



FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Melatonin/L-theanine protocol

Melatonin has many roles in the body, including immune function, oxidation protection of pineal gland, eye pigmentation regulation, and cancer prevention. Melatonin's most well-known role in the body is helping the brain fall asleep. It is released by the pineal gland at night. What causes the release from the pineal gland is the absence of light. So light exposure during nighttime (i.e. phone and television usage before falling asleep) disrupts melatonin release, and interferes with a person's circadian rhythm, which is the body's natural rhythm to release hormones throughout the day at specific times.

L-theanine is an amino acid that is found in green tea that is involved in many processes throughout the body. It has been shown to help with high blood management and reduce the impact from stroke. Most notably, L-theanine has an anti-anxiety/relaxing effect on the brain because of the inhibitory effects from blocking glutamate. Glutamate is the nervous system's most important excitatory neurotransmitter, which is why substantial amounts can initiate anxiety and even seizures.

- Melatonin/L-theanine: one dropper each, every waking hour
 - If drowsy during the work day, stop the melatonin (continue with the L-theanine hourly) and double the dosage to two droppers after work day. When home on the weekend, continue the one dropper of melatonin every waking hour.