Fix Night Anxiety & Insomnia Naturally (The 3 Nutrient Protocol) Transcript

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Introduction to Sleep Nutrients

If you are struggling with sleep issues like it takes you a long time to fall asleep or you keep on waking up in the night or you feel that you are unable to have that deep sleep that is very relaxing for your body, then the real reason behind this sleep problem might be the deficiency of these key three nutrients.

People have tried different kinds of medications or even supplements like melatonin but the new research suggests long term use comes with a lot of side effects.

Plus a lot of people feel groggy or tired the next morning when they take these medications. research what I figured out was that your body needs some specific nutrients to enter the sleep mode and several people are low in these three specific nutrients which research suggests can interfere with the sleep quality as well as can cause a lot of sleep problems.

Why Poor Sleep Happens

So today I'm going to share with you these key three nutrients that you should make sure you are including in your daily regimen whether through food or supplements to fix your sleep.

Hi, I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicine plans.

Sleep is really important for our body. The new modern research study shows that poor quality sleep not only accelerates your aging but also is responsible for increasing inflammation and can cause several chronic diseases in your body that's the reason everybody is talking about fixing your sleep but the real question is that why is your sleep disrupted and one of the major reasons of sleep disruption is actually deficiency of these key nutrients and when you are low in these nutrients your brain is active so it is unable to relax so you take a long time in falling sleep.

Plus it interferes with your stress hormones as well as your melatonin hormones and that's the reason you have frequent waking up in the night. Plus because of this your body is not able to go into the deep sleep mode so that's the reason you don't feel fresh when you wake up in the morning.

So let me share with you these three key nutrients that is very essential for good quality sleep and what are the best and the easiest food sources that you can include today to get these nutrients in enough quantity.

The first nutrient over here is vitamin B6. Well most of us are focused on other B vitamins like B12 as well as B9 which is your folate.

Vitamin B6 and Sleep Support

But this vitamin B6 plays a very critical role in production of melatonin and serotonin hormones in your body. And when your body is low in B6, it doesn't produce enough melatonin.

It disrupts your sleep cycle so you are unable to go into the deep sleep mode. So that's the reason vitamin B6 plays a very critical role in regulating your sleep.

Now, one of the major reasons why we are so low in vitamin B6 these days is the exposure to stress. Whenever your body gets exposed to stress, whether it's physical, emotional, work-related or relationship stress, it drains your body out of this vitamin B6.

And that's the reason a lot of people are low into it. Now what are the best sources of vitamin B6? The best animal sources are either salmon, chicken or turkey.

The vegetarian sources are either bananas, chickpeas or sunflower seeds. So what I recommend is that with your dinner, you can have some animal protein.

The best is salmon or chicken. If you are a vegan or vegetarian, you can either cook chickpeas, which will give you enough protein. or you can do 1-2 tbsp of sunflower seeds which is also going to give you enough vitamin B6.

The second nutrient over here is magnesium. Yes, we all know about magnesium but it plays a very critical role in sleep because it relaxes your nervous system.

Plus it helps your body into entering the deep sleep mode as well as relaxes your muscles in the night. When people are low in magnesium, it will take them a long time to fall asleep.

Magnesium for Relaxation and Deep Sleep

Plus when they wake up in the morning, they will feel tired. So that's the reason magnesium is such an important mineral. Again, what are the best food sources of magnesium?

Salmon again is a great source of magnesium. But other food sources, specifically pumpkin seeds, avocados, Almonds and spinach are even better sources of magnesium.

So again with your dinner, you can either include salmon or what you can do is that you can have one tablespoon of pumpkin seeds. For some of my people who are doing early dinners, I recommend a bedtime snack one hour before the bedtime.

And typically the best bedtime snack is one tablespoon of pumpkin seeds mixed with one tablespoon of sunflower seeds. So that gives you both of these nutrients.

Now let's talk about the third nutrient over here. The third nutrient over here is glycine. What is glycine? Glycine is actually an amino acid which plays a significant role in regulating your nervous system.

It calms down the brain activity thereby helping your brain to relax during the night time. It also improves the sleep depth so you are able to enter into the deep sleep mode.

Plus, glycine has shown to reduce the night time awakening. What are the food sources of glycine? One of the best food sources of glycine is bone broth.

If you are a vegan or vegetarian, then lentils and legumes are also another good source of glycine. Collagen powders are again a great source of glycine.

Glycine and Nighttime Recovery

So again, either you can do bone broth as a part of your dinner or if you are unable to do that, then you can either include lentils or legumes with your dinner that will give you the glycine.

This is where sometimes supplementation can be very very useful. Glycine works really good as a supplement. The typical dosage of glycine powder is around three grams that you take around one hour before you go to bed and that is going to significantly improve your sleep quality.

So here's a simple night routine that you can follow that is going to give you enough of these nutrients. So starting dinner try to include foods which are rich in magnesium, vitamin B6 and glycine which can easily be things like salmon, bone broth, chicken or it can be lentils, legumes, chickpeas.

Then one hour before your bed you can simply have a snack which is a combination of pumpkin seeds and sunflower seed which is going to give you the magnesium and the vitamin B6 to improve your sleep.

Along with this, you can take a glycine supplement of 3 grams that is going to improve your sleep. Right at bedtime, I am also going to recommend adding a magnesium supplement, specifically magnesium glycanate in the dosage of 3-500 mg that is definitely going to help improve your sleep a lot.

Simple Night Routine and Supplement Tips

I have made a specific magnesium supplement which has the right amount as well as the right quality of magnesium. The link will be in the description if you want to buy it.

So by fixing these three simple nutrients, you can improve your sleep quality and that is going to help your body into going into the deep sleep mode and waking up fresh in the morning.

It doesn't work in a day. So consistency is the key. So keep following this simple nighttime routine that I shared with you today. And within a couple of weeks, you're going to notice that you're able to fall asleep easily.

You will see less nighttime awakening. Plus when you wake up in the morning, you will feel more fresh and energized as well as you will have better mental clarity also too.

So give this a try and share in the comment section how your sleep improved by trying these things. I hope you liked this video. If you do, please like and subscribe to my channel as well as share this with others who can benefit from this great information.

Until next time, take care, bye bye.