

# Case Histories

## Case History – Challenging Insomnia Resolved

<b>Gender, Age, Occupation, Nationality, height and weight.</b>	<p>Miss G.K. is a 38 yr old nurse, and although she lives alone she spends a lot of time looking after relatives. She is 5ft 7 ½ tall and weighs 17 stone 10 (171 cm, 110 kg).</p>
<b>Presenting complaint – list and duration</b>	<p>Miss G.K. presented with a number of health issues. She has been very overweight since 6 years of age, has had mild scalp psoriasis for 30 years, has had mood swings for half her life, IBS for 19 years and has not slept properly for over 20 years. In fact, she recollected that her first memory of not sleeping well was when she was just 3 years old.</p> <p>Whilst she acknowledged all of these health complaints, it was the insomnia that Miss G.K. most wanted help with. An added incentive for her was the fact that she had been having mini night terrors for the past few months. She specifically wanted to focus on her sleep and prevention of the night terrors as the prime issue and we agreed to start with this, which would undoubtedly be important for all of the other imbalances in her health.</p> <p>She could not afford any functional lab tests in the first instance and simply wanted to be told what to do nutritionally, in order to help her sleep improve, and for her to resolve the night terrors (which she described as “mini”). She was aware that nutritional supplements would be recommended.</p>
<b>Any Investigations</b>	<p>G.K. had had no tests related to her troubled sleep, and nor for any other aspect of her health, not even a thyroid test related to her long term excess weight. She was, as I found out, tired most of the time but pushed on through to help those at work (i.e. patients) or family members when at home.</p> <p>Her typical sleep pattern involved difficulty in falling asleep and then waking very early in the morning and remaining awake for a few hours before falling asleep only to then need to wake up to go to work, resulting in an average of 4 hours a night. More recently it was a night terror that woke her every night with a start, and she then felt “pretty awful” for a while afterwards.</p>
<b>Strategy</b>	<p>The strategy involved fundamental changes to her diet and the taking of four specific supplements designed to offer G.K. nutritional support for optimal neurotransmitter levels and function as well as energy balance.</p> <p>Here is a description of G.K.’s typical diet.</p> <p>G.K. missed breakfast at least 4 times a week, mainly because she felt so tired due to the poor sleep. If she did eat or drink anything then she would consume Gatorade or a banana and sometimes porridge with Xylitol. Lunch would consist of something like beans on toast, or hummus and quorn on toast, or sliced turkey in a roll with some vegetables. Her dinner varied a lot and could be a tuna salad with new potatoes or chicken and pasta with vegetables. She snacked on biscuits and dried fruit. She only drank herbal teas and some water, but too little over the day.</p>

## Diet & Supplements: name and dose

The food recommendations consisted of her eating a wholesome breakfast of porridge or an egg or two on wholemeal toast, even if this was once she arrived at work, where there was a canteen.

An upgrade for her lunch was recommended; a good quality protein with some fresh vegetables and a small portion of carbohydrates, usually in the form of a brown roll. Similar suggestions were made for dinner, and I emphasised the need to consume at least [2 litres of water](#) throughout the day. Refined sugars in all forms were excluded.

There was no exclusion of any particular food group such as wheat.

These recommendations were designed to help balance her blood sugar and support energy levels which could be involved with her poor sleep.

The supplements recommended were:

Allergy Research – L-Tyrosine 500 mg	2 capsules at 11.30 am
Allergy Research – BrainStorm	1 at breakfast & 1 at lunch
Allergy Research – 200 mg of Zen	1 at night time
Biotics Research – Bio 3B G	1 every 2 waking hours during the day, and 2 at night-time

- L-Tyrosine is the precursor to dopamine, an important neurotransmitter for get up and go, and can help with energy and mood.
- BrainStorm is a multi vit & min designed to support optimal brain function and memory. It contains nutrients that variously support healthy blood circulation, neurotransmitter production and neurological function.
- 200 mg of Zen contains L-theanine and an essential amino acid which are both calming to the CNS.
- Bio 3B G is a low dose B complex in which there are 3 active forms for the vitamins B1, B2 and B6. It contains the RDA for the B vitamins, but 3 X the RDA for vitamin B1.

## Duration

G.K. was recommended to follow the programme for 4 weeks when we were to review matters. As with most patients, we had arranged for an email update after 10-14 days. She did make the dietary changes over the first week but took all the supplements from the first day.

## Outcome

After only 15 days of the nutrition programme, G.K. emailed me to let me know that she was sleeping much better, that she had not had one night terror since she started the supplements and felt generally very positive, which was a marked difference compared to normal. I recommended she continue with the supplements and ensure she followed all of the dietary recommendations.

After a month on the programme, I learned that the benefits had persisted, and she was very pleased with the way things had worked. Her digestive symptoms were about 30% reduced too.

We discussed the other aspects of her health and she told me that when she mustered the energy and motivation that she might now consider addressing them directly.

## Comments

From the many years of poor sleep and mood swings and excess weight, I judged there to be a significant imbalance in her neurotransmitters, along with the evident blood sugar problems.

The focus on the diet was straightforward in principle, but it is doubtful that dietary changes in themselves achieved the immediate improvement in sleep and mood. Rather, the use of key supplements to support neurotransmitter production and function almost certainly produced these rapid benefits. In turn, this has helped G.K. to implement the dietary changes that were much needed.

Please note that the L-Tyrosine should only be taken in the morning since it can increase excitatory neurotransmitters, and I ensured that there would be some calming influence at night-time by recommending the Zen at that time.

This is not the first case in which the low dose B complex (Biotics' Bio 3B G) has come to the rescue of an insomniac and it fits very well with support of energy balance, without having to know for certain what the level of cortisol is. It helps to prevent too low a level of blood sugar both during the day and the night which can be a trigger for waking up in the early hours.

The nutrition programme has proven to be effective, and it is hoped that other benefits will emerge, such as continued improvements within her digestive health. It is known that neurotransmitter balance can help to calm the digestive system. In the weeks and months to come, it is planned that we may also be able to focus on her weight and perhaps revisit this lady in a future Nutri-Link Compelling Case History.

## Practitioner

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