN, Pascual-Leone A.

How to buy & use

Hereâ€™s the least expensive kit Iâ€™ve bought- \$24 & buy your own 9volt alkaline (not heavy duty or rechargeable) battery. It takes 2 weeks to ship from Europe. This kit is at 2amps and does not go down to 0.5 amps. Amperage can be lowered by using less salt or baking soda as well. There is another kit for \$77 that has a 5yr warranty & goes from 0.5 to 2 milliamps.

[https://www.ebay.com/itm/Transcranial-Direct-Current-Stimulation-TDCS-DIY-2mA-ELECTRODES-HEADBAND/292308817065?\\_trkparms=aid%3D111001%26algo%3Dc3e3-11e7-bdc1-74dbd1808e4e%257Cparentrq%253A97954a9515f0a86bc8fc1605fffb](https://www.ebay.com/itm/Transcranial-Direct-Current-Stimulation-TDCS-DIY-2mA-ELECTRODES-HEADBAND/292308817065?_trkparms=aid%3D111001%26algo%3Dc3e3-11e7-bdc1-74dbd1808e4e%257Cparentrq%253A97954a9515f0a86bc8fc1605fffb)

Includes sponges & headband.

[https://www.ebay.com/itm/Transcranial-Direct-Current-Stimulation-TDCS-DIY-2mA-or-from-0-2mA-to-3mA/292202799470?\\_trkparms=aid%3D111001%26algo%3DREC.SEc3e3-11e7-bdc1-74dbd1808e4e%257Cparentrq%253A97954a9515f0a86bc8fc1605fffb9](https://www.ebay.com/itm/Transcranial-Direct-Current-Stimulation-TDCS-DIY-2mA-or-from-0-2mA-to-3mA/292202799470?_trkparms=aid%3D111001%26algo%3DREC.SEc3e3-11e7-bdc1-74dbd1808e4e%257Cparentrq%253A97954a9515f0a86bc8fc1605fffb9)

This one doesn't include sponges & headband.

Most use salt to make the sponges conduct current better, I use baking soda instead to keep the sponges smelling good. It's good to rinse the sponges occasionally & microwave them when wet if using salt. The first time I use the sponges after cleaning I sprinkle baking soda on the top before spraying the baking soda & water solution on them. I mix 1tb baking soda in a spray bottle and spray the sponges wet, put one on my right arm near my shoulder fastened with a rubber band for the negative/black electrode/clamp, and one starting at & above my hairline above my left eyebrow held by a headband and attach the positive/red electrode/clamp. I plug in the 9 volt battery for 20-30 minutes at 2 amps. I like the buzz/itch because it tells me it is working. Touching the sponge on the right arm with the tongue will tell its working with a metallic taste.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3339846/>

<https://thebraindriver.com/pages/tdcs-placement-montage-maps-studies>

<http://tdcsplacements.com/>

When to change the 9 volt battery?

Voltage matters- the antidepressive & other effects are stronger the closer the battery is to 9 volts. So I use a 9 volt recharger for 3-5

minutes before each use to keep the voltage up to 9 (tested).

Alkalines aren't usually rechargeable but one has done fine with just a few minutes. Rechargeable 9 volt batteries are actually 8.4 volts, unusable for TDCS which needs the full 9 volts for effectiveness.

## TACS/CES

Transcranial alternating current stimulation

Cranial electrotherapy stimulation

TACS or CES has been used for seventy years to help insomnia, depression, anxiety, and addiction. Two electrodes or clips are placed on or above the ears, with a very low amount of alternating current is applied.

On one review of studies, apparently insomnia (18 studies, 648 people) was reduced by 62%, depression (18 studies, 853 people) by 47%, anxiety (38 studies, 1495 people) by 58%, cognitive dysfunction (13 studies, 648 people) by 44%, and drug abstinence (15 studies, 535 people) improved by 60%.

TACS/CES appears to target most of the symptoms of PTSD successfully.

Another review found it useful against fibromyalgia.

No one in these studies reportedly had any serious side effects, at most mild headache & irritation at the electrode site and no switching from depression to mania.

The CES/TACS devices can run from \$300-\$900. On ebay a Bumble Bee Cranial Electro Stimulation Device is available for as

little as \$54 or \$74 for the pro version.

<https://www.ebay.com/itm/Cranial-Electro-Stimulation-Device-The-Bumble-Bee-Delta-Theta-Alpha-Beta/182775541654?hash=item2a8e456f96:g:UZkAAOSwKQ9aJOJ7>

<https://www.ebay.com/itm/Cranial-Electro-Stimulation-Device-The-Bumble-Bee-PRO-Version/183024470523?hash=item2a9d1bc9fb:g:te4AAOSwn9VaYa6M>

[http://cdn.shopify.com/s/files/1/0315/7737/files/Cranial\\_Electrotherapy\\_](http://cdn.shopify.com/s/files/1/0315/7737/files/Cranial_Electrotherapy_)

Cranial Electrotherapy Stimulation

Itâ€™s First Fifty Years, Plus Three

A Monograph by Ray B. Smith, Ph.D.

Cranial electrotherapy stimulation and fibromyalgia

Marshall F Gilula

Expert Review of Medical Devices Vol. 4, Iss. 4, 2007

Cranial Electrotherapy Stimulation Review: A Safer Alternative to Psychopharmaceuticals in the Treatment of Depression

Marshall F. Gilula MD & Daniel L. Kirsch PhD

Journal of Neurotherapy Vol. 9, Iss. 2, 2005

J Nerv Ment Dis. 2015 Nov; 203(11): 827â€“835. doi: 10.1097/NMD.0000000000000378

A Pilot Study of Safety and Efficacy of Cranial Electrotherapy Stimulation in Treatment of Bipolar II Depression Deimante McClure et al.

[http://www.stress.org/wp-content/uploads/CES\\_Research/Lee%20article.pdf](http://www.stress.org/wp-content/uploads/CES_Research/Lee%20article.pdf)

<https://www.fisherwallace.com/pages/published-research>

[Cranial Electrotherapy Stimulation \(CES\) Research](#)

▪  
<http://c.ymcdn.com/sites/www.txosteo.org/resource/resmgr/imported/K%20The%20New%20Science%20of%20Neuromodulation.pdf>

## Hold nose

Iâ€™ve seen on Intelligence for Your Life research reported that holding a finger to block each nostril (alternating) for four breaths helps people go to sleep.

## Hypnosis

Hypnosis can be used to help relaxation & sleep. People can make an appointment with a hypnotist & ask her/him to put them in a relaxed "trance" & make the posthypnotic suggestion that if any person touches the back of one hand with an index finger (or any other cue agreed upon) theyâ€™ll feel relaxed, then the person can do that to themselves at bedtime. Itâ€™s only a one time cost for a long term benefit.

People can also buy or checkout books at the library which will teach self hypnosis, where people can make the same posthypnotic suggestion after putting themselves in a "trance", relaxed suggestible state.

## Meditation

Meditation helps increase concentration, boosts mood/relieve depression, and reduces anxiety/increases calm.

In a double blind study, a meditation group had 76% fewer sick days, while an exercise group had 48% fewer sick days. Learning to meditate reduces prison recidivism by 50%, and increases school attendance, grades, and reduces suspensions in one school by 79%.

Meditation has been shown to help anxiety, depression, ADHD, aggression, addiction, and stroke/TBI recovery and make the mind/brain more malleable & easier to change. I finally learned how to meditate easily despite my ADHD.

## How to meditate

Sit at a table with a countertop at rib level or put your elbows on your legs while sitting & put your face in your hands. Rub your eyelids for a couple minutes. This is very physiologically refreshing. Then keep your hands under your eyelids & allow your head to rest while in staying in complete darkness. Most meditation practice is to concentrate on a focus word of your choosing or to just concentrate on your breathing, whichever you find easier. It is also finding your center in your mind, also called "œchi" (pronounced chee), or essence. Being in complete darkness puts your brain waves into an alpha state, like concentration does. The refreshing eye rubbing & darkness make it far easier to meditate than even just closing your eyes normally.

Mindfulness meditation (with a focus on immediate sensations, emotions, & experience) in one study was almost three times more effective than sleep hygiene education in improving sleep quantity &

quality and reducing fatigue & depression. The key is to concentrate on your breathing or your center (chi) and observe whatever flows through the mind without judgement, and let it pass on, bringing your focus back to your breathing or center or focus word.

I have also found that intermittent meditating (on my center/chi), letting my attention go, then focusing on my meditation center, then letting my attention go every few seconds or so really puts me to sleep fast.

Black DS, Oâ€™Reilly GA, Olmstead R, Breen EC, Irwin MR.   
â€œMindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults With Sleep Disturbances: A Randomized Clinical Trial.â€• JAMA Intern Med. 2015 Feb 16.

<http://www.worldhealth.net/news/simple-secret-sleep/>

This type of restful meditation can recharge you for much longer than a traditional nap. Meditation is cumulative and 5 & 10 minutes a day adds up over the long term & makes your life much better in many ways. Using meditation when making decisions or in situations where you donâ€™t know how to act can be very useful. It also helps when trying to sort through emotions. The more you do it the more it will help your life & help you feel peaceful.

The biggest benefit in napping/sleeping is that if you donâ€™t fall asleep but just meditate for an hour or two with eyes closed, you will get nearly as much rest as with sleep. And because meditation is cumulative you will have calmed your brain greatly in that hour or two of meditating.

Compassion/Gratitude Meditation

Meditating on the emotions of compassion & gratitude (either separately or moving back and forth between them) first for self & then the rest of the time for others reduces anxiety & depression greatly and has been shown to have long lasting effects on the brain & on happiness. And it increases empathy for others as well. When I'm feeling the strongest depression or anxiety I contemplate/meditate for half a minute or longer on compassion for myself (no one should have to feel depression or anxiety) then compassion for others, then move it to contemplation of gratitude because I often don't feel that way, & gratitude that most people don't have to feel that way. By far it has worked on my worst depression & anxiety like nothing else, and quicker than anything else.

### Decision Meditation

Meditating when making decisions, like where to go and what to do and how to act can be very useful- it doesn't require a long commitment and you use it when you need it. It helps me make decisions more in line with their long term happiness and less on impulse.

### Social Meditation

When I use meditation in social situations, it reduces anxiety, I have a better time, & I am a better friend.

### Acupressure

An accupressure point for relaxation & sleep is at the sole where heel and arch meet.

## Sunlight/Blue/violet light

Blue-violet light turns on orexin, the chemical in our brain that says its time to wake up, and turns off our melatonin production. All colors contain blue except for red, so red light is the only color that won't wake us up & make it very hard to go back to deep sleep.

Facing a violet or blue light, the sun or a bright white light for a minute when waking up in the morning can help reset our biological clocks and wake people up fully and quickly, relieve depression, and significantly improve sleep at night.

## Preserving eyesight/night vision

Wearing blue light blocking amber/yellow sunglasses an hour or two before bed helps prevent blue light from blocking the nightly increase in melatonin levels. They can be found for \$1 at many dollar stores, and \$7 online.

Amber glasses are available that don't make things dark, just filter out the blue light, and can help night driving. They just stop the blue light in headlights from turning off our night vision, which can help us see better at night. Look for "night vision glasses".

A lot of people have less headaches & eye tiredness when wearing yellow glasses for driving or computing. A warm nonflickering (buy nonflicker LEDs or all incandescents) light in the daytime helps

concentration a lot.

## Red light vs blue light

Using only a red (flash)light when getting up in the middle of the night also helps greatly as red light does not contain the color blue and won't turn off melatonin and turn on the wakefulness chemical orexin.

Red light before going to bed & when waking up temporarily in the middle of the night mimics the last rays of sunset which helps our brains increase melatonin & decrease orexin.

Using red laser glasses before bedtime or when temporarily getting up in the middle of the night, like turning on a red light, helps to improve the speed, depth, & quality of sleep.

Computers, tablets & phones put out white light even in their dimmest setting. Windows computers can run f.lux, which will make the computer screens redder at night. Twilight & Sunset apps do this for android phones & tablets, and Red shift does this for iphones/ipads.

Here is a review of over a dozen studies-

[Systematic review of light exposure impact on human circadian rhythm](#)

## Near infrared for anxiety

Directing a near infrared therapeutic bulb (NIR-A) at 820nm for 15 minutes every 3 to 5 hours on the forehead appears to significantly reduce anxiety & improve mood. It appears to work immediately & has no apparent negative side effects. The ideal spot may be on the forehead, keeping the light just out of sight above the eyebrows (to keep the infrared out of the eyes for safety). The bulbs can be bought for \$5 to \$25, and a clamp lamp for \$10.

## Cannabidiol (CBD)

For people that take marijuana for anxiety but would like to get off of it, hemp has the cannabanoids that marijuana has except THC, which causes hallucinations for people who take marijuana.

Cannabidiol helps against anxiety, inflammation, & pain and is legally available online in all 50 states because it has no or only trace THC. Cannabidiol may have been evolved by the marijuana plant to moderate the effects of THC. When CBD is taken without THC, it is a powerful antihallucinogen that appears to suppress schizophrenic episodes. CBD alone is more effective than marijuana for relaxation. CBD also has large anticancer properties.

The antianxiety, antipain, anti-inflammatory, and anti-insomnia effects of CBD oil & the other cannabanoids that often come with may help people who are addicted and withdrawing from a drug addiction. It is MORE effective than marijuana against anxiety because THC increases anxiety (and paranoia) for many while CBD only appears to reduce anxiety.

CBD oil can be very inexpensive per dose when people start with one drop under the tongue the first day. That was enough in the morning to help my sleep greatly at night. If a person needs more they can increase a drop at a time, perhaps allowing a bottle to last for half a year or more.

The other benefits of CBD are:

Antiepileptic/anticonvulsant-it appears to work in people unresponsive to other drugs for uncontrolled seizures

Low dose it's alerting & high dose it's sleep increasing

Anti-inflammatory

Anxiolytic (antianxiety)

Anti-emetic (antinausea)

Analgesic

Anticancer

Immunomodulator-improves immune action against threats & reduces auto-immune disorders

Helps against IBD and Crohn's Disease

Neuroprotectant

Antioxidant

It may help Alzheimer's, Parkinsons, cerebral ischemia, brain and nerve damage from strokes.

<http://www.unitedpatientsgroup.com/blog/2013/01/06/cannabidiol-facts/>

<http://examine.com/supplements/Hemp+Protein/>

[http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S0100-879X2006000400001&lng=en&nrm=iso&tlng=en](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0100-879X2006000400001&lng=en&nrm=iso&tlng=en)

[http://en.wikipedia.org/wiki/Cannabidiol#cite\\_note-Leweke\\_2012-13](http://en.wikipedia.org/wiki/Cannabidiol#cite_note-Leweke_2012-13)

<http://www.nature.com/tp/journal/v2/n3/full/tp201215a.html>

<http://www.greenbridgemed.com/2013/03/08/cannabidiol-and-schizophrenia/>

<http://www.europeanneuropsychopharmacology.com/article/S0924-977X%2813%2900332-5/abstract>

## Cannabivarin (CBV)

CBV is another cannabanoid in marijuana and hemp that as an extract increases sleep & reduces pain. Tolerance can build quickly for CBV, so reserving it for sleep or when also experiencing difficult to treat acute or chronic pain helps to preserve its effectiveness.

Cannabidiol (CBD) usually has CBV and a lot of other useful cannabanoids mixed in.

## Essential oils

Organic may be essential as up to 1/3rd of all scents added to products may be toxic. One drop under the nose may allow the bottle to last up to a year.

## Anxiety & insomnia

Lavender may reduce anxiety & insomnia. Lemon oil may reduced anxiety & demonstrable agitation, and increase alertness.

Sage oil may reduce anxiety & increase memory and attention.

Peppermint may reduce stress, increase concentration, improve athletic performance, and reduce food cravings.

Orange oil may reduce anxiety.

[http://www.consumerreports.org/conditions-treatments/does-aromatherapy-using-essential-oils-work/?EXTKEY=NH64N00H&utm\\_source=acxiom&utm\\_medium=email](http://www.consumerreports.org/conditions-treatments/does-aromatherapy-using-essential-oils-work/?EXTKEY=NH64N00H&utm_source=acxiom&utm_medium=email)

<http://www.womenshealthmag.com/health/essential-oils>

## 6 Scents That Have the Power to Heal

Research on essential oils is pouring in: Some 20 recent studies show sniffing the stuff could benefit your healthâ€”but only if done right. Here, a crash course in aromatherapy

By Tori Rodriguez

## Vitamin B9 (folate)

High homocysteine levels (perhaps above 8  $\mu\text{mol/L}$ ) appear to increase anxiety. Many people (60% of the population, and 90% of people with depression) canâ€™t use regular folate well which may contribute to high homocysteine levels. Taking methylfolate (methyl version of vitamin B9) may increase folate blood levels 700% higher than synthetic folate and may reduce homocysteine levels much lower. Lowering homocysteine may also reduce depression, dementia, bipolar disorder, schizophrenia, cardiovascular disease,

congestive heart failure, stroke, migraines, age-related macular degeneration, and hearing loss.

What else lowers homocysteine-

vitamin B6, vitamin B12 (methylcobalamin may be best), betaine (TMG), vitamin B2, and magnesium

n-acetyl L-cysteine (NAC)

S-adenosylmethionine (SAME)

taurine

green vegetables, especially dark green leafy vegetables

oranges

beans

exercise

What to avoid

the prescription drugs cholestyramine, colestipol, fenofibrate, levodopa, metformin, methotrexate, niacin, nitrous oxide, pemetrexed, phenytoin, sulfasalazine

red meat and dairy products

smoking

coffee

alcohol consumption

advancing age

obesity

oxybutynin- citizen.org/news/patients-should-beware-when-new-drug-for-overactive-bladder-soon-becomes-available-over-the-counter/

Reduced B Vitamin Therapy in MTHFR C677T/A1298C Patients with Major Depressive Disorder – Clinical Response Correlates with Homocysteine Reduction: A Double-Blind, Placebo-Controlled Study

Arnie Mech and Andrew Farah

<http://enlyterx.com/wp-content/uploads/2015/11/EnLyte-Clinical-Study-Reprint.pdf>

<https://globenewswire.com/news-release/2015/07/29/756168/10143796/en/Breakthrough-Depression-Study-Shows-42-Remission-Rate-With-EnLyte.html>

<http://www.drweil.com/health-wellness/body-mind-spirit/heart/elevated-homocysteine/>

Melatonin

Melatonin is our sleep hormone & increasing it appears to significantly improve depth of sleep in people with insomnia. Turning on a red light at night when people can't sleep tell the brain its the last rays of sunlight & significantly increases melatonin production even for people using a red light to help napping in during the day.

Melatonin supplements also help to deepen & lengthen sleep when taken in extended release form. Regular melatonin may wear off halfway through the night & make it harder to go back to sleep after waking up.

[https://secure.footprint.net/gatorade/prd/gssiweb/pdf/116\\_Halson\\_SSE](https://secure.footprint.net/gatorade/prd/gssiweb/pdf/116_Halson_SSE)

<http://rjmccracken.wordpress.com/2009/08/17/supplements-for-sleep-and-stress/>

<http://www.gssiweb.org/Article/sse-116-nutritional-interventions-to-enhance-sleep>

Melatonin is safest when taken by people who are older- whose melatonin levels have dropped, and at .1 to .3mg. These people don't have to worry that the body will reduce its own production of melatonin, because older people aren't making enough anyway, as signaled by continually waking up in the middle of the night & being unable to get back to sleep regularly.

<http://www.webmd.com/vitamins-supplements/ingredientmono-940-melatonin.aspx?activeingredientid=940&activeingredientname=melato>

What else affects melatonin levels?

Dark cherries have melatonin, are anti-inflammatory/painkilling, and lower uric acid levels in treating gout.

The herb parslane may increase melatonin levels.

What increases deep sleep (nrem3) with little side effects?

The mineral magnesium & the amino acids glycine, GABA & theanine & the vitamin B8 inositol all improve sleep depth & quality & wakefulness & performance the next day. Used in combination they appear to be the strongest sleep aid found with low side effects. People usually start with 500mg magnesium glycinate, 100mg theanine, 500mg GABA & 500mg inositol a half hour before bedtime & increase if needed. They can also be used in the daytime for anxiety or stress. Inositol is used first if needed to improve mood & treat mental health disorders or diabetes/metabolic syndrome.

Glycine, magnesium (magnesium glycinate), theanine, GABA & inositol alone & in combination appear to deepen & lengthen sleep very reliably & improve wakefulness & productivity the next day.

## Myo-inositol

Inositol has been used successfully for insomnia- deepens sleep, anxiety, different panic disorders, OCD, depression, bipolar depression/mania, Alzheimer's, metabolic syndrome, diabetes, and PCOS (induced ovulation).

It can help people who wake up get back to sleep. People usually take 500mg at first then increase as needed. Few side effects are found below 12grams, & up to 18g a day has been studied & found safe with low side effects. For mental health conditions dosing is usually once daily (before bed if insomnia).

[healthline.com/nutrition/inositol#gdm](https://healthline.com/nutrition/inositol#gdm)

[verywellmind.com/inositol-what-should-i-know-about-it-89466](https://verywellmind.com/inositol-what-should-i-know-about-it-89466)

[intimaterose.com/blogs/womens-health/inositol-and-sleep-does-it-really-help](https://intimaterose.com/blogs/womens-health/inositol-and-sleep-does-it-really-help)

[myo-inositol.com/sleep-disorders/](https://myo-inositol.com/sleep-disorders/)

[nootriment.com/inositol-for-sleep/](https://nootriment.com/inositol-for-sleep/)

The impact of myo-inositol supplementation on sleep quality in pregnant women: a randomized, double-blind, placebo-controlled study. Mashayekh-Amiri S, Delavar MA, Bakouei F, Faramarzi M, Esmaeilzadeh S. J Matern Fetal Neonatal Med. 2022

Sep;35(18):3415-3423. doi: 10.1080/14767058.2020.1818225. Epub 2020 Sep 15. PMID: 32933356. [pubmed.ncbi.nlm.nih.gov/32933356/](https://pubmed.ncbi.nlm.nih.gov/32933356/)

Carlomagno G, Unfer V. Inositol safety: clinical evidences. Eur Rev Med Pharmacol Sci. 2011 Aug;15(8):931-6. PMID: 21845803. <https://pubmed.ncbi.nlm.nih.gov/21845803/>

## Magnesium

Magnesium is an essential mineral that improves depth of sleep & length of sleep as well as lowers blood pressure, prevents & treats migraines/diabetes/osteoporosis, stops restless legs (including topically). There are few more important supplements for overall health. A lack of magnesium can cause inflammation that causes anxiety and insomnia.

[http://www.thebetterhealthstore.com/Newsletter/030510\\_Top-5-Sleep-Supplements\\_08.html](http://www.thebetterhealthstore.com/Newsletter/030510_Top-5-Sleep-Supplements_08.html)

<http://sleep360.com/natural-sleep-aids-6-health-benefits-of-magnesium/>

<http://www.drwhitaker.com/the-health-benefits-of-magnesium>

<http://www.thestrengthexchange.com/magnificent-magnesium/>

[http://preventdisease.com/news/13/060113\\_Harvard-Meta-Analysis-Shows-That-More-Magnesium-Slashes-Heart-Risk-By-30-Percent.shtml](http://preventdisease.com/news/13/060113_Harvard-Meta-Analysis-Shows-That-More-Magnesium-Slashes-Heart-Risk-By-30-Percent.shtml)

Magnesium appears safe. Its supplementation should be monitored in people who have kidney failure.

<http://www.webmd.com/vitamins-supplements/ingredientmono-998-magnesium.aspx?activeingredientid=998&activeingredientname=magnesium>

## Glycine

Glycine, an amino acid with low/little/no side effects, helps deepen sleep, & helps jet lag, and may help anxiety & schizophrenia & brain injury recovery.

Yamadera W, Inagawa K, Chiba S, Bannai M, Takahashi M, Nakayama K (2007). "Glycine ingestion improves subjective sleep quality in human volunteers, correlating with polysomnographic changes". *Sleep and Biological rhythms* 5 (2): 126-131. doi:10.1111/j.1479-8425.2007.00262.x

## [-natural-sleep-remedy-2eda191cbacc](#)

Kawai N, Sakai N, Okuro M, Karakawa S, Tsuneyoshi Y, Kawasaki N, Takeda T, Bannai M, Nishino S. The sleep-promoting and hypothermic effects of glycine are mediated by NMDA receptors in the suprachiasmatic nucleus. *Neuropsychopharmacology*. 2015 May;40(6):1405-16. doi: 10.1038/npp.2014.326. Epub 2014 Dec 23. PMID: 25533534; PMCID: PMC4397399  
[ncbi.nlm.nih.gov/pmc/articles/PMC4397399/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4397399/)

## Theanine

Theanine is an amino acid (found in our foods). It causes no grogginess or addiction, and it helps sleep and anxiety and boosts mood.

205.208.160.65/alt\_med\_abstracts/ABSTRACTS/The\_Effects\_of\_L-theanine.pdf

rjmccracken.wordpress.com/2009/08/17/supplements-for-sleep-and-stress/

Theanine also increases mental acuity, promotes concentration, improves learning, and decreases blood pressure (if too high). Side effects are virtually non-existent and it's non-addictive.

[naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/](http://naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/)

Theanine has low/little/no side effects for most people.

[thorne.com/take-5-daily/article/-l-theanine-for-sleep-and-stress-what-does-the-science-say](https://thorne.com/take-5-daily/article/-l-theanine-for-sleep-and-stress-what-does-the-science-say)

GABA and l-theanine mixture decreases sleep latency and improves NREM sleep. *Pharmaceutical Biology*, 57(1), 65–73. Kim, S., Jo, K., Hong, K. B., Han, S. H., & Suh, H. J. (2019).

[pubmed.ncbi.nlm.nih.gov/30707852/](https://pubmed.ncbi.nlm.nih.gov/30707852/)

[thesleepdoctor.com/sleep-aids/l-theanine/](https://thesleepdoctor.com/sleep-aids/l-theanine/)

In Search of a Safe Natural Sleep Aid. Rao TP, Ozeki M, Juneja LR. *J Am Coll Nutr*. 2015;34(5):436-47. doi:

10.1080/07315724.2014.926153. Epub 2015 Mar 11. PMID: 25759004. [pubmed.ncbi.nlm.nih.gov/25759004/](https://pubmed.ncbi.nlm.nih.gov/25759004/)

## Gaba

Gaba is an amino acid (found in our foods). It causes no grogginess or addiction, and it helps reduce insomnia during the night & anxiety during the day and boosts mood.

[rjmccracken.wordpress.com/2009/08/17/supplements-for-sleep-and-stress/](https://rjmccracken.wordpress.com/2009/08/17/supplements-for-sleep-and-stress/)

GABA and l-theanine mixture decreases sleep latency and improves NREM sleep. *Pharmaceutical Biology*, 57(1), 65–73. Kim, S., Jo, K., Hong, K. B., Han, S. H., & Suh, H. J. (2019).

[pubmed.ncbi.nlm.nih.gov/30707852/](https://pubmed.ncbi.nlm.nih.gov/30707852/)

[naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/](https://naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/)

## Kava kava

Kava kava has been used for thousands of years very effectively against anxiety during the day & insomnia at night. It appears to be almost as effective as benzodiazepenes & hypnotics without their motor incoordination, physical addiction, rebound anxiety & insomnia upon discontinuing, and deadly overdose deaths from respiratory depression. People have used kava to withdraw from benzodiazepenes, hypnotics, opiates, & alcohol.

When using at night, people often take it in liquid form as a couple drops under the tongue (sublingual) to get fast sleep benefits that don't make them groggy a few hours later.

One type of nontraditional preparation in the past may have caused liver problems in a small number of people. Kava cultivation appears safe when only the root of the plant is extracted with water, not alcohol. A company in the past may have used other parts of the plant and/or alcohol extraction that caused liver problems that showed in a temporary (until discontinuation) yellowing of the skin or eyes (jaundice) in a small percentage of people. People who choose to take kava can call the manufacturer to make sure they are independently tested & can document water extraction from the root only, which appears to be the way almost all current companies process kava (due to current lack of reports of side effects). Liver problems may cause a yellowing of the skin or eyes (jaundice).

## Valerian

Valerian (also lowers blood pressure), doesn't cause physical incoordination or addiction, and helps sleep & anxiety. For people who don't like the smell or taste, they can run water over the capsule before taking.

<http://online.liebertpub.com/doi/pdfplus/10.1089/act.2012.18310?src=r>

[naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/](http://naturallysavvy.com/blog/natural-alternatives-to-anxiety-medications/)

[secure.footprint.net/gatorade/prd/gssiweb/pdf/116\\_Halson\\_SSE.pdf](http://secure.footprint.net/gatorade/prd/gssiweb/pdf/116_Halson_SSE.pdf)

<http://www.gssiweb.org/Article/sse-116-nutritional-interventions-to-enhance-sleep>

Valerian appears safe. High doses may cause sleepiness in the morning, so start small & increase the dosage as needed. Very high doses can cause vivid dreams/daydreams. It should be used in place of benzodiazepine (like) drugs.

<http://www.webmd.com/vitamins-supplements/ingredientmono-870-valerian.aspx?activeingredientid=870&activeingredientname=valerian>

## Tart cherries

Tart cherries are major anti-inflammatory/painkillers that have high melatonin levels to help sleep. They also treat gout.

<http://www.ncbi.nlm.nih.gov/pubmed/22038497>

<http://www.ncbi.nlm.nih.gov/pubmed/23023818>

<http://articles.mercola.com/sites/articles/archive/2012/10/15/cherries-reduce-gout-attack-risks.aspx>

Tart cherries appear to have little/low/no side effects for most people.

<http://www.webmd.com/vitamins-supplements/ingredientmono-771-sour%20cherry.aspx?activeingredientid=771&activeingredientname=sour>

default watermark

Vitamin E

Taking a vitamin E supplement helped postmenopausal women to sleep better. Mixed tocopherols may be best balanced.

## **Effect of Vitamin E Supplementation on Chronic Insomnia Disorder in Postmenopausal Women**

Thongchumnum W, Vallibhakara SA-O, Sophonsritsuk A, Vallibhakara O. *Nutrients*. 2023; 15(5):1187.

<https://doi.org/10.3390/nu15051187>

Lithium orotate/aspartate (insomnia)

Lithium is present in drinking water in naturally occurring amounts.

Animals that consume diets with very low lithium levels die earlier, don't reproduce as well and have behavior problems. Places that

have large amounts of naturally occurring lithium have much smaller (up to 40%) violence and suicide rates than places that have the smallest (in one study of 27 Texas counties, and one study of 18 Japan municipalities). Positive results to higher lithium levels have been found in 9 of 11 studies. Lithium appears to increase neural growth and increase brain grey matter, perhaps better than anything else according to Dr. Nassir Ghaemi, a professor of psychiatry at Tufts University School of Medicine. Microdoses in one study helped prevent progression to Alzheimer's in people with minimal cognitive impairment.

Lithium orotate is type of lithium salt found in nature and is available online without a prescription at a much lower effective dosage than lithium carbonate, and reportedly no or much fewer side effects than lithium carbonate. Lithium carbonate is prescribed at 1800mg/day, lithium orotate appears to have the same benefits at 20mg per day (10mg 2x/day). A lot of people start taking lithium orotate after stopping lithium carbonate because of kidney damage.

It is good to research the apparent improved safety profile of lithium orotate or aspartate vs carbonate. Many people take it during the day after a meal for full ingestion but also to help insomnia before bedtime or upon awakening. It doesn't seem to cause sleepiness during the day but appears to help sleep at night.

Br J Psychiatry. 2009 May;194(5):464-5; discussion 446. doi: 10.1192/bjp.bp.108.055798.

Lithium levels in drinking water and risk of suicide.

Ohgami H, Terao T, Shiotsuki I, Ishii N, Iwata N.

Ina Bach; Otto Kumberger; Hubert Schmidbaur (1990). "Orotate complexes. Synthesis and crystal structure of lithium orotate( " I) monohydrate and magnesium bis[ orotate( " I)] octahydrate". Chem. Ber. 123 (12): 2267-2271. doi:10.1002/cber.19901231207.

Sartori HE (1986). "Lithium orotate in the treatment of alcoholism and related conditions". Alcohol. 3 (2): 97-100. PMID 3718672. doi:10.1016/0741-8329(86)90018-2.

Nieper, Hans Alfred (1973), "The clinical applications of lithium orotate. A two years study", *Agressologie.*, Masson, Proquest, 14 (6): 407-411, ISSN 0002-1148, PMID 4607169

Smith DF (April 1976). "Lithium orotate, carbonate, and chloride: pharmacokinetics, polydipsia and polyuria in rats". *Br J Pharmacol.* 56 (4): 399-402. PMC 1666891 - Freely accessible. PMID 1260219. doi:10.1111/j.1476-5381.1976.tb07449.x.

Alevizos B, Alevizos E, Leonardou A, Zervas I (2012). "Low dosage lithium augmentation in venlafaxine resistant depression: An open-label study". *Psychiatrike.* 23 (2): 143-48. PMID 22796912.

Nunes MA, Viel TA, Buck HS I (2013). "Microdose lithium treatment stabilized cognitive impairment in patients with Alzheimer's disease". *Curr Alzheimer Res.* 10 (1): 104-7. PMID 22746245. doi:10.2174/156720513804871354.

Berger GE, Wood SJ, Ross M, Hamer CA, Wellard RM, Pell G, Phillips L, Nelson B, Amminger GP, Yung AR, Jackson G, Velakoulis D, Pantelis C, Manji H, McGorry PD I (2012). "Neuroprotective effects of low-dose lithium in individuals at ultra-high risk for psychosis. A longitudinal MRI/MRS study". *Curr Pharm Des.* 18 (4): 570-5. PMID 22239590. doi:10.2174/138161212799316163.

Smith DF, Schou M (March 1979). "Kidney function and lithium concentrations of rats given an injection of lithium orotate or lithium carbonate". J. Pharm. Pharmacol. 31 (3): 161-3. PMID 34690. doi:10.1111/j.2042-7158.1979.tb13461.x.

References from: [en.wikipedia.org/wiki/Lithium\\_orotate](http://en.wikipedia.org/wiki/Lithium_orotate)

<http://www.bipolar-lives.com/lithium-orotate.html>

## Honey

Organic, local, and/or raw honey turns off orexin, the wakefulness chemical in our brain, & helps us sleep. Also, honey (especially buckwheat) is a better cough suppressant than dextromethorphan. But only local, raw, or organic honey is REAL honey- much of the honey sold in chain stores is flavored water.

J Altern Complement Med. 2010 Jul;16(7):787-93. doi: 10.1089/acm.2009.0311.

A comparison of the effect of honey, dextromethorphan, and diphenhydramine on nightly cough and sleep quality in children and their parents.

Shadkam MN, Mozaffari-Khosravi H, Mozayan MR.

<http://www.ncbi.nlm.nih.gov/pubmed/20618098>

[http://sleep.lovetoknow.com/Sleep\\_Inducing\\_Foods](http://sleep.lovetoknow.com/Sleep_Inducing_Foods)

Cocoa (to prevent coughing)

Cocoa suppresses coughing better than anything known, including codeine. Cocoa with honey (especially buckwheat honey) suppresses coughing better than any drug combination known.

Theobromine levels may be highest in organic cocoa and very low in Dutch or alkalyzed cocoa.

Theobromine inhibits sensory nerve activation and cough

The FASEB Journal

vol. 19 no. 2 231-233

doi: 10.1096/fj.04-1990fje

<http://www.fasebj.org/content/19/2/231.full.pdf+html>

<http://www.everydayhealth.com/cold-and-flu/1210/chocolate-a-cure-for-the-common-cough-4924.aspx>

<http://www.dailymail.co.uk/health/article-150247/Tickly-cough-Try-chocolate.html>

Having honey & cocoa available significantly deepens sleep and allows for five hours of sleep at a time by suppressing coughing.

Magnolia bark

Magnolia bark (*magnolia officinalis*) & *ziziphus spinosa* are often combined to help sleep. Magnolia bark in the product Relora is used to lower cortisol levels during the day & reduce stress and stress eating & may help people with Alzheimerâ€™s slow or stop progression.

[ncbi.nlm.nih.gov/pubmed/19505549](http://ncbi.nlm.nih.gov/pubmed/19505549)

[examine.com/supplements/magnolia-bark-extract/research/#zIRz9IL-neurology-1\\_zIRz9IL-sedation-1](https://www.examine.com/supplements/magnolia-bark-extract/research/#zIRz9IL-neurology-1_zIRz9IL-sedation-1)

[pubmed.ncbi.nlm.nih.gov/29865070/](https://pubmed.ncbi.nlm.nih.gov/29865070/)

## Chamomile

Chamomille appears to help anxiety, depression, sleep, inflammation, cancer, heart disease, diabetes, osteoporosis, gastrointestinal problems, skin issues, menstrual cramps, & longevity.

[ncbi.nlm.nih.gov/pmc/articles/PMC3600416/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3600416/)

Jay D. Amsterdam, MD, Yimei Li, MS, [â€¦], and Justine Shults A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL OF ORAL MATRICARIA RECUTITA (CHAMOMILE) EXTRACT THERAPY OF GENERALIZED ANXIETY DISORDER PhD Journal of clinical psychopharmacology Author Manuscript NIH Public Access

Jay D. Amsterdam, MD, Justine Shults, PhD, [â€¦], and Andrew B. Newberg, MD Chamomile (Matricaria recutita) May Have Antidepressant Activity in Anxious Depressed Humans â€œ An Exploratory Study Altern Ther Health Med. 2012 Sep-Oct; 18(5): 44â€œ49. PMCID: PMC3600408 NIHMSID: NIHMS438913

[ncbi.nlm.nih.gov/pmc/articles/PMC2995283/](https://ncbi.nlm.nih.gov/pmc/articles/PMC2995283/)

Janmejai K Srivastava, Eswar Shankar, and Sanjay Gupta  
Chamomile: A herbal medicine of the past with bright future Mol Med  
Report. Nov 1, 2010; 3(6): 895â€“901.

doi: 10.3892/mmr.2010.377

[medicalnewstoday.com/articles/320031#benefits-of-chamomile-tea](https://medicalnewstoday.com/articles/320031#benefits-of-chamomile-tea)

[healthline.com/nutrition/5-benefits-of-chamomile-  
tea#TOC\\_TITLE\\_HDR\\_6](https://healthline.com/nutrition/5-benefits-of-chamomile-tea#TOC_TITLE_HDR_6)

Organic black seed oil in one study increased deep sleep over 80%  
& REM sleep over 30%.

Thymoquinone-rich black cumin oil improves sleep quality, alleviates  
anxiety/stress on healthy subjects with sleep disturbancesâ€“ A pilot  
polysomnography study, Syam Das S, Kannan R, Sanju George,  
Baby Chakrapani PS, Balu Maliakel, Sibi Ittiyavirah, Krishnakumar  
IM,

Journal of Herbal Medicine, Volume 32, 2022, 100507, ISSN 2210-  
8033, <https://doi.org/10.1016/j.hermed.2021.100507>.

[sciencedirect.com/science/article/pii/S2210803321000877](https://sciencedirect.com/science/article/pii/S2210803321000877)

## Lemon Balm

Lemon balm works to help anxiety during the day, improving  
cognitive performance, and sleep at night.

[www.wholehealthmedia.com/Melissa%20officinalis%20article.pdf](https://www.wholehealthmedia.com/Melissa%20officinalis%20article.pdf)

Modulation of Mood and Cognitive Performance Following Acute Administration of Single Doses of Melissa Officinalis (Lemon Balm) with Human CNS Nicotinic and Muscarinic Receptor-Binding Properties DO Kennedy, G Wake, S Savelev et al.

Scholey *Neuropsychopharmacology* (2003) 28, 1871-1881

<http://www.sciencedirect.com/science/article/pii/S0091305702007773>

D.O Kennedy, Andrew B Scholey, N.T.J Tildesley et al.

Modulation of mood and cognitive performance following acute administration of Melissa officinalis (lemon balm) *Pharmacology Biochemistry and Behavior* Volume 72, Issue 4, July 2002, Pages 953-964

<http://journals.lww.com/psychosomaticmedicine/Abstract/2004/07000/>

Kennedy, David O. Bsc, PhD; Little, Wendy Bsc et al. Attenuation of Laboratory-Induced Stress in Humans After Acute Administration of Melissa officinalis (Lemon Balm) *Psychosomatic Medicine*: July/August 2004 - Volume 66 - Issue 4 - pp 607-613

## Passionflower

Passionflower reduces anxiety during the day, and helps sleep at night as well as helping ameliorate the symptoms of opiate withdrawal.

<http://onlinelibrary.wiley.com/doi/10.1046/j.1365-2710.2001.00367.x/abstract;jsessionid=DCDEDBBCC41E989E38EFB>

Akhondzadeh, S. , Naghavi, H. R. , Vazirian, M. , Shayeganpour, A. , Rashidi, H. and Khani, M. (2001), Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial

with oxazepam. Journal of Clinical Pharmacy and Therapeutics, 26: 363â€“367. doi: 10.1046/j.1365-2710.2001.00367.x

<http://onlinelibrary.wiley.com/doi/10.1046/j.1365-2710.2001.00366.x/abstract?deniedAccessCustomisedMessage=&use>

Akhondzadeh, S. , Kashani, L. , Mobaseri, M. , Hosseini, S. H. , Nikzad, S. and Khani, M. (2001), Passionflower in the treatment of opiates withdrawal: a double-blind randomized controlled trial. Journal of Clinical Pharmacy and Therapeutics, 26: 369â€“373. doi: 10.1046/j.1365-2710.2001.00366.x

<http://onlinelibrary.wiley.com/doi/10.1002/ptr.3400/abstract?deniedAcc>

Ngan, A. and Conduit, R. (2011), A Double-blind, Placebo-controlled Investigation of the Effects of Passiflora incarnata (Passionflower) Herbal Tea on Subjective Sleep Quality. Phytother. Res., 25: 1153â€“1159. doi: 10.1002/ptr.3400

Cheapest is to buy powder in bulk then stuff it into empty capsules available online, 1/5th the price of buying herbs already in capsules. Double zero 00 capsules are the largest available at 1000 for \$14 online, and if packed hold 1/4 teaspoon.

Licorice and tree silk

Licorice & tree silk show some benefit for insomnia.

<http://www.sciencedirect.com/science/article/pii/S0378874110005568>

## Probiotics

Fewer types of gut bacteria have been associated with higher rates of depression, anxiety, and anorexia. Supplementing with multiple strains of probiotics may help mood. The probiotics bifidobacterium longum, lactobacillus helveticus, lactobacillus reuteri and lactobacillus rhamnosus reduce anxiety, stress, and depression and improve cognition in animal and human studies, as well as having very beneficial health effects.

Psychosom Med. 2015 Nov-Dec;77(9):969-81. doi:  
10.1097/PSY.0000000000000247.

The Intestinal Microbiota in Acute Anorexia Nervosa and During Renourishment: Relationship to Depression, Anxiety, and Eating Disorder Psychopathology.

Kleiman SC1, Watson HJ, Bulik-Sullivan EC, Huh EY, Tarantino LM, Bulik CM, Carroll IM.

Neurogastroenterol Motil. 2011 Dec;23(12):1132-9. doi:  
10.1111/j.1365-2982.2011.01796.x. Epub 2011 Oct 11.

The anxiolytic effect of Bifidobacterium longum NCC3001 involves vagal pathways for gut-brain communication.

Bercik P. et al.

Michaël Messaoudi, Robert Lalonde, Nicolas Violle, Hervé Javelot, Didier Desor, Amine Nejdi, Jean-François Bisson, Catherine Rougeot, Matthieu Pichelin, Murielle Cazaubiel and Jean-Marc Cazaubiel (2011).

Assessment of psychotropic-like properties of a probiotic formulation (Lactobacillus helveticus R0052 and Bifidobacterium longum R0175)

in rats and human subjects.

British Journal of Nutrition, 105, pp 755-764.  
doi:10.1017/S0007114510004319.

Jessica Arseneault-BrÃ©ard, Isabelle Rondeau, Kim Gilbert, StÃ©phanie-Anne Girard, Thomas A. Tompkins, Roger Godbout and Guy Rousseau (2012).

Combination of Lactobacillus helveticus R0052 and Bifidobacterium longum R0175 reduces post-myocardial infarction depression symptoms and restores intestinal permeability in a rat model.

British Journal of Nutrition, 107, pp 1793-1799.  
doi:10.1017/S0007114511005137.

A comprehensive post-market review of studies on a probiotic product containing Lactobacillus helveticus R0052 and Lactobacillus rhamnosus R0011

L. Foster et al.

Beneficial Microbes, 2011, 2(4) Pages: 319 – 334

DOI: <http://dx.doi.org/10.3920/BM2011.0032>

Science China Life Sciences

March 2014, Volume 57, Issue 3, pp 327-335

Ingestion of Lactobacillus strain reduces anxiety and improves cognitive function in the hyperammonemia rat

Jia Luo, Tao Wang, Shan Liang, Xu Hu, Wei Li, Feng Jin

Neurogastroenterol Motil. 2013 Jul;25(7):e478-84. doi: 10.1111/nmo.12147. Epub 2013 May 12.

Bifidobacterium longum NCC3001 inhibits AH neuron excitability.

Khoshdel A, Verdu EF, Kunze W, McLean P, Bergonzelli G, Huizinga JD.

Gut Microbes

Volume 2, Issue 4, 2011

Beneficial psychological effects of a probiotic formulation  
(Lactobacillus helveticus R0052 and Bifidobacterium longum R0175)  
in healthy human volunteers

DOI: 10.4161/gmic.2.4.16108

The microbiome-gut-brain axis: from bowel to behavior

J. F. Cryan and S. M. O'Leary<sup>TM</sup>Mahony

DOI: 10.1111/j.1365-2982.2010.01664.x

Neurogastroenterology & Motility Volume 23, Issue 3, pages  
187-192, March 2011

Microbes and the gut-brain axis

P. BERCIK et al.

Neurogastroenterol Motil (2012) 24, 405-413 doi: 10.1111/j.1365-  
2982.2012.01906.x

Melancholic microbes: a link between gut microbiota and  
depression?

T. G. Dinan and J. F. Cryan

DOI: 10.1111/nmo.12198

Neurogastroenterology & Motility Volume 25, Issue 9, pages  
713–719, September 2013

Probiotics in the Treatment of Depression: Science or Science  
Fiction?

Timothy G. Dinan and Eamonn M. Quigley

doi: 10.3109/00048674.2011.613766

Aust N Z J Psychiatry December 2011 vol. 45 no. 12 1023-1025

Nightmares & lucid dreaming

Learning to do lucid dreaming can help people who have insomnia is related to nightmares. Lucid dreaming may also help solve problems, improve motor skills, and have adventures.

Everytime you wake up, write down in a dream journal all the details remembered from the dream (preferably under a red light if going back to sleep after).

Before you go to bed and throughout the night, try to close your lips & inhale through the mouth- it only works if you're dreaming.

Prompt yourself if you wake up in the middle of the night that you will notice you are dreaming.

How to Control Your Dreams While You Sleep by Denholm J. Aspy

BLP 3/15/18 p5

Herbs for nightmares

Chamomille, thyme, rosemary, lavender, bay leaves, juniper, anise, angelica, burdock, & hyssop may all help reduce nightmares. Chamomille may be best because it also helps sleep, calmness, & longevity.

Avoid mugwort, clary sage, lemongrass if having nightmares.

[basmati.com/2018/12/05/sweet-dreams-5-herbs-preventing-nightmares](https://basmati.com/2018/12/05/sweet-dreams-5-herbs-preventing-nightmares)

[motherearthnews.com/natural-health/thyme-tea-zmaz79jazkin/wellbeing.com.au/body/health/herbs-for-dreams-sleep-2.html](https://motherearthnews.com/natural-health/thyme-tea-zmaz79jazkin/wellbeing.com.au/body/health/herbs-for-dreams-sleep-2.html)

## Daytime

What to do in the daytime to help sleep at night

## Red light

Red light tells the brain its the last rays of sunset & the brain increases melatonin & decreases orexin, the wakefulness chemical. The cheapest & easiest way to sleep in the daytime along with red tinted glasses.

## Spirulina

Spirulina is the algae where fish get their EPA & DHA omega3 fatty acids from & works as an antianxiety & antidepressant and increases concentration. It has to be taken with a meal with a vegetable to get full effect. 1/4 ts 2X a day works great, including reportedly for bipolar.

## Vitamin D3

Taking 4000 IU of vitamin D3 with a meal or a little vegetable oil in the evening may relieve seasonal depression & make it easier to sleep at night by regulating the sleep/wake cycle. It also may stop 90% of all viral infections, 70% of cancers, & 50% of heart disease. Vitamin D3 may be much more effective taken with magnesium, including to prevent heart disease & move calcium away from the heart and to build bones.

## Acetyl-L-carnitine

Acetyl-L-carnitine is an amino acid found in our foods that relieves anxiety and boosts mood & energy with little or no side effects.

## Kiwi fruit

Kiwi fruit may help induce sleep in people prone to insomnia.

## 5-htp & Tryptophan

Some people take 5-htp or the amino acid tryptophan to raise serotonin levels to help sleep. Just like with serotonin reuptake inhibiting antidepressants a small percentage of people who use serotonin enhancing drugs (like many antidepressants) can see an increase in violent or suicidal thoughts, and should be warned to stop taking them immediately if they feel these side effects. People taking serotonin enhancing drugs may also see a change in personality.

## Rescue Remedy

Rescue Remedy is a homeopathic anxiety & depression treatment that contains Bach's flower essences. They have not been shown to work in medical studies, but as they have little or no negative side effects, they shouldn't cause any harm.

What can increase insomnia/anxiety:

## Caffeine

Caffeine taken in the afternoon for most people unless a very fast metabolizer disrupts melatonin production & delays sleep & wake times by up to forty minutes. Disrupting melatonin may reduce the quality, depth, & length of sleep.

## Theacrine

Avoiding coffee/tea/caffeine in afternoon, using theacrine instead can help greatly. Theacrine made from caffeine works longer for concentration & when used in afternoon helps sleep at night.

## Decaffeinated trick

Smelling & sipping a decaffeinated version of same daily caffeinated beverage (like coffee or tea) right at bedtime can trick the brain into flooding itself with natural sedatives to counteract the expected caffeine. This can also work to get back to sleep after waking up. Only a sip as even decaffeinated beverages have a bit of caffeine that can reduce sleep quality & depth. This also reduces tolerance to & the amount of caffeine needed in the morning as the brain will not have as strong a counterresponse to the caffeine because of being tricked the night before.

Effects of caffeine on the human circadian clock in vivo and in vitro

Tina M. Burke et al.

Science Translational Medicine 16 Sep 2015:

Vol. 7, Issue 305, pp. 305ra146

DOI: 10.1126/scitranslmed.aac5125

## Food

The last meal of the evening/night can affect sleep significantly. In one study fiber led to deeper and more restorative sleep, saturated

fat lighter and less restorative sleep, and sugar and other carbohydrates led to waking up in the middle of the night (the amount of protein had no effect).

St-Onge MP, Roberts A, Shechter A, Choudhury AR. Fiber and saturated fat are associated with sleep arousals and slow wave sleep. J. Clin. Sleep Med 2016;12(1):19â€“24.

Warmed raw milk & a banana can help sleep as well as tart cherries (high in melatonin).

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### Cooling the forehead

A cool or cold washcloth on the forehead slows down the part of the frontal cortex that gets very active & heats up during anxiety & worry and makes sleep easier.

### Exercise

Exercising four hours or more before bedtime helps sleep. When feeling stressed in the moment, any exercise you do will lower cortisol levels and reduce stress. If you want immediate reduction and are in good shape, jogging up a flight of stairs or sprinting up a hill or sprinting on your bicycle, especially to exhaustion, may immediately reduce stress levels to normal and give the mood boosting benefits of exercise, even more so if its done outside in nature. If you drink a glass of water & eat a piece of fruit before, it should give you extra energy for your exercise.

## Reading

Reading and learning new things biochemically triggers fast sleep & dreaming. When in REM sleep we download our short term memories to long term, & reading (filling up the short term memory) material that doesn't cause anxiety triggers the brain to fall asleep faster & makes it much easier for the brain to fall asleep & start dreaming.

Use the bed only for sleep or sex

Using the bed for anything but sleep or sex can make it harder to go to sleep.

## Temperature

Our body cools down when we sleep, and sticking a bare foot or leg outside of the covers can help induce & deepen sleep. It helps to regulate temperature & may trigger extra sleep chemicals used in hibernation in our earlier evolution.

## Wim Hof breathing

The Wim Hof method- no longer feel cold/hot/stress/autoimmune overreaction

Wim Hof is a Dutch man who learned to become very resistant to cold & heat, learned to control his immune response to a strong degree, and learned to reduce his stress levels. He has the world record for being in ice up to the neck in a tub for almost 2 hours. He

has ran a marathon in a desert at 104 degrees with no water or food, and one above the Arctic circle half marathon barefoot, full marathon with sandals. He has killed an injected bacteria that should have made him very sick in a medical experiment. Now he is teaching others how to do it, and it only takes one minute a day & people get big benefits after just the first time.

In this link is an explanation of how to do this his way, which includes meditation, a breathing method, and cold exposure:

<http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/>

Here is the simplified one minute a day version-

If you have a heart or lung condition ask your doctor if fast breathing & holding your (non) breath is ok for you. If you are sick you can wait until healthy before starting, and wait until after pregnancy to start this. Wim Hof wisely recommends only doing this from a secure sitting position for safety and NEVER around water.

He breathes in 30 times very deeply using his diaphragm (sticking his stomach out). Then after the last breath he breathes out completely & holds his empty breath. He holds it until he has to breathe (not so long as to pass out, ever). Then he breathes in deeply & holds for 10 seconds. He recommends repeating it a couple more times.

Wim Hof has in the past recommended exercising during the breath holding like pushups or some other exercise on the ground to avoid falling. I do it after eating my rice (carbs) so I have the energy for the exercise, but if people would rather just hold the (empty) breath it appears to work nearly as well.

After I did this once for one minute the first time was able to be comfortable in my apartment at three degrees colder than ever before for a full day. Every time I do the breathing once a day I am able to experience greater & greater amounts of cold. Wim Hof recommends expanding this by exposing ourselves to cold showers or outdoors in the winter (a little at a time & safely) to speed up the process greatly.

### Alternative technique-

This is another alternative. I believe this works by fooling the body into thinking no oxygen is available & has the body kick in more & more with anaerobic (no oxygen) energy production. It seems to work as well by letting all my breath out & holding my empty breath WITHOUT first breathing heavy for 30 seconds. The key is to pretend to try to breathe while holding the empty breath. So right when I let the air out & hold our empty breath, I then start flexing my lungs like I am trying to breathe. I hold my (empty) breath until my body makes me breathe.

This artificial attempt to fake struggle against holding breath seems to trick the body into kicking in the anaerobic energy production. It is faster & takes a lot less energy than breathing heavy first, but it is not as time tested as Wim Hof's technique. The best combination is probably to breathe in heavy 30 times like the classic Wim Hof technique, then immediately when holding the empty breath flex the lungs like I'm trying to breathe from the beginning. That may speed up the Wim Hof anaerobic energy effect even greater.

### Conscious control of cold & heat

Wim Hof suggests paying attention to how the body feels & consciously giving energy to different parts, especially if they are cold. This is supposed to give conscious control of our body temperature. I did this in a sauna when too hot to stay in & thought about being cool inside & I was soon comfortable enough to stay another 40 minutes. Meditating seems to improve the conscious control of body temperature. I've also done this when out in the cold & it works just as well. It may also be useful to breath out & hold an empty breath once or twice whenever feeling too cold, hot, or stressed in order to get immediate relief as well as the long term benefit. Holding (empty) breath after an exhale is also supposed to help cramping when exercising.

## Benefits to athletes

The people Wim Hof train to do this have been able as a group to shatter the record for having a group together all hike to the summit of one of the biggest mountains, often in t-shirts for much of the way. The hyperoxygenation of the deep breathing during mountain climbing has lead to significantly higher oxygen levels than most climbers and outstanding physical endurance. I have found that after doing a high intensity exercise during the empty breath holding time for a while, when I do the high intensity exercise without holding my breath I can do it for twice as long as before I started doing it during the empty breath holding technique- a doubling of my endurance.

## Control of stress

Wim Hof reports and I and others have found that our stress levels have gone down measurably since doing the breathing exercise.

## Autoimmune responses

Wim Hof & the people he trains have been able to kill bacterial infections that should have made them very sick in an experiment after just 90 empty breath holding repetitions. That's three months when doing it once a day. It appears that their bodies are shutting down the overactive immune response to the bacterial infection. Other people have noted their autoimmune disorders (like rheumatoid arthritis) being helped greatly by the breathing method.

<http://www.paddisonprogram.com/wim-hof-reversing-autoimmune-diseases/>

<http://www.medicaldaily.com/natural-inflammation-treatment-breathing-exercises-and-ice-baths-may-quell-immune-337890>

<https://www.newscientist.com/article/dn26102-three-ways-the-iceman-controls-his-immune-system/>

<http://www.livingflow.net/influence-immune-system-at-will/>

<http://www.livingflow.net/wim-hof-method-autoimmune-disease-rheumatoid-arthritis/>

## Cold exposure?

So I suspect that we get many of the benefits even if we don't do the extreme cold exposure that Wim Hof suggests and that holding our nonbreath/empty lungs is the key. Doing this once a day is

easily possible (I do it after eating so I have the energy) and results start immediately, after the first time. When too cold or hot we can do the breathing technique on the spot, or even just holding our empty breath without the heavy breathing first.

## Conscious control over internal temperature

What Wim Hof's suggestion of the extreme cold exposure (explained in the link) coupled with meditating on being warm appears to do is give conscious control over body temperature, especially with practice. We can all use this when we are in a situation we feel cold in.

## Migraines

Here's how the method may help prevent migraines. Included is also the most effective way to treat migraines I've ever seen so far (cold pack on neck, feet in hot water).

<http://3dayheadachecure.com/blog/can-the-iceman-freeze-migraines-forever/>

<http://3dayheadachecure.com/blog/10-reasons-why-the-wim-hof-method-freezes-migraines/>

[Hyperventilation â€™ Migraine stopped in itâ€™s tracks.](#)  
by [inmigraine](#)

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Parkinsonâ€™s

Hereâ€™s one manâ€™s experience with the Wim Hof breathing method. He reports he is able to physically function more than twice as long after doing the Wim Hof method daily, from seven to now sixteen hours while being able to lower his medication.

<http://www.livingflow.net/reversing-parkinsons-disease-wim-hof-method/>

<http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/>

What Doesnâ€™t Kill Us: How Freezing Water, Extreme Altitude, and Environmental Conditioning Will Renew Our Lost Evolutionary Strength by Scott Carney

4/7/8 breathing method for stress, anxiety, insomnia

Breathing in for four counts, holding for seven counts, and breathing out for eight counts can increase carbon dioxide and reduce stress and anxiety immediately. It may be very useful for insomnia as well.

## Stress

what helps to handle stress is to focus on core values in the past and the future.

people can look up core values and decide which ones have they valued in the past and think back to a time when they experienced that core value.

People can think about what core values they wish to follow in the future. Significantly lower stress levels upon follow up and significantly increased action against stress.

## Adaptogens for stress

Below are all adaptogens (in rough order of popularity) may help take away stress, tiredness, sickness, withdrawal symptoms, and anxiety. Many enhance athletic performance & immunity.

The best times to take them are when coming off of too little sleep, too much work (some people take them every day after work), strong emotional stress, or being sick & having to go to work (many boost the immune system). The all also work great to help with anxiety.

When taking them after a stressful work day instead of being exhausted & ready for bed to sleep for 12 hours people feel normal

& just like they had a day off and are able to get a lot of things done before bedtime. Taking them during and after a tiring physical or mental labor (like long distance driving) is also very effective.

These adaptogens are also useful in combating symptoms of withdrawal when getting off of addictive drugs. They make people feel more normal & less washed out.

Its always healthiest to buy organic to avoid pesticides/herbicides, and there's a higher likelihood of getting the exact herb your buying.

Now Foods & Source Naturals are brands I trust. The only two brands I know of that mix different types are wholehealth.com with American/Korean/Siberian/Brazilian ginseng, and Country Life brand with American/Korean/Siberian/rhodiola/ashwaganda. I've tried both & they work well.

The benefits of mixing adaptogens for stress is that for a five herb combination people get 1/5th of the side effects but a more reliable main effect. That means dosage & effectiveness can be increased greatly vs already taking the full dosage of just one adaptogen.

## Ashwaganda

Ashwaganda is less energizing than most which makes it helpful when needing stress/sickness/anxiety relief near bedtime. It helps people who are too tired to fall asleep to take the stress of the lack of sleep away which makes it easier to nod off. It also helps people who are feeling too much anxiety to fall asleep. Conversely it improves athletic performance when awake.

Ashwaganda is antistress, antianxiety, neuroprotective (including against stroke & spinal damage), anticancer, antiarthritis, analgesic, anti-inflammatory, helps protect the body against chemo side effects, reduces uterine fibroids, improves endurance (up to 200%) & physical performance, improves the immune response, increases acetylcholine to improve concentration, helps reduce bipolar symptoms/tardive dyskinesia/ADHD/depression, normalizes weight during stress, & lowers cholesterol. Used for four millenia in India as a tonic, analgesic, diuretic, astringent, recovery from illness, attention booster, anti-insomnia, anticonstipation, antibiotic. Even mice given the human equivalent of 200g had no toxicity.

<http://anabolicminds.com/forum/supplements/46804-ashwagandha-stress-reduction.html>

[http://www.chiro.org/nutrition/FULL/Stress\\_Hidden\\_Factor\\_For\\_Weight](http://www.chiro.org/nutrition/FULL/Stress_Hidden_Factor_For_Weight)

<http://www.ijrpbsonline.com/files/RS00020.pdf>

[http://www.chopra.com/files/docs/teacherdownloads/actpapers/Stress%](http://www.chopra.com/files/docs/teacherdownloads/actpapers/Stress%20and%20Anxiety.pdf)

Effects of Ashwagandha (*Withania somnifera*) on Physical Performance: Systematic Review and Bayesian Meta-Analysis. Bonilla DA, Moreno Y, Gho C, Petro JL, Odriozola-Martínez A, Kreider RB. J Funct Morphol Kinesiol. 2021 Feb 11;6(1):20. doi: 10.3390/jfmk6010020. PMID: 33670194; PMCID: PMC8006238.

Ashwagandha supplementation have a beneficial effect on the management of anxiety and stress? A systematic review and meta-analysis of randomized controlled trials. Akhgarjand C, Asoudeh F, Bagheri A, Kalantar Z, Vahabi Z, Shab-Bidar S, Rezvani H, Djafarian K. Does Phytother Res. 2022 Nov;36(11):4115-4124. doi: 10.1002/ptr.7598. Epub 2022 Aug 25. PMID: 36017529.

Effects of Ashwagandha (*Withania somnifera*) on  $VO_{2max}$ : A Systematic Review and Meta-Analysis. Pérez-Gómez J, Villafaina S, Adsuar JC, Merellano-Navarro E, Collado-Mateo D. *Nutrients*. 2020 Apr 17;12(4):1119. doi: 10.3390/nu12041119. PMID: 32316411; PMCID: PMC7230697.

Effect of Ashwagandha (*Withania somnifera*) extract on sleep: A systematic review and meta-analysis. Cheah KL, Norhayati MN, Husniati Yaacob L, Abdul Rahman R. *PLoS One*. 2021 Sep 24;16(9):e0257843. doi: 10.1371/journal.pone.0257843. PMID: 34559859; PMCID: PMC8462692.

An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha (*Withania somnifera*). Pratte MA, Nanavati KB, Young V, Morley CP. *J Altern Complement Med*. 2014 Dec;20(12):901-8. doi: 10.1089/acm.2014.0177. PMID: 25405876; PMCID: PMC4270108. [examine.com/supplements/ashwagandha/](http://examine.com/supplements/ashwagandha/)

Your Health with Dr. Richard Becker and Cindy Becker #1530 Stress Relief the Natural Way 03/03/17

American ginseng root (*Panax quinquefolius*)

American ginseng may help stress and exercise.

<http://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd>

<http://www.sciencedirect.com/science/article/pii/S094471131100198X>

[http://www.tandfonline.com/doi/abs/10.1300/J044v06n02\\_11?journalC](http://www.tandfonline.com/doi/abs/10.1300/J044v06n02_11?journalC)

<http://www.sciencedirect.com/science/article/pii/S0378874107000086>

## Siberian ginseng root & leaf (Eleuthero)

Eleuthero may help stress, exercise, and immune response.

<http://www.ingentaconnect.com/content/ben/ccp/2009/00000004/00000>

<http://journals.lww.com/hnpjjournal/Abstract/2008/07000/Deconstructing>

<http://richardallenmorris.com/how-to-reduce-stress-in-your-life-the-secrets-of-adaptogens/>

<http://onlinelibrary.wiley.com/doi/10.1002/smi.914/abstract>

## Asian/Chinese/Korean ginseng (Panax)

Panax ginseng may help exercise and stress.

[http://www.paneuromix.com/koreaanse\\_ginseng\\_200\\_mg.html](http://www.paneuromix.com/koreaanse_ginseng_200_mg.html)

[http://www.researchgate.net/publication/224034499\\_Could\\_ginseng-based\\_medicines\\_be\\_better\\_than\\_nitrates\\_in\\_treating\\_ischemic\\_heart\\_analysis\\_of\\_randomized\\_controlled\\_trials?ev=prf\\_cit](http://www.researchgate.net/publication/224034499_Could_ginseng-based_medicines_be_better_than_nitrates_in_treating_ischemic_heart_analysis_of_randomized_controlled_trials?ev=prf_cit)

<http://www.update-software.com/BCP/WileyPDF/EN/CD007769.pdf>

## Rhodiola

Rhodiola root may help exercise, energy levels, and stress.

<http://online.liebertpub.com/doi/abs/10.1089/acm.2007.7117>

<http://link.springer.com/article/10.1007/s11655-009-0177-x#page-1>

<http://europepmc.org/abstract/MED/21438645>

<http://www.sciencedirect.com/science/article/pii/S094471131000036X>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3155223/>

<http://richardallenmorris.com/how-to-reduce-stress-in-your-life-the-secrets-of-adaptogens/>

## Schisandra

Schisandra seed & fruit may help exercise, the liver, stress, concentration, coordination, endurance according to Consumer Reports on Health. It can improve night vision by 90%.

<http://www.ingentaconnect.com/content/ben/ccp/2009/00000004/00000004>

<http://onlinelibrary.wiley.com/doi/10.1002/ptr.2233/abstract>

<http://www.sciencedirect.com/science/article/pii/S0944711311001899>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3155223/>

## Rhaponticum

Rhaponticum also may help exercise and stress.

<http://link.springer.com/article/10.1007/s11094-010-0387-8>

<http://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd&v=onepage&q=rhaponticum&f=false>

[http://en.cnki.com.cn/Article\\_en/CJFDTOTAL-SYYD200807017.htm](http://en.cnki.com.cn/Article_en/CJFDTOTAL-SYYD200807017.htm)

## Jiaogulan

Jiaogulan may help stress, Parkinson's, & ulcers, heart deaths, cancer & is neuroprotective.

[books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd&pg=FA](https://books.google.com/books?hl=en&lr=&id=7ipNZw0RBdgC&oi=fnd&pg=FA)

[pharm.chula.ac.th/tjps/ContentVol36-sup/BP18.pdf](https://pharm.chula.ac.th/tjps/ContentVol36-sup/BP18.pdf)

[link.springer.com/article/10.1007/s11130-013-0399-0](https://link.springer.com/article/10.1007/s11130-013-0399-0)

[examine.com/supplements/jiaogulan/research/#4Qd51Jb-neurology-1](https://examine.com/supplements/jiaogulan/research/#4Qd51Jb-neurology-1)

[naturalmedicinejournal.com/journal/honokiol-research-review](https://naturalmedicinejournal.com/journal/honokiol-research-review)

Aralia mandshurica/elata spikenard root

Spikenard root may help stress.

[thieme-connect.com/products/ejournals/abstract/10.1055/s-0030-1264950](https://thieme-connect.com/products/ejournals/abstract/10.1055/s-0030-1264950)

[ijpc.ssjournals.com/index.php/journal/article/view/19](https://ijpc.ssjournals.com/index.php/journal/article/view/19)

Bull Exp Biol Med. 2006 Mar;141(3):343-6.

Effects of Aralia mandshurica and Engelhardtia chrysolepis extracts on some parameters of lipid metabolism in women with nondiabetic obesity.

Abidov MT, del Rio MJ, Ramazanov TZ, Klimenov AL, Dzhamirze Sh, Kalyuzhin OV.

Holy Basil (Tulsi)

Holy Basil (Tulsi) may help anxiety, stress, cholesterol, blood sugar, inflammation, pain, radiation, cataracts.

[http://journals.prous.com/journals/servlet/xmlxsl/pk\\_journals.xml\\_summ](http://journals.prous.com/journals/servlet/xmlxsl/pk_journals.xml_summ)

<http://nopr.niscair.res.in/handle/123456789/7955>

## Maca

Maca is a stimulating adaptogen that may help fibromyalgia or chronic fatigue, migraines, libido, & menopause.

[healthsmoothiehq.com/what-is-maca-why-put-in-smoothieonegreenplanet.org/vegan-food/why-you-should-replace-your-caffeine-fix-with-maca/](http://healthsmoothiehq.com/what-is-maca-why-put-in-smoothieonegreenplanet.org/vegan-food/why-you-should-replace-your-caffeine-fix-with-maca/)

[blog.familywize.org/2013/05/ditch-caffeine-habit-with-maca-root.html](http://blog.familywize.org/2013/05/ditch-caffeine-habit-with-maca-root.html)

<http://www.collective-evolution.com/2014/01/06/this-superfood-could-replace-caffeine-viagra-meet-the-maca-root/>

## Organic & mixed adaptogens

Its alway healthiest to buy organic to avoid pesticides/herbicides, and thereâ€™s a higher likelihood of getting the exact herb your buying.

Now Foods & Source Naturals are brands I trust. Buying a mix of adaptogens has been much more effective than any one alone in my experience. Absorbing a liquid adaptogen under the tonguedoubles the benefit and it works faster and longer. Here are some blends:

### Herb Pharm stress

<https://www.wholehealth.com/ginseng-nrg-ginseng-blend-600mg-60-capsules.html>

and <https://www.swansonvitamins.com/swanson-premium-rhodiola-ashwagandha-ginseng-complex-60-caps>

## Emotional freedom technique-EFT

EFT has up to a 98% success rate in over 100 studies against emotional, mental & physical problems. It involves tapping a few places on the head, neck & chest while accepting & reviewing problems and not only works against anxiety & PTSD but has relieved most physical, mental & emotional problems.

EFT is as much a psychological technique as physical, working like self psychotherapy. People state they have a problem and accept it then listen to their feelings about the problem while tapping and go where the emotion takes them. Because tapping the accupressure points for anxiety & depression raises mood, people can reinterpret & reencode their memories in a new light & don't remember them with anxiety anymore. Problems not resolved alone often work out with a therapist who uses EFT.

## EFT & EMDR

If tapping points on both sides of the head or body are pressed at the same time, the benefits of EMDR are also accrued. EMDR usually involves moving the eyes side to side while remembering a problematic memory and it gets reencoded without the anxiety, preventing (if done within 24 hours) or relieving the PTSD. Studies

show touching/tapping both sides of the head or body repeatedly has the same benefit, now even more so when tapping the mood elevating acupressure points on both sides of the head or chest at the same time.

## **The Emotional Freedom Technique: Finally, a Unifying Theory for the Practice of Holistic Nursing, or Too Good to Be True?**

[journals.sagepub.com/doi/10.1177/0898010116648456?url\\_ver=Z39.8-2003&rfr\\_id=ori%3Arid%3Acrossref.org&rfr\\_dat=cr\\_pub++0pubmed&eftinternational.org/does-eft-tapping-really-work-is-it-evidence-based/](https://journals.sagepub.com/doi/10.1177/0898010116648456?url_ver=Z39.8-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed&eftinternational.org/does-eft-tapping-really-work-is-it-evidence-based/)

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### How to use

Saving a picture of the tapping points on the phone helps. When using the tapping acupressure on the points that reduce anxiety & improve mood on both sides of the head simultaneously gives the added benefit of EMD (below). Using a massager touching your fingers that are touching the tapping points can work faster & stronger each point.

It also works like an adaptogen to reduce cortisol if high (stress, sick, tired & overworked).

### Troubleshooting EFT

[eftabundance.com/eft-not-working.htm](https://eftabundance.com/eft-not-working.htm)

My experience:

EFT- First use it helped to practice the taps first then focus on the problem, use the words "I accept the anxiety/pain/injury completely" while tapping (download tapping point pic to phone) & follow where the feeling goes as the anxiety/pain/emotional intensity around the memory or problem currently experiencing dissipates.

Eye movement desensitization- EMD to prevent & treat PTSD

EMD involves moving the eye back & forth while reviewing a traumatic memory. It appears most effective when walking in nature while scanning the beauty around.

Tetris EMD

Playing tetris after a trauma appears to prevent PTSD.

Playing tetris while recalling a trauma that caused PTSD appears to re-encode the memory as no longer traumatic.

Word games like crosswords may also be useful (self test).

[https://pubmed.ncbi.nlm.nih.gov/32293830/?utm\\_source=pocket\\_mylist](https://pubmed.ncbi.nlm.nih.gov/32293830/?utm_source=pocket_mylist)

[https://www.scientificamerican.com/article/tetris-shown-to-lessen-ptsd-and-flashbacks/?utm\\_source=pocket\\_mylist](https://www.scientificamerican.com/article/tetris-shown-to-lessen-ptsd-and-flashbacks/?utm_source=pocket_mylist)

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5678449/?utm\\_source=](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5678449/?utm_source=)

Panic attacks

Excitement

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Panic attacks can be resolved by reinterpretation of body signals as excitement & working to intensify them & ride them like a carnival ride

[panicaway.com/how-to-turn-fear-into-excitement/](http://panicaway.com/how-to-turn-fear-into-excitement/)

[healthcentral.com/article/are-anxiety-and-excitement-the-same](http://healthcentral.com/article/are-anxiety-and-excitement-the-same)

<https://www.theatlantic.com/health/archive/2016/03/can-three-words-turn-anxiety-into-success/474909/>

<https://www.quora.com/Can-we-alter-the-state-from-anxiety-or-panic-attack-to-excitement-or-flow>

Beta blockers

Beta blockers used for blood pressure can also prevent the physical response interpreted as panic. It usually may be best to start with the lowest dosage & under the tongue as far more effective and faster & having less side effects.

[drugs.com/comments/propranolol/for-panic-disorder.html](https://www.drugs.com/comments/propranolol/for-panic-disorder.html)

[singlecare.com/blog/beta-blockers-for-anxiety](https://singlecare.com/blog/beta-blockers-for-anxiety)

[read.amazon.com/kp/embed?linkCode=kpd&ref\\_=k4w\\_oembed\\_LmuE20&amazonDeviceType=A2CLFWBIMVSE9N&from=Bookcard&previe](https://read.amazon.com/kp/embed?linkCode=kpd&ref_=k4w_oembed_LmuE20&amazonDeviceType=A2CLFWBIMVSE9N&from=Bookcard&previe)

## Tapping EFT

Tapping as described above can be used when panic starts to improve mood & reduce anxiety.

## Not enough sleep

On days where people didn't get enough sleep the night before & can't nap immediately, the adaptogens can give five hours of normal functioning where otherwise people could get sick & collapse. Ben Greenfield lauds high dosage creatine & NAD

(niacinamide at 100mg 3x a daiy may be just as good) for cognitive functioning when low on sleep.

[bengreenfieldlife.com/transcripts/transcript-ingredients-podcast/](http://bengreenfieldlife.com/transcripts/transcript-ingredients-podcast/)

**Category**

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